



## Toft Hill Primary School: PE Long Term Plan

Year	Autumn	Spring	Summer
EYFS	<p>Daily session of Jungle journey, squiggle whilst you wiggle, Dough Disco and Write Dance (Fine and gross motor development activities)</p> <p><b>Fundamental Movement Skills 1</b>  <b>Key Learning:</b> Jumping, dribbling, travelling with a ball, catching, throwing and passing</p> <p><b>Locomotion 1</b>  <b>Key Learning:</b> Walking, finding space, running, hopping, jumping, dodging, sliding, galloping, object manipulation</p>	<p><b>Fine Motor Skills</b>  <b>Key Learning:</b> Running, manipulating objects, picking up and carrying, Threading, balancing</p> <p><b>Dance – Nursery Rhymes</b>  <b>Key Learning:</b> experimenting with ways of moving, perform a simple dance</p> <p><b>Locomotion 2</b>  <b>Key Learning:</b> Fundamental movements (jumping, running and skipping)</p> <p><b>Gymnastics – Flight, bouncing, jumping and landing</b>  <b>Key Learning:</b> jumping, simple sequences, star jumps, pencil jumps, jump and leap with control</p>	<p><b>Object Manipulation</b>  <b>Key Learning:</b> Finding space, control an object, twist and turn, control a ball, stopping a ball, catch an object, bounce and catch a ball</p> <p><b>Athletics</b>  <b>Key learning:</b> Jumping, running, throwing, demonstrating agility balance and coordination</p> <p><b>Target Games</b>  <b>Key Learning:</b> Throwing, striking, rolling</p>
1	<p><b>Fundamental Movement Skills 1</b>  <b>Key learning:</b> Jumping, dribbling, travelling with a ball, catching, throwing and passing  <b>NC:</b> Master basic movements and begin to apply these in a range of activities</p> <p><b>Locomotion 2</b>  <b>Key learning:</b> Fundamental movements (jumping, running and skipping)  <b>NC:</b> Master basic movements including running, jumping as well as developing balance agility and coordination</p> <p><b>Gymnastics – Balancing and spinning</b>  <b>Key learning:</b> Supporting bodyweight, performing spins, perform a short sequence, hold balances  <b>NC:</b> Pupils access a broad range of activities to extend their agility, balance and coordination</p> <p><b>Dance – Animals</b>  <b>Key learning:</b> Develop a simple dance motif with short travelling sections  <b>NC:</b> Perform dances using simple movement patterns</p>	<p><b>Fundamental Movement Skills 2</b>  <b>Key learning:</b> Jumping, dribbling, travelling with a ball, catching, throwing and passing  <b>NC:</b> Master basic movements and begin to apply these in a range of activities</p> <p><b>Gymnastics – Pathways</b>  <b>Key Learning:</b> Step and turn, form sequences, jump in different pathways  <b>NC:</b> Pupils access a broad range of activities to extend their agility, balance and coordination</p> <p><b>Striking and Fielding Game Skills 1</b>  <b>Key learning:</b> Striking a ball, stopping a ball, throwing a ball, chasing and retrieving  <b>NC:</b> Participate in team games and apply basic movements in a range of activities.</p> <p><b>Target Games 2</b>  <b>Key Learning:</b> Kicking, striking, punting, throwing  <b>NC:</b> Master basic movements and begin to apply these in a range of activities</p>	<p><b>Gymnastics – Wide, narrow and curled</b>  <b>Key Learning:</b> Travel and balance, taking bodyweight. Form sequences  <b>NC:</b> Pupils access a broad range of activities to extend their agility, balance and coordination</p> <p><b>Net &amp; Wall Game Skills 1</b>  <b>Key Learning:</b> Sending a ball, receiving a ball, striking, throwing.  <b>NC:</b> Participate in team games and apply basic movements in a range of activities.</p> <p><b>Invasion Games Skills 2</b>  <b>Key learning:</b> Passing and catching, changing direction, attacking and defending  <b>NC:</b> Developing simple tactics for attacking and defending</p> <p><b>Athletics</b>  <b>Key learning:</b> Jumping, running, throwing, demonstrating agility balance and coordination  <b>NC:</b> Master basic movements including running, jumping as well as developing balance agility and coordination</p>



