

BWJPS  
Physical Education Whole School Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Fundamental movements Agility balance co-ordination. Understanding space	Throwing and catching Agility balance co-ordination. Rolling, receiving	Agility balance co-ordination. Kicking, receiving Striking, receiving	Throwing, catching Agility balance co-ordination. Bouncing and receiving.	Striking, receiving, catching. Agility balance co-ordination.	Agility balance co-ordination. Running, landing, jumping
<p><b>ELG: Moving and Handling</b></p> <p>1. Children show good control and co-ordination in large and small movements. 2. Children move confidently in a range of ways, safely negotiating space.</p> <p><b>ELG: Exploring and using media and materials:</b></p> <p>1. Children dance, and experiment with ways of changing them.</p> <p><b>Exceeding: Moving and Handling</b></p> <p>1. Children can hop confidently and skip in time to music.</p>						
<b>Year 1</b>	Fundamental Movements Agility, Balance, Co-ordination. Understanding Space	Agility, Balance, Co-ordination. Throwing and Catching Rolling and Receiving	Agility, Balance, Co-ordination. Kicking and Receiving Striking and Receiving	Agility, Balance, Co-ordination. Throwing and Catching Bouncing and Receiving	Agility Balance Co-ordination Striking, Receiving, Catching	Agility Balance Co-ordination Running, Landing and Jumping
<p><b>Acquiring and developing skills</b></p> <p>Can they copy actions? Can they repeat actions and skills? Can they move with control and care?</p> <p><b>Dance</b></p> <p>Can they move to music? Can they copy dance moves? Can they perform some dance moves? Can they make up a short dance? Can they move around the space safely?</p>		<p><b>Evaluating and improving</b></p> <p>Can they describe what other people did? Can they talk about what they have done?</p> <p><b>Games</b></p> <p>Can they throw underarm? Can they roll a piece of equipment? Can they hit a ball with a bat? Can they move and stop safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways?</p>		<p><b>Health and fitness</b></p> <p>Can they describe how their body feels before, during and after an activity?</p> <p><b>Gymnastics</b></p> <p>Can they make their body tense, relaxed, curled and stretched? Can they control their body when travelling? Can they control their body when balancing? Can they copy sequences and repeat them? Can they roll in different ways? Can they travel in different ways? Can they balance in different ways? Can they climb safely? Can they stretch in different ways? Can they curl in different ways?</p>		
<b>Year 2</b>	Fundamental Movements Agility, Balance, Co-	Agility, Balance, Co-ordination. Throwing and Catching	Agility, Balance, Co-ordination. Kicking and Receiving	Agility, Balance, Co-ordination. Throwing and Catching	Agility Balance Co-ordination Striking, Receiving,	Agility Balance Co-ordination Running, Landing and

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	ordination. Understanding Space	Rolling and Receiving	Striking and Receiving	Bouncing and Receiving	Catching	Jumping
	<p><b>Acquiring and developing skills</b> Can they copy and remember actions? Can they repeat and explore actions with control and coordination?</p> <p><b>Dance</b> Can they dance imaginatively? Can they change rhythm, speed, level and direction? Can they dance with control and co-ordination? Can they make a sequence by linking sections together? Can they link some movements to show a mood or feeling?</p>	<p><b>Evaluating and improving</b> Can they talk about what is different between what they did and what someone else did? Can they say how they could improve?</p> <p><b>Games</b> Can they use hitting, kicking and/or rolling in a game? Can they stay in a 'zone' during a game? Can they decide where the best place to be is during a game? Can they use one tactic in a game? Can they follow rules?</p>	<p><b>Health and fitness</b> Can they show how to exercise safely? Can they describe how their body feels during different activities? Can they explain what their body needs to keep healthy?</p> <p><b>Gymnastics</b> Can they plan and show a sequence of movements? Can they use contrast in their sequences? Are their movements controlled? Can they think of more than one way to create a sequence which follows a set of 'rules'? Can they work on their own and with a partner to create a sequence?</p>			
<b>Year 3</b>	Fundamental Movements Agility, Balance, Co-ordination Fitness	Agility, Balance, Co-ordination Invasion Games Fitness	Agility, Balance, Co-ordination Net and Wall Games Fitness	Agility, Balance, Co-ordination Invasion Games Fitness	Agility, Balance, Co-ordination Striking and Fielding Games Fitness Swimming	Agility, Balance, Co-ordination Athletics Fitness
	<p><b>Acquiring and developing skills</b> Can they select and use the most appropriate skills, actions or ideas? Can they move and use actions with co-ordination and control?</p> <p><b>Games</b> Can they throw and catch with control when under limited pressure? Are they aware of space and use it to support team-mates and cause problems for the opposition? Do they know and use rules fairly to keep games going? Can they keep possession with some success when using equipment that is not used for throwing and catching skills?</p>	<p><b>Evaluating and improving</b> Can they explain how their work is similar and different from that of others? With help, do they recognise how performances could be improved?</p> <p><b>Gymnastics</b> Can they use a greater number of their own ideas for movement in response to a task? Can they adapt sequences to suit different types of apparatus and their partner's ability? Can they explain how strength and suppleness affect performances? Can they compare and contrast gymnastic sequences, commenting on similarities and differences?</p>	<p><b>Health and fitness</b> Can they explain why it is important to warm-up and cool-down? Can they identify some muscle groups used in gymnastic activities?</p> <p><b>Athletics</b> Can they run at fast, medium and slow speeds, changing speed and direction? Can they link running and jumping activities with some fluency, control and consistency? Can they make up and repeat a short sequence of linked jumps? Can they take part in a relay activity, remembering when to run and what to do? Do they throw a variety of objects, changing their action for accuracy and distance?</p>	<p><b>Dance</b> Can they improvise freely, translating ideas from a stimulus into movement? Can they share and create phrases with a partner and in small groups? Can they repeat, remember and perform these phrases in a dance?</p> <p><b>Swimming</b> Can they swim between 50 and 100 metres and keep swimming for 45 to 90 seconds? Do they use 3 different strokes, swimming on their front and back? Can they control their breathing? Can they swim confidently and fluently on the surface and under water? Do they work well in groups to solve specific problems and challenges, sharing out the work fairly? Do they recognise how swimming affects their</p>		

