



St. Mary's Catholic Federation



Long Term Plan - PE - 2023 - 2024

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Reception</u>	<p>REAL P.E Train Dynamic Balance on a line</p> <p>Tightrope Static Balance</p> <p>Opportunities to Assess Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p>	<p>REAL PE</p> <p>Squirrel Agility - Ball Chasing</p> <p>Bike Coordination Footwork</p> <p>Opportunities to Assess Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>REAL Gym Gymnastics Shape and Travel</p> <p>Opportunities to Assess Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p>	<p>REAL PE Juggling Co-ordination Sending and receiving</p> <p>Fairy Tales Agility: reaction/response</p> <p>Opportunities to Assess Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>REAL PE Cat Static balance: Floorwork</p> <p>Clown naughty ball Co-ordination: Ball Skills</p> <p>Opportunities to Assess Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>REAL PE Seaside Counter Balance with a partner</p> <p>Pirates Static balance: One leg</p> <p>Opportunities to Assess Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p>
<u>Year 1</u>	<p>Real P.E Coordination: Footwork Funs station 10 Static balance: one leg Funs station 1 Multi- ability skill: Personal</p>	<p>Real P.E Dynamic Balance to agility: Jumping and Landing Funs station 6 Static Balanced: seated Funs station 2</p>	<p>Real P.E Dynamic Balance on a line Funs station 5 Static balance: Stance Funs station 4</p>	<p>Real P.E Coordination: Ball Skills Funs Station 9 Counter Balance: With a partner</p>	<p>Real P.E Coordination: Sending and receiving Funs station 8 Agility Reaction/response</p>	<p>Real P.E Agility Ball chasing Funs station 11 Static balance Floor work</p>

	<p>Sport Focus: Playground Games</p> <p>Opportunities to assess NC statements for: Master basic movements Participate in team games Competitive Physical activity (against self)</p>	<p>Multi-ability skill: Cognitive</p> <p>Sport Focus: Rugby / Basketball</p> <p>Opportunities to assess NC statements for: Master basic movements Simple tactics for attacking / defending Competitive Physical activity (against self / others) Participate in team games</p>	<p>Multi-ability skill: Social</p> <p>Sport Focus: Gymnastics / Dance</p> <p>Opportunities to assess NC statements for: Perform dances using simple movement patterns Competitive Physical activity (against self)</p>	<p>Funs station 7</p> <p>Multi-ability skill: Creative</p> <p>Sport Focus:Netball / Hockey</p> <p>Opportunities to assess NC statements for: Master basic movements Simple tactics for attacking / defending Competitive Physical activity (against self/ others) Participate in team games</p>	<p>Funs Station 12</p> <p>Multi-ability skill: Applying physical</p> <p>Sport Focus: Tennis / Basketball</p> <p>Opportunities to assess NC statements for: Simple tactics for attacking / defending Master basic movements Competitive Physical activity (against self / others) Participate in team games</p>	<p>Funs station 3</p> <p>Multi-ability skill: Health and fitness</p> <p>Sport Focus:Athletics</p> <p>Opportunities to assess NC statements for: Master basic movements Competitive Physical activity (against self / others)</p>
Year 2	<p>Real P.E Coordination: Footwork Funs station 10 Static balance: one leg Funs station 1 Multi- ability skill: Personal</p> <p>Sport Focus: Playground Games</p> <p>Opportunities to assess NC statements for: Master basic movements Participate in team games Competitive Physical activity (against self)</p>	<p>Real P.E Dynamic Balance to agility: Jumping and Landing Funs station 6 Static Balanced: seated Funs station 2 Multi-ability skill: Cognitive</p> <p>Sport Focus: Rugby / Basketball</p> <p>Opportunities to assess NC statements for: Master basic movements Simple tactics for attacking / defending Competitive Physical activity (against self / others) Participate in team games</p>	<p>Real P.E Dynamic Balance on a line Funs station 5 Static balance: Stance Funs station 4 Multi-ability skill: Social</p> <p>Sport Focus: Gymnastics / Dance</p> <p>Opportunities to assess NC statements for: Perform dances using simple movement patterns Competitive Physical activity (against self)</p>	<p>Real P.E Coordination: Ball Skills Funs Station 9 Counter Balance: With a partner Funs station 7 Multi-ability skill: Creative</p> <p>Sport Focus:Netball / Hockey</p> <p>Opportunities to assess NC statements for: Master basic movements Simple tactics for attacking / defending Competitive Physical activity (against self/ others) Participate in team games</p>	<p>Real P.E Coordination: Sending and receiving Funs station 8 Agility Reaction/response Funs Station 12 Multi-ability skill: Applying physical</p> <p>Sport Focus: Tennis / Basketball</p> <p>Opportunities to assess NC statements for: Simple tactics for attacking / defending Master basic movements Competitive Physical activity (against self / others) Participate in team games</p>	<p>Real P.E Agility Ball chasing Funs station 11 Static balance Floor work Funs station 3 Multi-ability skill: Health and fitness</p> <p>Sport Focus:Athletics</p> <p>Opportunities to assess NC statements for: Master basic movements Competitive Physical activity (against self / others)</p>

Subject content

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

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.