<p>2</p>	<p><b><u>Gymnastics – Spinning, turning and twisting</u></b>  <b>Key learning:</b> Performing twists and rolls, changing points of contact, developing routines  <b>NC:</b> Develop balance, agility and coordination and begin to apply these. Engage in cooperative physical activities  <b><u>Target Games 3</u></b>  <b>Key learning:</b> Throwing, striking targets, rolling, punting, striking with a racket or bat  <b>NC:</b> Master basic movements and begin to apply these in a range of activities  <b><u>Fundamental Movement Skills 3</u></b>  <b>Key learning:</b> Hopping, travelling backwards, combine running and jumping, dodging, striking  <b>NC:</b> Master basic movements and begin to apply these in a range of activities  <b><u>Gymnastics – Stretching</u></b>  <b>Key Learning:</b> Stretching whilst balanced, arching, supports, stretch and curl  <b>NC:</b> Develop balance, agility and coordination and begin to apply these. Engage in cooperative physical activities</p>	<p><b><u>Dance – Fire of London</u></b>  <b>Key learning:</b> Creating and performing a dance sequence  <b>NC:</b> Perform dances using simple movement patterns  <b><u>Invasion Games Skills 3</u></b>  <b>Key learning:</b> Throwing, bouncing, catching, track opponents, intercept passes, closing down space,  <b>NC:</b> Participate in team games developing simple tactics for attacking and defending  <b><u>Badminton</u></b>  <b>Key learning:</b> Positioning, striking, developing a stance, playing competitive games  <b>NC:</b> Master basic movements including throwing and catching and engage in competitive physical activities  <b><u>Gymnastics – Pathways</u></b>  <b>Key Learning:</b> Performing sequences in different pathways, control, travelling  <b>NC:</b> Develop balance, agility and coordination and begin to apply these. Engage in cooperative physical activities</p>	<p><b><u>Net and Wall Games Skills 2</u></b>  <b>Key learning:</b> Positioning, striking, developing a stance, playing competitive games  <b>NC:</b> Master basic movements including throwing and catching and engage in competitive physical activities  <b><u>Striking and fielding Game Skills 2</u></b>  <b>Key learning:</b> Striking a ball, stopping a ball, throwing a ball, chasing and retrieving  <b>NC:</b> Participate in team games and apply basic movements in a range of activities.  <b><u>Athletics</u></b>  <b>Key learning:</b> Jumping, running, throwing, demonstrating agility balance and coordination  <b>NC:</b> Master basic movements and apply these in a range of activities  <b><u>Tri Golf</u></b>  <b>Key learning:</b> Striking, hitting for accuracy, striking for distance  <b>NC:</b> Master basic movements and begin to apply these in a range of activities</p>
<p>3</p>	<p><b><u>Tag Rugby – Invasion Games</u></b>  <b>Key learning:</b> Passing, tagging, catching, applying a range of skills effectively in a game  <b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending  <b><u>Netball – Invasion Games</u></b>  <b>Key learning:</b> Passing, attacking, defending, shooting, playing multiple rules  <b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending  <b><u>Gymnastics – Symmetry</u></b>  <b>Key learning:</b> Creating a sequence, spin on points, work at different levels, forward roll, symmetrical movements with partner  <b>NC:</b> Develop flexibility, strength, technique, control and balance through gymnastics</p>	<p><b><u>Gymnastics – Linking movements together</u></b>  <b>Key learning:</b> Holding balances with good control, linking high and low moves, creating a sequence of balance and rolls  <b>NC:</b> Develop flexibility, strength, technique, control and balance through gymnastics  <b><u>Dance – Egyptians</u></b>  <b>Key learning:</b> Translating themed actions in travelling movement patterns, performing and evaluating a dance sequence  <b>NC:</b> Perform dances using a range of movements  <b><u>Tri Golf</u></b>  <b>Key learning:</b> Putting with accuracy, developing a stance, chipping, avoiding hazards  <b>NC:</b> Play competitive games. Compare their performance with previous ones and demonstrate improvement  <b><u>Invasion Games 3</u></b>  <b>Key learning:</b> travelling with head up, pass and move</p>	<p><b><u>OAA</u></b>  <b>Key Learning:</b> Work as part of a team, solve problems, communicate and negotiate with others  <b>NC:</b> take part in outdoor and adventurous activity challenges both individually and within a team  <b><u>Cricket</u></b>  <b>Key learning:</b> Batting, bowling, throwing and catching, fielding, competitive games  <b>NC:</b> Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.  <b><u>Tennis</u></b>  <b>Key learning:</b> Striking forehand, backhand, volleying, serving, using tactics.  <b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending  <b><u>Athletics</u></b>  <b>Key learning:</b> Sprinting technique, hurdling, long jump,</p>



		<p>into space, dribble with control, dummy passing, jockeying an opponent  <b>NC:</b> Play competitive games and apply attacking and defending principles. Use throwing and catching in combination</p>	<p>throwing overarm, relay teams  <b>NC:</b> Use running, jumping and throwing in isolation and in combination. Compare their performance with previous ones and demonstrate improvement</p>
