

# Physical Education KS1 Long Term Plan – 2022-23 (inc C.Gowan)



Term	Reception	Year 1	Year 2
Autumn 1	<p><b>CHRIS – AFTER 1<sup>ST</sup> TWO WEEKS</b> Big Moves program FUNdamental skills Developing balancing and sequencing</p> <p>Unit 1 – bean bags</p>	<p><b>CHRIS –</b> FUNdamental movement skills basic movement</p> <p>Unit 1 - ball skills</p>	<p>Fitness <b>CHRIS –</b> FUNdamentals</p> <p>Unit 1 – throwing and catching inventing games</p>
Autumn 2	<p><b>CHRIS –</b> Developing individual ball skills Continuation of FUNdamental skills FUNdamentals Unit 2 using a ball</p>	<p>Unit 2 – Throwing and catching – aiming games</p> <p><b>CHRIS –</b> Football basic skills</p>	<p>Unit 2 – making up games</p> <p>Gymnastics Unit 1</p>
Spring 1	<p><b>CHRIS -</b> Gymnastics movement in space</p> <p>Unit 3 – hoops and quoits</p>	<p>Unit 3 – Bat and ball skills and games – Skipping</p> <p><b>CHRIS –</b> Gymnastics all apparatus Unit 1</p>	<p><b>CHRIS –</b> Gymnastics unit/ large apparatus</p> <p>Unit 1 – Dance</p>
Spring 2	<p><b>CHRIS –</b> Unit 4 – ropes, bats and balls</p> <p>Balance-ability Monday 27<sup>th</sup> Feb – 27<sup>th</sup> March</p>	<p>Unit 4 - Developing partner work</p> <p>Unit 1 – Dance</p>	<p><b>CHRIS –</b> Multi skills Fitness challenge – personal goals skipping challenge</p> <p>Unit 3 - Dribbling, kicking and hitting</p>
Summer 1	<p><b>CHRIS –</b> Developing basic understanding of moving into space – sending and receiving</p> <p>Athletics unit1</p>	<p>Unit 2 – Throwing and Catching revisited (Christmas play)</p> <p><b>CHRIS –</b> Athletics program</p>	<p>Games Unit 4 – group games and inventing rules</p> <p>Chris - Athletics – unit 1</p>
Summer 2	<p><b>CHRIS –</b> Athletics Multi skills related to adapted Sports Day Sending and receiving games</p>	<p><b>CHRIS –</b> Athletics Unit 2 Preparation Sports Day - adapted activities</p>	<p>Athletics Unit 2 <b>CHRIS –</b> Sports Day adapted skills Fundamentals</p>

**Every class will undertake one hour of PE with Mr Gowan (Sports Coach) and will be taught a second hour of PE by their class teacher throughout the year. Following the National Curriculum in line with a scheme of work, they can adapt ensure the pupils have access to a full range of activities and achieve skill development. Our aim at St John Fisher is to offer high quality, inclusive PE to enable pupils to compete in sport and other activities, build character and help to embed values such as; fairness, team work, leadership and respect.**

**Additional units such as fitness and extra multi-skills and FUNdamentals have been incorporated to address issues National statistics on childhood obesity levels and inactivity identified in primary school ages children.**

Key stage 1 Pupils should Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Be able to start to engage in competitive and co-operative physical activities, in a range of challenging situations, through PE lessons and external competitions – such as Sports-hall Athletics etc.
- Perform dances using simple movement patterns.
- Engage in extra curricular activities Irish Dancing, Tennis etc (clubs to be confirmed)

### Events and competitions

Balance bikes Spring term Reception

Sports Festival Autumn term Yr1 and 2