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							body, and pace their efforts to meet different challenges? Can they suggest activities and practices to help improve their own performance?
<b>Year 4</b>	Fundamental Movements Agility, Balance, Co-ordination Fitness	Agility, Balance, Co-ordination Invasion Games Fitness	Agility, Balance, Co-ordination Net and Wall Games Fitness	Agility, Balance, Co-ordination Invasion Games Fitness	Agility, Balance, Co-ordination Striking and Fielding Games Fitness	Agility, Balance, Co-ordination Athletics Fitness	
<b>Acquiring and developing skills</b> Can they select and use the most appropriate skills, actions or ideas? Can they move and use actions with co-ordination and control? Can they make up their own small-sided game?  <b>Games</b> Can they catch with one hand? Can they throw and catch accurately? Can they hit a ball accurately and with control? Can they keep possession of the ball? Can they move to find a space when they are not in possession during a game? Can they vary tactics and adapt skills according to what is happening?		<b>Evaluating and improving</b> Can they explain how their work is similar and different from that of others? Can they use their comparison to improve their work?  <b>Gymnastics</b> Can they work in a controlled way? Can they include change of speed? Can they include change of direction? Can they include range of shapes? Can they follow a set of 'rules' to produce a sequence? Can they work with a partner to create, repeat and improve a sequence with at least three phases?		<b>Health and fitness</b> Can they explain why warming up is important? Can they explain why keeping fit is good for their health?  <b>Athletics</b> Can they run over a long distance? Can they spring over a short distance? Can they throw in different ways? Can they hit a target? Can they jump in different ways?		<b>Dance</b> Can they take the lead when working with a partner or group? Can they use dance to communicate an idea? Can they work on their movements and refine them? Is their dance clear and fluent?  <b>Outdoor/Adventurous</b>	
<b>Year 5</b>	Fundamental Movements Agility, Balance, Co-ordination Fitness	Agility, Balance, Co-ordination Invasion Games Fitness	Agility, Balance, Co-ordination Net and Wall Games Fitness	Agility, Balance, Co-ordination Invasion Games Fitness	Agility, Balance, Co-ordination Striking and Fielding Games Fitness	Agility, Balance, Co-ordination Athletics Fitness	
<b>Acquiring and developing skills</b> Can they link skills, techniques and ideas and apply them accurately and appropriately? Do they show good control in their movements?  <b>Games</b> Can they gain possession by working as a team?		<b>Evaluating and improving</b> Can they compare and comment on skills, techniques and ideas that they and others have used? Can they use their observations to improve their work?  <b>Gymnastics</b> Can they make complex or extended sequences?		<b>Health and fitness</b> Can they explain some important safety principles when preparing for exercise? Can they explain what effect exercise has on their body? Can they explain why exercise is important?  <b>Athletics</b> Are they controlled when taking off and landing in a jump?		<b>Dance</b> Can they compose their own dances in a creative and imaginative way? Can they perform to an accompaniment, expressively and sensitively? Are their movements controlled? Does their dance show clarity, fluency, accuracy and consistency?	

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<p>Can they pass in different ways? Can they use forehand and backhand with a racquet? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot?</p>							<p>Can they combine action, balance and shape? Can they perform consistently to different audiences? Are their movements accurate, clear and consistent?</p>							<p>Can they throw with accuracy? Can they combine running and jumping? Can they follow specific rules?</p>							<p><b>Outdoor/Adventurous</b> Gyll Head residential: scrambling, caving, canoeing, abseiling and orienteering.</p>						
<b>Year 6</b>		Fundamental Movements Agility, Balance, Co-ordination Fitness		Agility, Balance, Co-ordination Invasion Games Fitness		Agility, Balance, Co-ordination Net and Wall Games Fitness		Agility, Balance, Co-ordination Invasion Games Fitness		Agility, Balance, Co-ordination Striking and Fielding Games Fitness		Agility, Balance, Co-ordination Athletics Fitness															
<p><b>Acquiring and developing skills</b> Do they apply their skills, techniques and ideas consistently? Do they show precision, control and fluency?</p> <p><b>Games</b> Can they explain complicated rules? Can they make a team plan and communicate it to others? Can they lead others in a game situation?</p>				<p><b>Evaluating and improving</b> Can they analyse and explain why they have used specific skills or techniques? Can they modify use of skills or techniques to improve their work? Can they create their own success criteria for evaluating?</p> <p><b>Gymnastics</b> Do they combine their own work with that of others? Can they link their sequences to specific timings?</p>				<p><b>Health and fitness</b> Can they explain how the body reacts to different kinds of exercise? Can they choose appropriate warm ups and cool downs? Can they explain why we need regular and safe exercise?</p> <p><b>Athletics</b> Can they demonstrate stamina? Can they use their skills in different situations?</p>				<p><b>Dance</b> Can they develop imaginative dances in a specific style? Can they choose their own music, style and dance?</p> <p><b>Outdoor/Adventurous</b> Gyll Head residential: scrambling, caving, canoeing, abseiling and orienteering.</p>															