

Physical Education KS2 Long Term Plan – 2022-23 (inc C.Gowan)



Term	Year 3	Year 4	Year 5	Year 6
Autumn 1	CHRIS – Multi Skills linked to Games (Football) passing and receiving Focus on Fitness during unit Teachers – Ball skills – Invasion Unit 1	CHRIS – Multi Skills linked to Games (Football) passing and receiving Focus on fitness during unit Teachers – Unit 1 net/wall games	Unit 1 – net wall games Focus on Fitness during unit SWIMMING Young Leaders training 2 weeks	Focus on Fitness during unit (warmups) Unit 1 – Invasion implement and kicking – hockey and soccer SWIMMING
Autumn 2	Chris - Unit 2 – Creative game making SWIMMING	Unit 2 – Problem solving inventing skill work in games SWIMMING	CHRIS – Tennis – Net/Wall adapted skills (revisit competitive strokes – positioning) Unit 2 Invasion and target (ball handling)	CHRIS Tennis – Unit 2 – net/wall – Volleyball and tennis
Spring 1	Dance Unit/ Unit 2 Explorers CHRIS – Tag Rugby skills	CHRIS Gymnastics Unit 1 Balances Unit 3 Invasion – focus on passing and receiving	Dance Unit 1 – Rubbish SWIMMING	Dance Unit 1 – Sporting dances SWIMMING
Spring 2	Chris – Gymnastics Unit 1 SWIMMING	<u>Tag Rugby – specialised coach or Dance unit 1</u> SWIMMING	Unit 3 – Invasion or Tag Rugby specialised coach CHRIS – Football - target games	Unit 3 - Striking and fielding adapted skills CHRIS - Athletics unit 1
Summer 1	Chris – Netwall skills – Unit 3 Wall games - SWIMMING	Teacher – Striking and fielding adapted skills Unit 4 SWIMMING	Teacher – Striking and fielding adapted skills Unit 4 CHRIS – Athletics Unit 2	Unit 4 – invasion games – ball handling (netball, basketball, rugby) Unit 2 - Athletics
Summer 2	Sports Day preparation UNIT 4 - Striking and Fielding CHRIS – Athletics Unit 1	Striking and Fielding continued Sports Day preparation Athletics Unit 1	Sports Day preparation Striking and fielding continued SWIMMING	Sports Day preparation Striking and Fielding continued SWIMMING

Key Stage 2 LTP – subject to change due to

- Swimming commencing September 2022 KS2
- Bike-ability – date to be arranged Advent 1
- Sports Leaders September 2022 delivered over 2 weeks (date to be confirmed)
- Sports day end of June – date to be confirmed
- Goals – Autumn term yr1-6 date to be confirmed
- Sports Festivals yr3-6 Spring term
- Swimming Gala
- Football yr5/yr6 girls and boys
- Cross Country
- Clubs to be confirmed – Gymnastics, Athletics, Netball, Football – additional CPD coaching external

Key stage 2 Pupils should be taught to:

- Apply and develop broader range of skills, learning how to use them in different ways and link them to movements and actions.
- They should enjoy communicating, collaborating and competing with each other. Express knowledge of their own and peer performances
- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis- here some sports taught by Chris to consolidate skills from broader curriculum], and apply basic principles suitable for attacking and defending.
- Be able to apply knowledge of skills to lead a warm up or activity based upon a skill area.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.