4	<p><b><u>Gymnastics – Rolling and travelling low</u></b>  <b>Key learning:</b> Forward rolls, linking rolls into a sequence, rolling on apparatus, rolling backwards, creating sequences  <b>NC:</b> Develop flexibility, strength, technique, control and balance through gymnastics  <b><u>Tag Rugby – Invasion Games</u></b>  <b>Key learning:</b> Offside, Passing, tagging, catching, attacking and defending  <b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending  <b><u>Dance – Romans</u></b>  <b>Key learning:</b> Translating themed actions in travelling movement patterns, using canon and formation changes  <b>NC:</b> Perform dances using a range of movements  <b><u>Dodgeball</u></b>  <b>Key learning:</b> Throwing with accuracy and power, dodging evading, catching, attacking and defending  <b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending.</p>	<p><b><u>Gymnastics – Arching and Bridges</u></b>  <b>Key learning:</b> Supporting body weight, performing sequences, variety of rolls and supports, creating sequences  <b>NC:</b> Develop flexibility, strength, technique, control and balance through gymnastics  <b><u>Invasion Games 3</u></b>  <b>Key learning:</b> travelling with head up, pass and move into space, dribble with control, dummy passing, jockeying an opponent  <b>NC:</b> Play competitive games and apply attacking and defending principles. Use throwing and catching in combination  <b><u>Handball</u></b>  <b>Key learning:</b> Passing in a variety of ways, dribbling, receiving the ball, anticipating play, shooting with power and accuracy  <b>NC:</b> Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.  <b><u>Tennis</u></b>  <b>Key learning:</b> Striking forehand, backhand, volleying, serving, using tactics.  <b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending</p>	<p><b><u>Cricket</u></b>  <b>Key learning:</b> Batting, bowling overarm, throwing and catching, stopping balls, fielding, competitive games  <b>NC:</b> Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.  <b><u>Basketball – Invasion Games</u></b>  <b>Key learning:</b> Passing, dribbling, attacking, defending, shooting, playing multiple rules  <b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending    <b><u>Athletics</u></b>  <b>Key learning:</b> Sprinting technique, hurdling, long jump, throwing overarm, relay teams  <b>NC:</b> Use running, jumping and throwing in isolation and in combination. Compare their performance with previous ones and demonstrate improvement  <b><u>Swimming</u></b>  <b>Key learning:</b> Variety of strokes, swimming distance of 25m, safe self rescue.  <b>NC:</b> swim competently, confidently and proficiently over a distance of at least 25m. Use a range of strokes effectively. Perform safe self-rescue.</p>
5	<p><b><u>Gymnastics – Under and Over</u></b>  <b>Key learning:</b> Rolling over partners, supporting partners weight, vaulting, travelling over apparatus, creating performances with seamless transition  <b>NC:</b> Develop flexibility, strength, technique, control and balance through gymnastics  <b><u>Tag Rugby – Invasion Games</u></b>  <b>Key learning:</b> Offside, pop pass, attacking and defending, applying a range of skills effectively in a game</p>	<p><b><u>Gymnastics – Synchronisation &amp; Canon</u></b>  <b>Key learning:</b> Perform in canon, work at different levels, balance in unison, rolls, perform as a group  <b>NC:</b> Develop flexibility, strength, technique, control and balance through gymnastics  <b><u>Invasion Games 4</u></b>  <b>Key learning:</b> dribbling, technique for shooting, making runs, defending one on one, tracking opponents, communicate with fellow players</p>	<p><b><u>Swimming</u></b>  <b>Key learning:</b> Variety of strokes, swimming distance of 25m, safe self rescue.  <b>NC:</b> swim competently, confidently and proficiently over a distance of at least 25m. Use a range of strokes effectively. Perform safe self-rescue.  <b><u>Athletics</u></b>  <b>Key learning:</b> Running at different tempos, throwing with accuracy and power, throwing after a run up, triple</p>



