



Long Term Plan of Content Coverage for Physical Education

Subject Intent: Our PE Curriculum is designed to enable children to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport and other activities that build character and help to embed values such as fairness and respect. We inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities.

Big Ideas: **Fair and Inclusive Play, Resilient Participation, Health and Fitness**

Year 1

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Football Multi-Skills	Invasion Games Dance	Gymnastics Multi-Skills	Striking & Fielding Tri Golf	Tennis Invasion Games	Athletics Outdoor Adventurous Activities
Statements from National Curriculum	<ul style="list-style-type: none"> • Enter the water safely and move in all directions for a short distance. • Be at ease with the water showered from above and wetting the face. • Maintain a floating position with aids or support. • Push and glide in a horizontal position from side to side. • Demonstrate an understanding of water safety. • Identify that exercise is good for our minds. • Understand the term determination. • Hold a balance whilst walking along a straight line. • Zig zag through a series of markers spaced evenly, about 2m apart. • Hop on the spot using the same foot. • Jump for distance. • Jump for height. • Catch a bean bag. • Throw a small ball underarm, using the correct technique. • Link skills and actions in different ways to suit different activities. • Establish sequences of actions and skills which have a clear beginning, middle and ending. • Describe and comment on performance. 					

Chelmondiston C of E Primary School

	<p>SMSC and FBV Connections</p> <p>Courageous Advocates Good Samaritan links</p>	<p>Pupils will demonstrate their spiritual development through:</p> <ul style="list-style-type: none">• a sense of enjoyment and fascination in learning about themselves, others and the world around them.• the use of imagination and creativity in their learning.• a willingness to reflect on their experiences. <p>Pupils will demonstrate their social development through:</p> <ul style="list-style-type: none">• using a range of social skills in different contexts for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds. <p>Pupils will demonstrate their cultural development through:</p> <ul style="list-style-type: none">• a willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities.
--	--	--

Year 2

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Football Multi-Skills	Invasion Games Dance	Gymnastics Multi-Skills	Striking & Fielding Tri Golf	Tennis Invasion Games	Athletics Outdoor Adventurous Activities
Statements from National Curriculum	<ul style="list-style-type: none"> • Jump in from the pool side safely. • Blow bubbles underwater with nose and mouth submerged. • Regain upright position from a back or front float. • Push and glide on the back from the side of the pool. • Perform a 360 degree rotation from front to back and back to front. • Understand that the heart is a muscle which grows during exercise and pumps blood carrying oxygen and energy around the body. • Understand the difference between fair and unfair. • Zig zag through a series of tightly spaced markers. • Hop along a straight line using the same foot. • Jump for distance controlling the landing. • Jump for height with controlled landing. • Catch a small ball. • Throw a small ball overarm, using the correct technique. • Structure sequences of actions and skills in different orders to improve performance (speed/direction/level etc.) • Compare his/her performance with others. 					
SMSC and FBV Connections	<p>Pupils will demonstrate their spiritual development through:</p> <ul style="list-style-type: none"> • a sense of enjoyment and fascination in learning about themselves, others and the world around them. • the use of imagination and creativity in their learning. • a willingness to reflect on their experiences. <p>Pupils will demonstrate their social development through:</p> <ul style="list-style-type: none"> • using a range of social skills in different contexts for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds. <p>Pupils will demonstrate their cultural development through:</p> <ul style="list-style-type: none"> • a willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities. 					

Year 3

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Tag Rugby Multi-Skills	Hockey Dance	Gymnastics Basketball	Striking & Fielding Football	Tennis Outdoor Adventurous Activities	Athletics Striking & Fielding
Statements from National Curriculum	<ul style="list-style-type: none"> • Jump into the pool and submerge briefly. • Sink, push away from the wall and glide underwater for a short distance. • Have a reasonable knowledge of the water safety code. • Identify that exercise helps our lungs and heart improves co-ordination. • Set more challenging goals and evaluate his/her own achievements. • Create a 'steps to success' approach to achieving success. • Understand that determination and perseverance are needed to overcome challenge. • Balance on one foot. • Climb a set of wall bars (or similar). • Perform a side stepping gallop. • Run at speed over a distance. • Vary skills, actions and ideas and link these in different ways to suit different activities. • Vary his/her responses to tactics, strategies and sequences used. • Compare and contrast his/her own performance with others. 					
SMSC and FBV Connections	<p>Pupils will demonstrate their spiritual development through:</p> <ul style="list-style-type: none"> • a sense of enjoyment and fascination in learning about themselves, others and the world around them. • the use of imagination and creativity in their learning. • a willingness to reflect on their experiences. <p>Pupils will demonstrate their social development through:</p> <ul style="list-style-type: none"> • using a range of social skills in different contexts for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds. <p>Pupils will demonstrate their cultural development through:</p> <ul style="list-style-type: none"> • a willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities. 					

