

YEAR GROUP	Term	AUTUMN		SPRING		SUMMER	
	½ Term	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
PE	1	Spatial Awareness -Introduction to principles. -Staying safe, changing speed/direction. Balance -Understanding balance, how it can be applied. Balance positions/objects	Co-ordination -Manipulate a number of different object in a co-ordinated manner. Hand eye, catching, juggling, bouncing etc... Dance and Movement -To know how to respond to stimuli with a range of actions. -To know, copy and explore basic body actions.	Team Games To know how to listen effectively, share and communicate with other children. Problem solving as a team. Co-ordination -Develop into use of different techniques and body parts (feet) for object manipulation.	Dance and Movement -To understand why we practise and repeat movements and perform them in a controlled way. -Move confidently and safely in space, using change of speed, level, direction. Object Manipulation-Equipment Co-ordination patterns using a range of equipment, bats/rackets.	Balance -Develop more complex balances, 1, 2, 3, 4 point etc... -Able to move from one balance to another in a sequence. Speed and Agility -How to change direction at speed. -Using speed and agility to evade/compete.	Multi Games -Working together as a team to achieve an outcome -Knowing and incorporating multi skills in a competitive, tactical environment. Spatial Awareness -Using spatial awareness understanding in a competitive, opposed environment.
	2	Spatial Awareness -Using spatial awareness understanding in a competitive, opposed environment. Balance Recap balance principles, importance of balance in a number of different games.	Co-ordination -Manipulate a number of different object in a co-ordinated manner. Hand eye, catching, juggling, bouncing etc... Dance and Movement -To know how to respond to stimuli with a range of actions. Copy, explore and develop basic body actions.	Team Games To know how to listen effectively, share and communicate with other children. Problem solving as a team. Co-ordination -Develop into use of different techniques and body parts (feet) for object manipulation.	Dance and Movement -To understand why we practise and repeat movements and perform them in a controlled way. -Move confidently and safely in space, using change of speed, level, direction. Object Manipulation-Equipment Co-ordination patterns using a range of equipment, bats/rackets.	Balance -Develop more complex balances, 1, 2, 3, 4 point etc... -Able to move from one balance to another in a sequence. Speed and Agility -How to change direction at speed. -Using speed and agility to evade/compete.	Multi Games -Working together as a team to achieve an outcome -Knowing and incorporating multi skills in a competitive, tactical environment. Spatial Awareness -Using spatial awareness understanding in a competitive, opposed environment.
	3	Football -Independent dribbling (1 ball each) maintaining control of ball, different speed, opposed Spatial Awareness -Introduce concept of using space and apply to other specific sports. Tactical.	Co-ordination -Manipulate a number of different object in a co-ordinated manner. Hand eye, catching, juggling, bouncing etc... Dance – External -Understanding different terms Cannon, timing etc...Developing movement and combinations	Team Games Working together to solve a problem. Personal skill set, leadership development. Gymnastics -Transition between different balances. -Land and take off safely (1 foot to 1 foot, 1 foot to 2 feet, 2 etc	Speed/Agility -Using speed and agility to evade/compete. Attacking space as a tactic. Co-ordination -Manipulate a number of different objects in a co-ordinated manner. Links to basketball, effective use of body.	Object Manipulation-Equipment Introduction to basic hockey/tennis co-ordination skills. Sports Festival Preparation -Competitive practice, SSG for skill and tactical development. Developing team awareness and importance. House event.	Multi Games -Showcase of PE over previous year. Opposed games, follow on from sports festival. Intra-competition.
	4	Spatial Awareness -Understand concept of using space and apply to other specific sports. Football -Independent dribbling (1 ball each) maintaining control of ball, different speed, opposed.	Co-ordination -Throwing for distance/accuracy. Manipulating different stimuli with accuracy and control. Cross Country -Stamina development, tactical understanding of speed vs distance	Tennis -Hitting with control/accuracy. Opposed (able to manipulate) Dance - Know and experiment with a wide range of actions, varying and combining spatial patterns/timing.	Boxing – External -Introduction to basic skills, attack and defence. Fitness and varied techniques. Cricket -Fundamentals of the game, bowling technique, able to strike a ball with the bat.	Sports Festival Preparation -Competitive practice, SSG for skill and tactical development. Developing team awareness and importance. House event.	Multi Games -Showcase of skills learned over previous year, opposed, SSG. -Intra-competition.
	5	Football -Independent dribbling (1 ball each) maintaining control of ball, different speed, opposed. -SSG for understanding, tactical development. Swimming -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively -perform safe self-rescue in different water-based situations.	Basketball -Recap of basic rules -Unopposed/opposed dribbling. How to effectively use body to protect. Gradual movement into SSG for understanding, tactical development. Swimming -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively -perform safe self-rescue in different water-based situations.	Rugby -Introduce rules, how the game is played. Principles of attacking space as opposed to defending space. Kabbadi. Swimming -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively -perform safe self-rescue in different water-based situations.	Tennis -Maintain a rally, striking for accuracy. Manipulate opponent. Dance – External -Developing movement and combination Swimming -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively -perform safe self-rescue in different water-based situations.	Sports Festival Preparation -Recap of all previous games. Focus on opposed team games and events. -Whole school houses event prep Swimming -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively -perform safe self-rescue in different water-based situations.	Multi Games -Showcase of PE. SSG, development through games. -Opposed, repetition. -Intra competition. Swimming -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively -perform safe self-rescue in different water-based situations.

