

SLALEY FIRST SCHOOL

PHYSICAL EDUCATION

LONG TERM PLAN FOR YEAR ONE TO FOUR

KEY STAGE ONE

YEAR ONE AND TWO

In PE, the National Curriculum requires that pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances, using simple movement patterns

All schools must provide swimming instruction with pupils being taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively (eg, front crawl, backstroke and breaststroke)
- Perform safe self-rescue in different water-based situations

At Slaley First School, we aim to achieve this through a varied and balanced curriculum, using PE specialists and school staff, and a number of Afterschool and Lunchtime clubs.

KEY STAGE TWO

YEAR THREE AND FOUR

In PE, the National Curriculum requires that pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate (eg, Badminton, basketball, cricket, football, hockey, netball, rounders, tag rugby and tennis), and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance (eg, through athletics and gymnastics)
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performance with previous ones and demonstrate improvement to achieve their **personal** best

All schools must provide swimming instruction with pupils being taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively (eg, front crawl, backstroke and breaststroke)
- Perform safe self-rescue in different water-based situations

At Slaley First School, we aim to achieve this through a varied and balanced curriculum, using PE specialists and school staff, and a number of Afterschool and Lunchtime clubs. For Key Stage Two pupils, we also use a residential trip to make sure our pupils have experienced all areas of the curriculum.

YEAR ONE AND TWO KEY STAGE ONE

CYCLE A

<p><u>Fundamental skills</u></p> <p>Focuses on the basic skills that pupils need to master in order to access other areas of the PE curriculum</p>	<p><u>Games :Tag Rugby</u></p> <p>Introduction to passing and throwing skills within the context of small games based on Tag Rugby</p>	<p><u>Gymnastics</u></p> <p>Introduces the pupils to the different skills required whilst developing flexibility, balance and co-ordination</p>	<p><u>Games: Netball</u></p> <p>Continues to develop pupils throwing and catching skills and participation in small team games</p>	<p><u>Games : Cricket</u></p> <p>Introduces the skill of using equipment in a team game situation. They continue to develop and use throwing and catching skills in a different games context</p>	<p><u>Athletics</u></p> <p>Focuses on developing pupils running style and introduces different techniques such as jumping</p>
<p><u>Swimming</u></p> <p>Taught by specialist swimming teachers</p>	<p><u>Swimming</u></p> <p>Taught by specialist swimming teachers</p>	<p><u>Real PE : Unit One</u></p> <p>Focusing on the core skills that pupils need to acquire,;</p> <p>Agility, balance and co-ordination</p>	<p><u>Real PE : Unit Two</u></p> <p>Focusing on the core skills that pupils need to acquire,;</p> <p>Agility, balance and co-ordination</p>	<p><u>Real PE: Unit Three</u></p> <p>Focusing on the core skills that pupils need to acquire,;</p> <p>Agility, balance and co-ordination</p>	<p><u>Athletics</u></p> <p>Focuses on developing pupils running style and introduces different techniques such as jumping</p>

YEAR ONE AND TWO KEY STAGE ONE

CYCLE B

<p><u>Fundamental Skills</u></p> <p>Focuses on the basic skills that pupils need to master in order to access other areas of the PE curriculum</p>	<p><u>GAMES : Football</u></p> <p>Introduction to passing and kicking skills within the context of small games based on Football</p>	<p><u>Gymnastics</u></p> <p>Develops the pupils different skills required whilst developing flexibility, balance and co-ordination</p>	<p><u>Games: Hockey</u></p> <p>Introduces the skill of using equipment in a small team game situation. Focuses on using the Hockey stick correctly and on passing skills</p>	<p><u>Games: Tennis</u></p> <p>Focuses on the basic skills of using the racket correctly and hitting the ball accurately</p>	<p><u>Athletics</u></p> <p>Focuses on developing pupils running style and introducing different techniques such as throwing and jumping</p>
<p><u>Swimming</u></p> <p>Taught by specialist swimming teachers</p>	<p><u>Swimming</u></p> <p>Taught by specialist swimming teachers</p>	<p><u>Real PE: Unit Four</u></p> <p>Focusing on the core skills that pupils need to acquire:</p> <p>Agility, balance and co-ordination</p>	<p><u>Dance</u></p> <p>Using the key skills of agility, balance and co-ordination to create movement to music.</p>	<p><u>Real PE: Unit Five</u></p> <p>Focusing on the core skills that pupils need to acquire:</p> <p>Agility, balance and co-ordination</p>	<p><u>Athletics</u></p> <p>Focuses on developing pupils running style and introducing different techniques such as throwing and jumping</p>

YEAR THREE AND FOUR

CYCLE A

<p><u>Multi – skills</u></p> <p>Focuses on the core skills required to access all areas of the PE Curriculum</p>	<p><u>Tag Rugby</u></p> <p>Uses the skills of passing and catching and develops the concept of attacking and defending in small team games</p>	<p><u>Gymnastics</u></p> <p>Develops the key skills in partner work and individual routines.</p>	<p><u>Games ; Netball/ Basketball</u></p> <p>Uses the skills of passing and catching and develops the concept of attacking and defending</p>	<p><u>Games: Cricket</u></p> <p>Develops the pupils ability to use equipment</p>	<p><u>Athletics</u></p> <p>Develops the skills used in Athletics</p>
<p><u>Swimming</u></p> <p>Taught by specialist swimming coaches</p>	<p><u>Swimming</u></p> <p>Taught by specialist swimming coaches</p>	<p><u>Real PE: Unit One</u></p> <p>Develops the core skills that pupils need to acquire : Agility, balance and co-ordination</p>	<p><u>Real PE: Unit Two</u></p> <p>Develops the core skills that pupils need to acquire : Agility, balance and co-ordination</p>	<p><u>Real PE: Unit Three</u></p> <p>Develops the core skills that pupils need to acquire : Agility, balance and co-ordination</p>	<p><u>Athletics</u></p> <p>Develops the skills used in Athletics</p>

CYCLE B

<p><u>Multi-skills</u></p> <p>Focuses on the core skills required to access all areas of the PE Curriculum</p>	<p><u>Games Football</u></p> <p>Developing passing and kicking skills and the concept of attacking and defending in the context of small games</p>	<p><u>Gymnastics</u></p> <p>Develops the key skills in partner work and individual routines</p>	<p><u>Games : Hockey</u></p> <p>Develops the skill of using equipment in small games. Further develops the skills of passing and dribbling and attacking and defending</p>	<p><u>Games : Tennis</u></p> <p>Develops the skill of using the racket and the different types of shots</p>	<p><u>Athletics</u></p> <p>Develop the skills used in Athletics</p>
<p><u>Swimming</u></p> <p>Taught by specialist swimming coaches</p>	<p><u>Swimming</u></p> <p>Taught by specialist swimming coaches</p>	<p><u>Real PE : Unit Four</u></p> <p>Focusing on the core skills that pupils need to develop further: Agility, balance and co-ordination</p>	<p><u>Dance</u></p> <p>Using the key skills of agility, balance and co-ordination to create movement to music</p>	<p><u>Real PE :Unit Five</u></p> <p>Focusing on the core skills that pupils need to develop further: Agility, balance and co-ordination</p>	<p><u>Athletics</u></p> <p>Develop the skills used in Athletics</p>