Year 4

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Tag Rugby Multi-Skills	Hockey Dance	Gymnastics Basketball	Striking & Fielding Football	Tennis Outdoor Adventurous Activities	Athletics Striking & Fielding
Statements from National Curriculum	<ul style="list-style-type: none"> • Perform sequences of changing shapes whilst floating on the surface. • Swim approximately 10m using a range of different strokes. • Explain the types and amounts of food needed for a balanced healthy diet. • Explain the benefits to the body of regular exercise. • Identify basic ‘coping strategies’ for dealing with difficult emotions. • Complete a forward roll and land on the feet. • Skip forwards in a fluid motion. • Kick a ball accurately. • Pass a ball from chest height to a partner. • Apply skills and tactics in combination with a partner or as part of a group/team. • Comment on skills and techniques applied in his/her own and others’ work and use this understanding to improve performance. 					
SMSC and FBV Connections	<p>Pupils will demonstrate their spiritual development through:</p> <ul style="list-style-type: none"> • a sense of enjoyment and fascination in learning about themselves, others and the world around them. • the use of imagination and creativity in their learning. • a willingness to reflect on their experiences. <p>Pupils will demonstrate their social development through:</p> <ul style="list-style-type: none"> • using a range of social skills in different contexts for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds. <p>Pupils will demonstrate their cultural development through:</p> <ul style="list-style-type: none"> • a willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities. 					

Year 5

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Tag Rugby Multi-Skills	Hockey Dance	Gymnastics Basketball	Striking & Fielding Football	Tennis Outdoor Adventurous Activities	Athletics Striking & Fielding
Statements from National Curriculum	<ul style="list-style-type: none"> • Perform a surface dive. • Swim over 10m using a range of strokes accurately. • Perform a range of jumps into deep water and tread water when resurfacing. • Perform a forward somersault tucked in the water. • Begin to work out the amount of exercise needed to burn off food (by using up calories). • Explain how the body systems change during exercise. • Understand how our bodies change as we get older and how this affects sporting performance. • Begin to reflect on mistakes and see them as an opportunity to learn from. • Identify something he/she is confident in. • Explain how confidence can affect performance. • Perform a sequence of one footed leaps. • Gallop with a fluid motion. • Dribble a football between cones. • Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy. • When performing in an activity, draw upon previous knowledge and experiences of tactics, strategies and composition. • Develop interest in participating in sports activities and events at a competitive level. • Identify different levels of performance and use subject specific vocabulary. 					
SMSC and FBV Connections	<p>Pupils will demonstrate their spiritual development through:</p> <ul style="list-style-type: none"> • a sense of enjoyment and fascination in learning about themselves, others and the world around them. • the use of imagination and creativity in their learning. • a willingness to reflect on their experiences. <p>Pupils will demonstrate their social development through:</p> <ul style="list-style-type: none"> • using a range of social skills in different contexts for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds. <p>Pupils will demonstrate their cultural development through:</p> <ul style="list-style-type: none"> • a willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities. 					

Year 6

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Tag Rugby Multi-Skills	Hockey Dance	Gymnastics Basketball	Striking & Fielding Football	Tennis Outdoor Adventurous Activities	Athletics Striking & Fielding
Statements from National Curriculum	<ul style="list-style-type: none"> Swim 10m wearing clothes. Exit the water without using steps. Swim 25m using any stroke. Perform a range of movements in deep water demonstrating confidence and competence. Understand that endorphins are released during exercise and that these are linked with happiness. Using scientific vocabulary, explain what happens to our bodies during and after exercise. Set achievable personal goals and successfully reflect on these, perhaps setting 'next steps'. Understand different levels of confidence and its effect on life. Perform a 'drop-kick'. Perform a 'basketball dribble'. Strike a ball with a range of bats for accuracy and distance. What planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strength and weaknesses of others. Analyse, modify and refine skills and techniques and how these are applied. Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy. 					
SMSC and FBV Connections	<p>Pupils will demonstrate their spiritual development through:</p> <ul style="list-style-type: none"> a sense of enjoyment and fascination in learning about themselves, others and the world around them. the use of imagination and creativity in their learning. a willingness to reflect on their experiences. <p>Pupils will demonstrate their social development through:</p> <ul style="list-style-type: none"> using a range of social skills in different contexts for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds. <p>Pupils will demonstrate their cultural development through:</p> <ul style="list-style-type: none"> a willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities. 					