	6	<p>Athletics -Difference in running for speed/distance. -Throwing/jumping for distance/height.</p> <p>Football -Opposed dribbling, SSG for understanding, tactical development.</p>	<p>Netball -Introduction to rules, positional play and creating space. -Opposed matches/Tactical development</p> <p>Basketball -Opposed dribbling, SSG for understanding, tactical development.</p>	<p>Tennis -Maintain a rally, striking for accuracy. Manipulate opponent.</p> <p>Rugby -Recap rules and game understanding. Attacking and defending space. -Opposed matches/Tactical development.</p>	<p>Hockey -Opposed dribbling, SSG for understanding, tactical development.</p> <p>Ju-Jitsu – External - Curriculum enrichment/new experiences. -Introduction to basic skills, attack and defence. Fitness and varied techniques.</p>	<p>Sports Festival Preparation -Recap of all previous games. Focus on opposed team games and events. - Athletics, football, kabaddi, bench ball. Basketball etc... -Whole school houses event prep.</p>	<p>Multi Games -Showcase of PE. SSG, development through games. -Opposed, repetition.</p>
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Westbourne Primary School: Physical Education - Long term plan - 2020-2021

Year Group	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Year 1	Multi-skills: spatial awareness	Multi-skills: coordination focus	Multi-skills: coordination focus	Object manipulation with equipment	Sports Festival Preparation	Multi Skills: Games
Year 1	Commando Joe	Multi Skills: balance focus	Team Games	Dance and Movement	Multi-skills: Speed/Agility focus	Multi Skills: Games
Year 2	Multi-skills: spatial awareness	Multi-skills: coordination focus	Multi-skills: coordination focus	Object manipulation with equipment	Sports Festival Preparation	Multi Skills: Games
Year 2	Commando Joe	Multi Skills: balance focus	Team Games	Dance and movement	Multi-skills: Speed/Agility focus	Multi Skills: Games
Year 3	Football	Dance	KS2 Multi-skills: coordination focus	Cricket	Sports Festival Preparation	KS2 Multi-skills: Games
Year 3	Commando Joe	Team Games	Gymnastics	Multi Skills: speed/agility focus	Object manipulation with equipment	KS2 Multi skills: Games
Year 4	Football	Boxing	Dance	Cricket	Sports Festival Preparation	Basketball
Year 4	Commando Joe	Cross Country	Tennis	KS2 Multi-skills: coordination focus	Hockey	Multi Games
Year 5	Commando Joe	Football	Tennis	Basketball	Sports Festival Preparation	Multi Games
Year 5	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year 6	Football	Basketball	Rugby	Boxing	Cricket	Multi Games
Year 6	Commando Joe	Athletics	Hockey	Dance	Sports Festival Preparation	Multi Games

Extracurricular tournament focus: UKS2 = Green, LKS2 = Red. External Providers = Blue (subject to change depending on availability)