	<p><b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending. Compare performance with previous one and demonstrate improvement</p> <p><b>Dance – Dance through the ages</b></p> <p><b>Key learning:</b> Developing a motif, change static actions into travelling movements, perform sequence, evaluate performances</p> <p><b>NC:</b> Perform dances using a range of movements</p> <p><b>Dodgeball</b></p> <p><b>Key learning:</b> Throwing with accuracy and power, dodging evading, catching, attacking and defending</p> <p><b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending.</p>	<p><b>NC:</b> Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.</p> <p><b>Danish Longball</b></p> <p><b>Key Learning:</b> throwing accurately, anticipating, sending and receiving whilst moving, intercepting, reading the game</p> <p><b>NC:</b> Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.</p> <p><b>Swimming</b></p> <p><b>Key learning:</b> Variety of strokes, swimming distance of 25m, safe self rescue.</p> <p><b>NC:</b> swim competently, confidently and proficiently over a distance of at least 25m. Use a range of strokes effectively. Perform safe self-rescue.</p>	<p>jump, vertical jump</p> <p><b>NC:</b> Master basic movements including running, jumping as well as developing balance agility and coordination and apply these in a range of activities</p> <p><b>Cricket</b></p> <p><b>Key learning:</b> Catching, throwing with accuracy, batting offside and leg side, bowling with a run up, fielding tactics, linking skills to play competitive games</p> <p><b>NC:</b> Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.</p> <p><b>Basketball – Invasion Games</b></p> <p><b>Key learning:</b> Passing, dribbling, attacking, defending, shooting, playing multiple rules</p> <p><b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending</p>
6	<p><b>Tag Rugby – Invasion Games</b></p> <p><b>Key learning:</b> Offside, pop pass, pocket pass dummy pass, attacking and defending, organising positions, applying a range of skills effectively in a game</p> <p><b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending. Compare performance</p> <p><b>Dance – Haka</b></p> <p><b>Key learning:</b> create a performance using canons, unison, direction and level, perform sequence, evaluate performances using technical language</p> <p><b>NC:</b> Perform dances using a range of movements</p> <p><b>Gymnastics – Group Sequencing</b></p> <p><b>Key learning:</b> Create group sequences involving flight, formations and pathways, spin on points and patches, perform sequences</p> <p><b>NC:</b> Develop flexibility, strength, technique, control and balance through gymnastic</p> <p><b>Dodgeball</b></p> <p><b>Key learning:</b> Throwing with accuracy and power, dodging evading, catching, attacking and defending</p> <p><b>NC:</b> play competitive games and apply basic principles</p>	<p><b>Gymnastics – Counter balance and tension</b></p> <p><b>Key Learning:</b> hold controlled balances, create sequences in unison, perform sequences</p> <p><b>NC:</b> Develop flexibility, strength, technique, control and balance through gymnastic</p> <p><b>OAA</b></p> <p><b>Key Learning:</b> communicating in a variety of ways, working as a team, finding solutions to challenges, navigating using a map, work effectively against a timer</p> <p><b>NC:</b> take part in outdoor and adventurous activity challenges both individually and within a team</p> <p><b>Handball</b></p> <p><b>Key learning:</b> Passing in a variety of ways, dribbling, receiving the ball, anticipating play, shooting with power and accuracy</p> <p><b>NC:</b> Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.</p> <p><b>Tennis</b></p> <p><b>Key learning:</b> Striking forehand, backhand, volleying, serving, using tactics.</p>	<p><b>Rounders</b></p> <p><b>Key learning:</b> Catching, throwing accurately, bowling, striking, fielding tactics, attacking and defending tactics</p> <p><b>NC:</b> Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.</p> <p><b>Athletics</b></p> <p><b>Key learning:</b> Running at different tempos, throwing with accuracy and power, throwing after a run up, triple jump, vertical jump, shot putt</p> <p><b>NC:</b> Master basic movements including running, jumping as well as developing balance agility and coordination and apply these in a range of activities</p> <p><b>Tri Golf</b></p> <p><b>Key learning:</b> Putting with accuracy, developing a stance, chipping, avoiding hazards</p> <p><b>NC:</b> Play competitive games. Compare their performance with previous ones and demonstrate improvement</p> <p><b>Netball</b></p> <p><b>Key learning:</b> Passing in a variety of ways, anticipate play, shooting, creating space, attacking and defending</p> <p><b>NC:</b> Play competitive games and apply attacking and</p>



	suitable for attacking and defending. Use running, jumping, throwing and catching in combination.	<b>NC:</b> play competitive games and apply basic principles suitable for attacking and defending	defending principles. Use throwing and catching in combination.
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