



Ings Farm Primary Long Term Plan
Physical Education
2018-2019

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

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

