

Term	Reception	Year 1	Year 2
Advent 1	Chris Planning – Big Moves program FUNdamental skills Developing balancing and sequencing Unit 1 – bean bags	Chris Planning– FUNdamental movement skills basic movement Unit 1 - ball skills - KH	Unit 1 – throwing and catching inventing games - AS Unit 1 – Dance pick a unit based on pupils interests.
Advent 2	Chris Planning– Developing individual ball skills Continuation of FUNdamental skills FUNDamentals Unit 2 using a ball	Unit 2 – Throwing and catching – aiming games Chris Planning– Football basic skills	Unit 2 – making up games Unit 1 - Gymnastics
Lent 1	<u>Gymnastics</u> TRAVELLING – UNIT A TRAVELLING – UNIT C	Gymnastics all apparatus Unit 1 Unit 1 – Dance	Chris Planning – Gymnastics unit Unit 2 – Dance / Gym second unit to be discussed depending on pupil development -
Lent 2	Unit 4 – ropes, bats and balls - Balance-ability - 24th Feb -7th April (Monday Afternoons)	Unit 3 – Bat and ball skills and games Unit 4 - Developing partner work	Unit 3 - Dribbling, kicking and hitting Games Unit 4 – group games and inventing rules
Pentecost 1	Chris planning – (shared with class teacher) Developing basic understanding of moving into space – sending and receiving	Unit 2 – Throwing and Catching revisited (shared with class teacher)	Athletics – unit 1
Pentecost 2	Chris planning – Athletics 1 Multi skills related to adapted Sports Day Sending and receiving games	Athletics Unit 2 Preparation Sports Day - adapted activities	Athletics Unit 2 Chris planning – Sports Day adapted skills Fundamentals

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.
- Perform dances using simple movement patterns.
- Engage in extracurricular activities Tennis

Events and competitions

Sports Festival Autumn term Yr1 and 2

Sports Day Date TBC

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



Term	Year 3	Year 4	Year 5	Year 6
Advent 1	CHRIS planning – Multi Skills linked to Games (Football) passing and receiving Focus on Fitness during unit Ball skills – Invasion Unit 1 - KW	Unit 1 net/wall games – Chris SWIMMING	Unit 1 – net wall games Focus on Fitness during unit – Chris SWIMMING -	Focus on Fitness during unit (warmups) Unit 1 – Invasion implement and kicking – Soccer – Chris and KJ Unit 1 – Invasion implement and kicking – Hockey – Chris and KJ Small group swimming
Advent 2	Unit 2 – Creative game making. Dance Unit to be decided by teacher	CHRIS planning – Multi Skills linked to Games (Football) passing and receiving. Focus on fitness during unit Unit 3 – Games (see folder)	Unit 2 Invasion and target (ball handling) Unit - Tennis – Net/Wall adapted skills (revisit competitive strokes – positioning)	Unit 2 – net/wall – Volleyball and tennis Tennis unit.
Lent 1	Gymnastics Unit or Apparatus Gymnastics/ Dance unit	Dance Unit 1 SWIMMING	Dance Unit 1 – Bollywood SWIMMING	Dance Unit 1 – Sporting dances Gymnastics Unit 1 – Apparatus
Lent 2	UNIT 3 - Netwall skills – Wall games UNIT 4 - Striking and Fielding	Striking and fielding adapted skills Unit 4 Athletics Unit 1	Unit 3 – Invasion Athletics Unit 1	Unit 3 - Striking and fielding adapted skills Unit 3 - Striking and fielding adapted skills cont.
Pentecost 1	UNIT 4 - Striking and Fielding cont.	Athletics Unit 1 SWIMMING	Sports Day preparation Athletics Unit 1 Shared with Yr 6 teacher SWIMMING	Unit 1 - Athletics Shared with Yr 6 teacher
Pentecost 2	Sports Day preparation Athletics Unit 1 SWIMMING	Striking and Fielding continued IF NEEDED Athletics unit 2 – Sports Day preparation	Striking and fielding adapted skills Unit 4 Athletics Unit 2	Sports Day preparation Athletics Unit 2 Unit 4 – invasion games – ball handling (netball, basketball)

Key Stage 2 LTP – subject to change due to

- Swimming commencing Advent 2 KS2 (small group of year 6's)
- Both year 5 and 6 already completed Bikeability
- 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 throughout the year
- Clubs - Athletics, Netball, Football, Cricket, Rounders, Cross Country – 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.