



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



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



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



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



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