

Long term planning for PE.

National Curriculum for PE KS1 and KS2 and EYFS links: Access a broad range of opportunities to extend their agility, balance and coordination – individually and with others. Engage in co-operative physical activities in a range of increasingly challenging situations.

	Movement	Skills and techniques	Dance	Flexibility / balance	Adventurous	Swimming
EYFS	<p>Move energetically such as running, jumping, dancing, hopping, skipping and climbing</p> <p>Move in a range of ways including crawling, swinging, spinning, wading, rolling, walking, side stepping, slithering, galloping & creeping</p>	<p>Negotiate space and obstacles safely and with consideration for themselves and others</p> <p>Develop object control skills including 'driving' a wheeled vehicle, kicking, striking, flinging, dribbling, grasping, bouncing, gripping, heading, catching & throwing</p>	<p>Move energetically and in a range of ways including dancing.</p> <p>Replicate familiar choreographed dances e.g. imitates dance and movements associated with songs / different music types.</p> <p>Choreograph own dances to familiar music, individually, and in pairs/small groups</p>	<p>Demonstrate strength, balance and co-ordination. Develop balance skills including moving on front, cycling, scooting, climbing, moving along a narrow surface, moving on hands and feet, moving on side, moving on back, balancing on one foot, sliding, swinging, using balance bikes</p>	<p><i>Commando Joe's Early Years programme.</i></p>	
KS1	<p>Master basic movement: Running Jumping Throwing and catching and apply these in a range of activities.</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Perform dances using simple movement patterns</p>	<p>Developing balance, agility and co-ordination and apply these in a range of activities</p>	<p><i>Commando Joe's missions linked to wider curriculum runs throughout the year in addition to PE lessons.</i></p>	<p>Take part in swimming instruction to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 m
KS2	<p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Play competitive games and apply basic principles suitable for attacking and defending</p>	<p>Perform dances using a range of movement patterns</p>	<p>Develop flexibility, strength, technique, control and balance</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team <i>Commando Joe's missions linked to wider curriculum runs throughout the year in addition to PE lessons.</i></p>	<ul style="list-style-type: none"> Use a range of strokes effectively Perform safe self-rescue in different water-based situations.

PE long term planning

	Autumn		Spring		Summer	
	Multi-skills	Ball skills (applied to football)	Gymnastics and dance	Fencing and archery (archery just KS2)	Rugby	Cricket
KS1	<p>Develop fundamental movement skills, Master basic movements such as running, jumping, throwing and catching and beginning to use rackets</p> <p>Access a broad range of opportunities to extend their agility, balance and coordination. Developing balance, agility and coordination</p> <p>Work individually and with others. Engage in cooperative physical activities (tennis). Participate in team games</p>	<p>Develop fundamental movement skills, becoming increasingly confident and competent. Master basic movements such as running, jumping, throwing and catching.</p> <p>Access a broad range of opportunities to extend their agility, balance and coordination. Developing balance, agility and coordination</p> <p>Work individually and with others. Engage in cooperative physical activities. Participate in team games. Developing simple tactics for attacking and defending</p>	<p>Access a broad range of opportunities to extend their agility, balance and coordination. Developing balance, agility and coordination</p> <p>Perform dances using simple movement patterns</p> <p>*Begin to evaluate and recognise their own success. Make simple comparisons</p>	<p>Access a broad range of opportunities to extend their agility, balance and coordination. Developing balance, agility and coordination</p> <p>Engage in competitive physical activities (both against self and against others)</p> <p>Practising simple tactics for attacking and defending</p>	<p>Practice fundamental movement skills, becoming increasingly confident and competent. Master basic movements such as running, jumping, throwing and catching.</p> <p>Access a broad range of opportunities to extend their agility, balance and coordination. Developing balance, agility and coordination</p> <p>Work individually and with others. Engage in cooperative physical activities. Participate in team games. Developing simple tactics for attacking and defending</p>	<p>Practice fundamental movement skills, becoming increasingly confident and competent. Master basic movements such as running, jumping, throwing and catching.</p> <p>Access a broad range of opportunities to extend their agility, balance and coordination. Developing balance, agility and coordination</p> <p>Work individually and with others. Engage in cooperative physical activities. Participate in team games. Developing simple tactics for attacking and defending</p>
KS2	<p>Continue to apply and develop a broader range of skills. Use running, jumping, throwing and catching in isolation and in combination, practising using rackets</p> <p>Learn how to use (skills) in different ways and to link them to make actions and sequences of movement</p> <p>Engage in competitive physical activities (both against self and against others). Play competitive games, modified where appropriate.</p>	<p>Continue to apply and develop a broader range of skills. Use running, jumping, throwing and catching in isolation and in combination</p> <p>Learn how to use (skills) in different ways and to link them to make actions and sequences of movement</p> <p>Engage in competitive physical activities (both against self and against others). Play competitive games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Learn how to use their skills in different ways and to link them to make actions and sequences of movement. Develop flexibility, strength, technique, control and balance.</p> <p>Perform dances using a range of movement patterns</p> <p>*Learn how to evaluate and recognise their own success. Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Continue to apply and develop a broader range of skills. Learn how to use their skills in different ways and to link them to make actions and sequences of movement. Develop flexibility, strength, technique, control and balance.</p> <p>Enjoy competing with each other Play competitive games, modified where appropriate.</p> <p>Apply basic principles suitable for attacking and defending.</p>	<p>Continue to apply and develop a broader range of skills. Use running, jumping, throwing and catching in isolation and in combination</p> <p>Learn how to use (skills) in different ways and to link them to make actions and sequences of movement</p> <p>Engage in competitive physical activities (both against self and against others). Play competitive games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Continue to apply and develop a broader range of skills. Use running, jumping, throwing and catching in isolation and in combination</p> <p>Learn how to use (skills) in different ways and to link them to make actions and sequences of movement</p> <p>Engage in competitive physical activities (both against self and against others). Play competitive games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>

