



Ings Farm Primary Long Term Plan
Physical Education
2016-2017

Skills &
Processes

1	Physical Skills (Skills covered progressively throughout curriculum)
2	Thinking Skills (Focus in Gym, Dance, Athletics. OAA)
3	Social Skills(Focus in Team Games)
4	Healthy Skills (Skills covered progressively throughout curriculum)
5	
6	

Skills & Processes involved - Indicate by term or C for continuous

Year	Term 1	Term 2	Term 3	1	2	3	4	5	6
Nursery	<p>Fundamental Movements (Travel, Balance)</p> <p>Gym (Agility, Balance, Control)</p>	<p>Fundamental Movements (Target, Accuracy)</p> <p>Dance (Nursery Rhymes)</p>	<p>Fundamental Movements (Sending, Receiving)</p> <p>Multi Skills (Running, Jumping, Stopping, Turning, Throwing, Catching)</p>	C	C	C	C		
Reception	<p>Continuous Provision - Indoor & Outdoor (Kick, Run, Jump, Stopping, Turning)</p> <p>Fundamental Movements (Agility, Balance, Control)</p>	<p>Fundamental Movements (Agility, Balance, Control)</p> <p>Gym & Dance (Agility, Balance, Control)</p>	<p>Games (Running, Jumping, Stopping, Turning, Throwing, Catching)</p> <p>Multi Skills (Running, Jumping, Stopping, Turning, Throwing, Catching)</p>	C	C	C	C		
Year 1	<p>Gym (Balance, Control, Rolling)</p> <p>Fundamental Movements (Agility, Balance, Control)</p>	<p>Dance (Flexibility, Balance, Agility, Control)</p> <p>Invasion Games (Passing, Receiving, Movement)</p>	<p>Athletics (Running, Skipping, Jumping, Hopping, Rolling, Throwing)</p> <p>Striking & Fielding Games (Running, Throwing, Catching)</p>	C	C	C	C		
Year 2	<p>Gym (Balance, Control, Rolling, Jumping, Turning)</p> <p>Net & Wall Games (Stamina, Jumping, Speed, Stopping, Agility, Control, Running)</p> <p>Swimming (Strength, Stamina, Speed, Kicking)</p>	<p>Dance (Control, Balance, Stopping, Turning)</p> <p>Invasion Games (Passing, Receiving, Movement)</p>	<p>Athletics (Running, Skipping, Jumping, Hopping, Rolling, Throwing)</p> <p>Striking & Fielding Games (Running, Throwing, Catching)</p>	C	C	C	C		

Year 3	<p><u>Invasion Games / Gym</u> (Sequencing, Control, Balance, Rolling)</p> <p>(Throwing, Catching, Spatial awareness)</p> <p><u>Gym / SAQ</u> (Sequencing travelling, Rolling, Jumping Balance) (Speed, Agility, Spatial awareness)</p>	<p><u>Invasion Games / Dance</u> (Passing, Receiving, Predict, Anticipate)</p> <p>(Control, Balance. Movement)</p> <p><u>Dance / OAA</u> (Sequencing, Balance)</p> <p>(Stamina, Strength, Balance)</p>	<p><u>Athletics</u> (Speed, Throwing, Jumping, Running)</p> <p><u>Net & Wall</u> (Power, Reaction time, Agility, Sending, Control)</p> <p><u>Striking & Fielding</u> (Running, Throwing, Catching, Accuracy)</p>	C	C	C	C		
Year 4	<p><u>Gym / Dance</u> (Sequencing control, Balance, Rolling)</p> <p><u>Invasion Games - Netball, Hockey</u> (Sending, Receiving, Stopping, Turning)</p>	<p><u>Invasion Games - Tag Rugby</u> (Sending, Receiving, Speed,)</p> <p><u>Dance</u> (Control, Balance. Movement)</p> <p><u>OAA</u> (Stamina, Strength, Balance)</p> <p><u>SAQ</u> (Agility, Speed, Stamina)</p>	<p><u>Athletics</u> (Speed, Throwing, Jumping, Running)</p> <p><u>Net & Wall - Volleyball</u> (Sending, Receiving, Jumping)</p> <p><u>Striking & Fielding - Cricket & Rounders</u> (Running, Throwing, Catching, Accuracy)</p>	C	C	C	C		
Year 5	<p><u>Gym</u> (Sequencing control, Balance, Rolling)</p> <p><u>Invasion Games - Tag Rugby</u> (Sending, Receiving, Speed, Tactical)</p>	<p><u>Dance - Country Dancing / Zumba</u> (Stamina)</p> <p><u>Invasion Games - Netball</u> (Throwing, Catching, Turning, Stamina, Tactical)</p>	<p><u>Athletics / Volleyball</u> (Speed, Throwing, Jumping, Running)</p> <p><u>Net & Wall - Volleyball</u> (Sending, Receiving, Jumping)</p> <p><u>Striking & Fielding - Cricket</u> (Throwing, Catching, Coordination)</p>	C	C	C	C		
Year 6	<p><u>Invasion Games - Tag Rugby, Basketball</u> (Sending, Receiving, Speed, Turning, Stamina, Tactical)</p> <p><u>OAA</u> (Stamina, Speed, Agility)</p> <p><u>Dance</u> (Flexibility, balance, Control)</p>	<p><u>SAQ Circuit Training</u> (Flexibility, balance, Control)</p> <p><u>Net & Wall - Mini Tennis, Table Tennis</u> (Sending, Receiving, Coordination, Reaction Time)</p>	<p><u>Athletics</u> (Throwing, Catching, Running)</p> <p><u>Striking & Fielding - Cricket & Rounders</u> (Running, Throwing, Catching, Accuracy, Tactical)</p>	C	C	C	C		
Whole School	Swimming	Sports Relief	Swimming Sports Day						
working context		KS1		KS2					