

Physical Education KS2 Long Term Plan – 2023-24 (inc C.Gowan)

Term	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p>CHRIS planning – Multi Skills linked to Games (Football) passing and receiving</p> <p>Focus on Fitness during unit</p> <p>Ball skills – Invasion Unit 1 - KW</p>	<p>Unit 1 net/wall games - HH</p> <p>SWIMMING</p>	<p>Unit 1 – net wall games</p> <p>Focus on Fitness during unit – Chris</p> <p>SWIMMING</p> <p>Young Leaders training 2 weeks</p> <ul style="list-style-type: none"> - Theory Tuesday 12th Sept 1-2.30pm - Practical Tuesday 26th Sept 1-2.30pm 	<p>Focus on Fitness during unit (warmups)</p> <p>Unit 1 – Invasion implement and kicking – Soccer – Chris and KJ</p> <p>Unit 1 – Invasion implement and kicking – Hockey – Chris and KJ</p>
Autumn 2	<p>Unit 2 – Creative game making.</p> <p>Unit 2 from rising stars – Supplied by Chris</p>	<p>CHRIS planning– Multi Skills linked to Games (Football) passing and receiving.</p> <p>Focus on fitness during unit</p> <p>Unit 2 – Problem solving inventing skill work in games</p>	<p>Unit 2 Invasion and target (ball handling)</p> <p>Unit - Tennis – Net/Wall adapted skills (revisit competitive strokes – positioning)</p>	<p>Unit 2 – net/wall – Volleyball and tennis</p> <p>CHRIS planning - Tennis unit.</p>
Spring 1	<p>Gymnastics – L</p> <p>Gymnastics - M</p>	<p>Dance Unit 1</p> <p>SWIMMING</p>	<p>Dance Unit 1 – Rubbish</p> <p>SWIMMING</p>	<p>Dance Unit 1 – Sporting dances</p> <p>Gymnastics Unit 1 – X</p>
Spring 2	<p>UNIT 3 - Netwall skills – Wall games</p>	<p>Striking and fielding adapted skills Unit 4</p>	<p>Unit 3 – Invasion</p>	<p>Unit 3 - Striking and fielding adapted skills</p>
Summer 1	<p>UNIT 4 - Striking and Fielding</p> <p>UNIT 4 - Striking and Fielding cont.</p>	<p>Athletics Unit 1</p> <p>SWIMMING</p>	<p>Striking and fielding adapted skills Unit 4</p> <p>SWIMMING</p>	<p>Unit 3 - Striking and fielding adapted skills cont.</p> <p>Unit 1 - Athletics</p>
Summer 2	<p><u>Sports Day preparation</u></p> <p>Athletics Unit 1</p> <p>SWIMMING</p>	<p>Striking and Fielding continued IF NEEDED</p> <p>Athletics unit 2 – Sports Day preparation</p>	<p>Sports Day preparation</p> <p>Athletics Unit 1</p> <p>THEN</p> <p>Either Striking and fielding continued</p> <p>CG</p> <p>Or Athletics Unit 2</p>	<p>Sports Day preparation</p> <p>Athletics Unit 2</p> <p>Unit 4 – invasion games – ball handling (netball, basketball)</p>

Key Stage 2 LTP – subject to change due to

- Swimming commencing September 2023 KS2
- Bike-ability – date to be arranged Advent 1
- Sports Leaders September 2023 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.