* evaluation is a part of all PE sequences but has a particular focus in some units.

Black text indicates what children should achieve by the end of the key stage and **red text** references what children should be taught.

Based on progression across key stages produced by The Association for Physical Education. Text in bold indicates progression planned in between half term blocks which build up over time.

Early Years

<p>Physical Development</p> <p>Physical activity is vital in children's all round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practise of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p>	<p>Early Learning Goals</p> <p>Gross Motor Skills</p> <ul style="list-style-type: none"> • 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 <p>Being Imaginative and Expressive</p> <ul style="list-style-type: none"> • Perform songs, rhymes, poems and stories with others, and when appropriate try to move in time with music. <p>Managing Self</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices <p>Listening, Attention and Understanding</p> <ul style="list-style-type: none"> • Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions
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Next stage - Middle School coverage for upper KS2

Year 5	Hockey Tag Rugby Fitness- Why is it important to be physically active?	CC/OAA Handball Fitness- What does being fit mean to me?	Table Tennis Dance/Yoga Basketball Fitness- How will I know I am trying my best when participating in physical activity?	Netball Cricket Football Fitness- Are any components of fitness more important than others?	Fitness Athletics- Which fundamental skill is the most important?	Rounders Cricket Softball Tennis
Year 6	Hockey Tag Rugby Fitness- Why is it important to be physically active?	CC/OAA Handball Fitness- What does being fit mean to me?	Table Tennis Dance/Yoga Basketball Fitness- How will I know I am trying my best when participating in physical activity?	Netball Cricket Football Fitness- Are any components of fitness more important than others?	Fitness Athletics- Which fundamental skill is the most important?	Rounders Cricket Softball Tennis

Further links to PE

- Commando Joe's provides **adventurous activities**, team games, multi-skills and balance, agility and co-ordination as well as communication and competition each week throughout the year. This also includes preparation for life, opportunities to build character and embed values such as fairness and respect.
- All children, from reception to year 4, receive **swimming** instruction all year round on a weekly basis which includes learning how to swim competently, using different swimming strokes and water safety. Nursery children aged 4 may join in swimming instruction during the summer term before Reception. This shows the importance we attach to water safety as an important skills given our location in a coastal and rural area.

Additional PE activities or themed days:

- Skipping festival
- Zumba festival
- Hula hoop festival
- Skateboarding workshop
- Curling workshop
- Joint sporting events with other local schools (for example Olympics day, beach cricket and adventurous activities)
- Rural schools' sports competitions such as cricket and rugby led by the Newcastle United Foundation
- Long walks – for example we walked the pilgrim's poles across the sands to Holy Island and previously we have walked up Humbleton Hill in the Cheviot Hills.
- We take part in the Daily Mile every afternoon except Wednesday (when the children have swimming and PE at the leisure centre in Berwick).

Extra-curricular clubs

- We run several sports clubs both at lunchtime and after school. Usually we offer at least two sports clubs after school each week. The sport or activity varies each half term. We usually have the following over the year: multi-skills, ball skills, football, cricket, rugby, skipping, dance, gymnastics and playground games. Commando Joe's club runs all year round as it is very popular.