

# Physical Education KS2 Long Term Plan – 2024-25 (inc C.Gowan)



Term	Year 3	Year 4	Year 5	Year 6
Autumn 1	<b>CHRIS planning –</b> Multi Skills linked to Games (Football) passing and receiving <b>Focus on Fitness during unit</b>  Ball skills – Invasion Unit 1 - KW	Unit 1 net/wall games - HH  <b>SWIMMING</b>	Unit 1 – net wall games Focus on Fitness during unit – Chris  <b>SWIMMING</b>  -	Focus on Fitness during unit (warmups)  <b>Unit 1 – Invasion implement and kicking – Soccer – Chris and KJ</b>  <b>Unit 1 – Invasion implement and kicking – Hockey – Chris and KJ</b>  Bikeability 2 <sup>nd</sup> – 5 <sup>th</sup> Sept
Autumn 2	Unit 2 – Creative game making.  <b>Unit 2 from rising stars – Supplied by Chris</b>  Tag Rugby 4 <sup>th</sup> Nov – 10 <sup>th</sup> Dec	<b>CHRIS planning–</b> Multi Skills linked to Games (Football) passing and receiving. <b>Focus on fitness during unit</b>  Unit 2 – Problem solving inventing skill work in games  Tag Rugby 4 <sup>th</sup> Nov – 10 <sup>th</sup> Dec	Unit 2 Invasion and target (ball handling)  <b>Unit - Tennis – Net/Wall adapted skills (revisit competitive strokes – positioning)</b>	Unit 2 – net/wall – Volleyball and tennis  Tennis unit.
Spring 1	<b>Gymnastics – L</b>  Gymnastics - M	Dance Unit 1  <b>SWIMMING</b>	Dance Unit 1 – Bollywood  <b>SWIMMING</b>	<b>Dance Unit 1 – Sporting dances</b>  Gymnastics Unit 1 - X
Spring 2	<b>UNIT 3 - Netwall skills – Wall games</b> <b>UNIT 4 - Striking and Fielding</b>	<b>Striking and fielding adapted skills Unit 4</b>  Athletics Unit 1	<b>Unit 3 – Invasion</b>  Athletics Unit 1	<b>Unit 3 - Striking and fielding adapted skills</b>  <b>Unit 3 - Striking and fielding adapted skills cont.</b>
Summer 1 (4 weeks)	<b>UNIT 4 - Striking and Fielding cont.</b>	Athletics Unit 1  <b>SWIMMING</b>	<b>Sports Day preparation</b> <b>Athletics Unit 1</b> Shared with Yr 6 teacher  <b>SWIMMING</b>	<b>Unit 1 - Athletics</b> Shared with Yr 6 teacher
Summer 2	<b>Sports Day preparation</b> <b>Athletics Unit 1</b>  <b>SWIMMING</b>	Striking and Fielding continued IF <b>NEEDED</b>  <b>Athletics unit 2 –</b> Sports Day preparation	Striking and fielding adapted skills Unit 4  Athletics Unit 2	Sports Day preparation Athletics Unit 2  <b>Unit 4 – invasion games – ball handling (netball, basketball)</b>

## Key Stage 2 LTP – subject to change due to

- Swimming commencing September 2024 KS2
- Bike-ability – Sept 2<sup>nd</sup> – 5<sup>th</sup> Year 6; March 17<sup>th</sup> – 24<sup>th</sup> Year 5
- Sports day end of June – 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
- Tag Rugby Year 3 & 4 Advent 2 followed by a tournament

## 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.