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| **PE Long term plan 2024** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **EYFS** | **Body Management****(Unit 1& 2)**U1: balance, move, reach & stretch, bridges & tunnels, travel- over & under, make shapes.U2: Perform rolls, body control, jumps, travel- apparatus, and teamwork. | **Gymnastics****(Unit 1 & 2)**U1: move safely, take off and land- 2 feet, balance and move balls & beanbags, travel- mats & benches, copy & repeat, perform simple shapes & balances.U2: Link shapes, egg & log roll, pathways, balance on points & patches, perform, start & finish position | **Dance** **(Unit 1 & 2)**U1: colours & feelings, perform- levels & directions, partner work, show expression, transport movements, leading & following.U2: Move to count (8), perform partner, perform- 4 actions, link actions. | **Cooperate & Solve Problems****(Unit 1 & 2)**U1: Match colours & symbols, teamwork, shapes with bodies, follow trail, make patterns, partner work.U2: Follow trail- partner, parachute games, jumping, and movement patterns, navigate obstacles. | **Manipulation & Coordination****(Unit 1 & 2)**U1: Handle a balloon & ball, kick ball, hop & jump & step, send- ball & beanbag, send & stop game.U2: parachute games, equipment to perform actions, use baton to push beanbags & balls, baton to dribble, jumps, handle a hoop. | **Speed, Agility & Travel****(Unit 1 & 2)****Sports Day Practise**U1: move in directions, bodies’ safe- running, and jump & stop safely, move- slow & fast speed.U2: Move beanbags & balls, move- different ways, jump on, off & over, perform circle dances, strength for shapes, teamwork. |
| **Year 1**OAA (x1 lesson per half term at least- 6 lessons available) | **Attack, Defend & Shoot** **(Unit 1& 2)**U1: hit & defend target, roll & slide balls and beanbags, shoot, partner, attack & defend. U2: Find pulse, move side to side to defend, bounce, aim, and adapt change. | **Gymnastics****(Unit 1 & 2)**U1: Perform in sequence, carry & set up apparatus safely, perform on small and large body parts, take-off and landing shapes, travel, different levels.U2: Move on and off apparatus, rocking shape, balances, unison & canon actions, turn and jump quarter and half. | **Dance** **(Unit 1 & 2)**U1: Show moods, move, create, perform movements, leading & following, short dance- beg, mid, end, repeated actions.U2: Perform actions, march to beat, march in time as group, canon, perform in rounds.  | **Hit, Catch, Run****(Unit 1& 2)**U1: Throw & roll ball in space, track and collect, catch a ball, hit ball with hands, run to score points, teamwork.U2: Catch ball, hit with power, position body, field ball, catch high ball, stop teams from scoring. | **Send & Return****(Unit 1& 2)**U1: Slide beanbag to target, hit ball with hands, return ball, partner- stop & return, rally, and send ball to space.U2: Ball over net, track & stop, muscles importance, accurate send of ball (kneeling/sitting), spaces, play a game with a partner. | **Run, Jump, Throw****(Unit 1& 2)****Sports Day Practise**U1: start & stop movement at speed, arms for running, take-off-2 feet jump, correct technique throw, show importance- throw, competition. |
| **Year 2**OAA (x1 lesson per half term at least- 6 lessons available) | **Attack, Defend & Shoot** **(Unit 1& 2)**U1: Kick, control, teamwork, bounce, dribble, pass a ball.U2: throw, move in spaces, pass, intercept and compete. | **Gymnastics****(Unit 1 & 2)**U1: Combine sequence, jumps, weight on hands and move in different directions, flexibility, perform.U2: dish and arch shape, strength, frog jump and leapfrog, L-sit, rhythm and flow. | **Dance** **(Unit 1 & 2)**U1: show feelings, create movements, change speed & direction, formation.U2: Show emotion, rhythm, create motif, and perform, pathways.  | **Hit, Catch, Run****(Unit 1& 2)**U1: Hit (variety of bats), defend by kicking, bowl underarm, and throw accurately.U2: Safety, kick to a space, respond to ball speed, wicketkeeper role, backstop role, underarm with accuracy. | **Send & Return****(Unit 1& 2)**U1: Move quickly on toes, dominant hand, rules of serving, agility, correct grip, ready position in a rally.U2: Feed a ball, send ball accurately, throw and catch (seated), serve ball, overarm attack shot. | **Run, Jump, Throw****(Unit 1& 2)****Sports day Practise**U1: Move quickly, speed & control, best throw for different situations, quick feet whilst sprinting, static and dynamic balances.U2:Run long distance, strength for jumping, power for throwing, breathing techniques, cooperation, listen & teamwork. |

**Curriculum objectives**

**EYFS**

ELG: Gross Motor Skills Children at the expected level of development will:

 • Negotiate space and obstacles safely, with consideration for themselves and others.

 • Demonstrate strength, balance and coordination when playing.

 • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

**Key stage 1**

* 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
* Perform dances using simple movement patterns.