

POTTEN END CHURCH OF ENGLAND PRIMARY SCHOOL
Long Term Planning: Physical Education

	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Parachute/Forest Schools		Forest Schools		Forest School	
Year 1	Gymnastics Ball Skills	Dance Skipping / Bat & Ball skills	Dance Multi-skills	Team Games Gymnastics	Athletics Net and wall games	Athletics Bat & Ball Skills
Year 2	Hockey Ball Skills	Ball Skills Dance	Box 2B Fit Gymnastics	Tennis Skills Dance	Gymnastics Athletics	Striking & Fielding Athletics
Year 3	Tag Rugby Box 2B Fit	Tag Rugby Box 2B Fit	Hockey Tennis	Dance Netball	Athletics Rounders	Cricket Athletics
Year 4	Basketball Box 2B Fit	Basketball Box 2B Fit	Gymnastics Dance	Tag Rugby Hockey	Athletics Swimming	Cricket Swimming
Year 5	Tag Rugby Ball Skills / Gymnastics	Tag Rugby Cross Country	Swimming Gymnastics	Swimming Dance	Tennis Athletics	Rounders Athletics
Year 6	Basketball Hockey	Basketball Tag Rugby	Tag Rugby Multi-skills	Tennis Multi-skills	Rounders Athletics	Rounders Athletics

The New Curriculum 2013
Physical Education: Key stage 1

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

The New Curriculum 2013
Physical Education: Key stage 2

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Long Term Planning: Physical Education

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, 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 performances with previous ones and demonstrate improvement to achieve their personal best

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations