



**Highwood Primary School**  
**Physical Education Long Term Plan**



	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<b>Nursery</b>	<p><b>Introduction to PE: Unit 1</b> In this unit children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'.</p>	<p><b>Fundamentals: Unit 1</b> Children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities.</p>	<p><b>Gymnastics: Unit 1</b> Children will develop basic gymnastic skills through the topic of 'animals and their habitats'. Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling.</p>	<p><b>Dance: Unit 1</b> In this unit children will develop their expressive movement through the topic of 'everyday life'. Children explore space and how to use space safely.</p>	<p><b>Games: Unit 1</b> Children will develop their understanding of playing games through the topic of 'transport'. Children will practise and further develop fundamental movement skills through games.</p>	<p><b>Ball skills: Unit 1</b> In this unit children will develop their ball skills through the topic of 'minibeasts'. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball.</p>
<b>Reception</b>	<p><b>Introduction to PE: Unit 2</b> In this unit children will be introduced to Physical Education and structured movement through the topic of 'everyday life'.</p>	<p><b>Fundamentals: Unit 2</b> Children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment.</p>	<p><b>Gymnastics: Unit 2</b> Children will develop basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls.</p>	<p><b>Dance: Unit 2</b> In this unit children will develop their expressive movement through the topic of 'places'. Children explore space and how to use space safely. They explore traveling actions, shapes and balances.</p>	<p><b>Games: Unit 2</b> In this unit children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They will also learn how to work as a team, take turns, keep the score, play against an opponent and play By the rules.</p>	<p><b>Ball skills: Unit 2</b> In this unit children will develop their ball skills through the topic of 'weather'. Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills though a range of game play with balls.</p>





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<b>Year 1</b>	<p><b>Fundamentals</b> Explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Identify areas of strength and areas for improvement.</p>	<p><b>Ball skills</b> Develop athletic skills including running at different speeds, changing direction, jumping and throwing. Perform skills and measure performance, competing to improve own score and against others.</p>	<p><b>Gymnastics</b> Explore and develop basic gymnastic actions on the floor and using low apparatus. Develop basic skills of jumping, rolling, balancing and travelling.</p>	<p><b>Yoga</b> Learn about mindfulness and body awareness. They begin to learn poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility, co-ordination and balance. The learning includes breathing and meditation through fun and engaging activities. Pupils work independently, with a partner and small group.</p>	<p><b>Invasion Games</b> Develop sending, receiving and dribbling a ball. Understand principles of attacking and defending and what being 'in possession' means.</p>	<p><b>Athletics</b> Develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently.</p>

	<p><b>Ball Skills</b> Explore fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball.</p>	<p><b>Dance</b> Explore travelling actions, movement skills and balancing. Copy and repeat actions linking them together to make short dance phrases. Opportunities to perform then receive and provide feedback.</p>	<p><b>Sending &amp; Receiving</b> Develop throwing and catching, rolling, kicking, tracking and stopping a ball. Use equipment to send and receive a ball.</p>	<p><b>Target Games</b> Develop understanding of principles of defending and attacking for target games. Use both underarm and overarm actions and apply the appropriate action for the target considering the size and distance of the challenge.</p>	<p><b>Striking &amp; Fielding Games</b> Develop throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. Learn how to score points and how to use simple tactics.</p>	<p><b>Net &amp; Wall Games</b> Develop throwing, catching and racket skills, learning to track and hit a ball. Play against an opponent and over a net. Use rules and simple tactics when playing against a partner.</p>
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<u>Year 2</u>	<p><b>Fundamentals</b> Develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Work with a range of different equipment. Observe and recognise improvements for their own and others' skills and identify areas of strength.</p>	<p><b>Ball Skills</b> Develop fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball.</p>	<p><b>Gymnastics</b> Explore and develop basic gymnastic actions on the floor and using apparatus. Develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. Include the use of shapes, levels and directions.</p>	<p style="text-align: center;"><b>Yoga</b></p> <p>Learn about mindfulness and body awareness. They begin to learn poses and techniques that will help them to connect their mind and body. The unit looks to improve well-being by building strength, flexibility, co-ordination and balance. The learning includes breathing and meditation through fun and engaging activities. Pupils work independently, with a partner and small group.</p>	<p><b>Invasion Games</b> Develop sending, receiving and dribbling a ball. Understand principles of attacking and defending and what being 'in possession' means.</p>	<p><b>Striking &amp; Fielding Games</b> Develop throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. Learn how to score points and how to use simple tactics.</p>
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	<p><b>Team building</b> Develop their teamwork skills. They develop key skills of communication and problem solving. They learn to discuss, plan and reflect on ideas and strategies. They lead a partner whilst considering safety. Pupils have the opportunity to show honesty and fair play. They also begin to use basic map skills.</p>	<p><b>Dance</b> Explore space and use body to express an idea, mood, character or feeling. Expand knowledge of travelling actions and use them in relation to a stimulus. Build on understanding of dynamics and expression. Explore pathways, levels, shapes, directions, speeds and timing. Perform and provide feedback beginning to use key terminology.</p>	<p><b>Sending &amp; Receiving</b> Develop throwing and catching, rolling, kicking, tracking and stopping a ball. Use equipment to send and receive a ball.</p>	<p><b>Target Games</b> Develop aim using both underarm and overarm actions. Opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge.</p>	<p><b>Athletics</b> Develop athletic skills including running at different speeds, changing direction, jumping and throwing. Perform skills and measure performance, competing to improve own score and against others. Learn how to improve by identifying areas of strength as well as areas to develop.</p>	<p><b>Net &amp; Wall Games</b> Develop throwing, catching and racket skills, learning to track and hit a ball. Play against an opponent and over a net. Use rules and simple tactics when playing against a partner.</p>
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<b><u>Year 3</u></b>	<p><b>Fundamentals</b> Develop the fundamental skills of balancing, running, jumping, hopping and skipping. Develop ability to change direction with balance and control. Explore how the body moves at different speeds as well as how to accelerate and decelerate. Observe and recognise improvements for own and others' performances and identify areas of strength and areas for development.</p>	<p><b>Athletics</b> Develop basic running, jumping and throwing techniques. Complete challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Evaluate performance and think about how to achieve the greatest possible speed, height, distance or accuracy. Learn how to persevere to achieve personal best. Measure, time and record scores.</p>	<p><b>Ball Skills</b> Develop accuracy and consistency when tracking a ball. Explore a variety of throwing techniques and learn to select the appropriate throw for the situation. Develop catching with one and two hands as well as dribbling with feet and hands. Apply skills to small group games. Take on different roles and work both individually and with others.</p>	<p><b>Gymnastics</b> Develop the basic skills of rolling, jumping and balancing and use them individually and in combination. Develop sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Perform whilst considering the quality and control of actions.</p>	<p><b>Football</b> Develop their understanding of the attacking and defending principles of invasion games. Develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules.</p>	<p><b>Basketball</b> Develop their understanding of the attacking and defending principles of invasion games. develop passing and moving to support a team. Learn how to maintain possession whilst dribbling.</p>

	<p><b>OAA</b></p> <p>Develop problem solving skills through a range of challenges. Pupils work independently, as a pair and in a small group to plan, explore, solve, reflect and improve on strategies. Pupils learn what makes a good team and explore key skills such as inclusion and trust. Pupils begin to learn to orientate a map, identify key symbols and draw and follow routes.</p>	<p><b>Dance</b></p> <p>Create dances in relation to a stimulus. Work individually, with a partner and in small groups, sharing ideas. Develop use of counting and rhythm. Learn to use canon, unison, formation and levels in dances.</p>	<p><b>Netballs</b></p> <p>Develop their understanding of the attacking and defending principles of invasion games. Develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules.</p>	<p><b>Dodgeball</b></p> <p>Improve skills such as throwing, dodging and catching. Learn how to apply simple tactics to outwit their opponents.</p>	<p><b>Golf</b></p> <p>Develop skills and apply them to striking, chipping, putting, and playing a short and long game. Develop coordination, accuracy, and control of movements. Understand the principles of the golf game and develop fluid movements that can be used in game situations.</p>	<p><b>Tennis</b></p> <p>Develop key skills for tennis including the ready position, racket control and hitting a ball. Learn how to score points and how to use skills, simple strategies and tactics to outwit the opposition.</p>
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<b>Year 4</b>	<p style="text-align: center;"><b>Ball skills</b></p> <p>Develop a variety of ball skills without the restrictions of specific rules related to well known games. They will develop their accuracy and consistency when tracking a ball, explore a variety of throwing techniques and learn to select the appropriate throw for the situation. They will develop catching with one and two hands as well as dribbling with feet and hands. These skills are applied to small group games. Pupils will have the opportunity to take on different roles and work both individually and with others.</p>	<p style="text-align: center;"><b>Athletics</b></p> <p>Develop basic running, jumping and throwing techniques. Complete challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Evaluate performance.</p>	<p style="text-align: center;"><b>Yoga</b></p> <p>Learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance. The learning includes breathing and meditation. Pupils will work independently and with others to create their own yoga flows.</p>	<p style="text-align: center;"><b>Golf</b></p> <p>Explore and develop their accuracy of aiming at a target by using a club. Develop their understanding of techniques to use over long and short distances. Work individually and with others in both co-operative and competitive environments.</p>	<p style="text-align: center;"><b>Joy of Moving Programme</b></p> <p>Develop and inspire children to move through play, focusing on developing key skills in four major areas, motor coordination, physical fitness, cognitive functions and life skills.</p>	<p style="text-align: center;"><b>Cricket</b></p> <p>Use skills, strategies and tactics to outwit opposition by striking a ball and trying to deceive or avoid fielders.</p>
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<p><b>OAA</b></p> <p>Develop problem solving skills through a range of challenges. Pupils work independently, as a pair and in a small group to plan, explore, solve, reflect and improve on strategies. Pupils develop communication skills, taking on the role of a leader and working within a team. Pupils develop navigation skills</p>	<p><b>Dance</b></p> <p>Create characters and narrative through movement and gesture. Gain inspiration from a range of stimuli, working individually, in pairs and small groups. Use movement to explore and communicate ideas and own feelings and thoughts. Develop confidence in performing and have the opportunity to provide feedback and utilise feedback to improve own work.</p>	<p><b>Handball</b></p> <p>Develop their understanding of the attacking and defending principles of invasion games. Think about how they use skills, strategies and tactics to outwit the opposition by maintaining possession and moving the ball towards goal to score. Develop their understanding of the importance of fair play and honesty while self-managing games.</p>	<p><b>Netball</b></p> <p>Develop their understanding of the attacking and defending principles of invasion games. Think about how they use skills, strategies and tactics to outwit the opposition by maintaining possession and moving the ball towards goal to score.</p>	<p><b>Rounders</b></p> <p>Explore their understanding of the principles of striking and fielding. Learn how to score points by striking a ball into space and running around cones or bases. Develop throwing, catching and batting skills. Demonstrate an understanding of the rules, as well as being respectful of the people they play with.</p>	<p><b>Tennis</b></p> <p>Develop the key skills for tennis including the ready position, racket control and forehand and backhand ground strokes. Learn how to score points and how to use skills, strategies and tactics.</p>
<p><b>Swimming</b></p> <p>Introduce specific swimming strokes. Learn how to travel, float and submerge with increasing confidence. Learn and use different kicking and arm actions. Introduce some personal survival skills and how to stay safe around water.</p>					

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<b>Year 5</b>	<p style="text-align: center;"><b>Fitness</b></p> <p>Take part in a range of fitness challenges to test, monitor and record data. Learn to understand different components of fitness; speed, stamina, strength, coordination, balance and agility. Improve fitness levels and persevere when fatigued or challenged. Recognise areas for improvement.</p>	<p style="text-align: center;"><b>Athletics</b></p> <p>Complete challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Think about how to achieve the greatest possible speed, height, distance or accuracy and learn how to persevere to achieve personal best. Learn how to improve by identifying areas of strength as well as areas to develop. Officiate challenges as well as observe and provide feedback to others.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>Develop longer sequences individually, with a partner and a small group. Learn a wider range of actions and explore partner relationships. Receive and provide feedback in order to make improvements on performances. Consider the quality and control of actions.</p>	<p style="text-align: center;"><b>Volleyball</b></p> <p>Develop skills needed to play continuous rallies. Know about the ready position, ball control, sending a ball over a net and how to use these skills to make the game difficult for opponents. Think about how to use skills, strategies and tactics to outwit the opposition. Develop character and control through engaging with coping strategies when exposed to competition.</p>	<p style="text-align: center;"><b>Badminton</b></p> <p>Develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In badminton, they do this by placing an object away from an opponent to make it difficult for them to return. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p>	<p style="text-align: center;"><b>Tennis</b></p> <p>Develop their understanding of the principles of net and wall games. Work co-operatively with others as well as independently.</p>
	<p style="text-align: center;"><b>Dance</b></p> <p>Learn different styles of dance, working individually, as a pair and in small group. Use movement to explore and communicate own feelings and thoughts. Develop an awareness of the historical and cultural origins of different dances. Have</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>Develop longer sequences individually, with a partner and a small group. Learn a wider range of actions and explore partner relationships. Receive and provide feedback in order to make improvements on performances. Consider the quality and control of actions.</p>	<p style="text-align: center;"><b>Basketball</b></p> <p>Develop their understanding of the attacking and defending principles of invasion games. Use skills, strategies and tactics to outwit the opposition by maintaining possession and moving the ball towards goal to score.</p>	<p style="text-align: center;"><b>Netball</b></p> <p>Develop defending and attacking play. Learn to use a range of different passes to keep possession and attack towards a goal. Think about how to use skills, strategies and tactics to outwit opposition.</p>	<p style="text-align: center;"><b>Rounders</b></p> <p>Develop their understanding of the principles of striking and fielding. Develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. Expand on their knowledge of how to play the different roles of bowler, backstop, fielder and batter.</p>	<p style="text-align: center;"><b>Cricket</b></p> <p>Develop the range and quality of striking and fielding skills and learn how to play different roles.</p>

	<p>opportunity to create and perform work. Provide feedback using the correct dance terminology and use this feedback to improve own work.</p>		<p style="text-align: center;"><b>Swimming</b></p> <p>Focus on swimming more fluently and with increased confidence and control. Improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Keep afloat and propel themselves through the water.</p>	
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<b>Year 6</b>	<b>OAA</b>	<b>Athletics</b>	<b>Gymnastics</b>	<b>Yoga</b>	<b>Handball</b>	<b>Tag Rugby</b>
	Develop teamwork skills through completion of challenges. Work individually, collaboratively in pairs and groups to solve problems. Share ideas to create strategies and plans to produce the best solution to a challenge. Develop opportunity to lead a small group. Learn to orientate and navigate using a map.	Complete challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Think about how to achieve the greatest possible speed, height, distance or accuracy and learn how to persevere to achieve personal best. Learn how to improve by identifying areas of strength as well as areas to develop. Officiate challenges.	Use knowledge of compositional principles to combine and link actions, relate to a partner and use apparatus when developing sequences. Work collaboratively in larger groups, using formations, to improve the aesthetics of performance. Receive and provide feedback in order to make improvements on performances. Develop performance skills considering the quality and control of actions.	Mindfulness and body awareness. Explore yoga poses and techniques that will help them to connect their mind and body. Improve wellbeing by building strength, flexibility and balance. Breathing and meditation taught through fun and engaging activities.	Develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In handball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In rugby pupils do this by maintaining possession and moving the ball towards the try line to score. Pupils develop their understanding of the importance of fair play and honesty while selfmanaging games and learning and abiding by key rules, as well as evaluating their own and others' performances.
	<b>Hockey</b>	<b>Netball</b>	<b>Dodgeball</b>		<b>Golf</b>	

	<p>Show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Think about how to use tactics and collaborate with others to outwit opposition.</p>	<p>Develop their understanding of the attacking and defending principles of invasion games. Improve how to maintain possession and moving the ball towards goal to score.</p>	<p>Improve on key skills such as throwing, dodging and catching. Learn how to select and apply tactics to the game to outwit their opponent.</p>	<p><b>Fitness</b>          Develop different areas of their health and fitness. They will learn different components of fitness including speed, stamina, strength, co-ordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve on their personal fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise area</p>	<p>. Develop skills and apply them to striking, chipping, putting and playing a short and long game. Develop coordination, accuracy and control of movements.</p>	<p><b>Swimming</b>          Swimming more fluently and with increased confidence and control. Improve swimming strokes, learn personal survival techniques and how to stay safe around water. Keep afloat and propel themselves through the water.</p>
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