



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

## Foundation

Aut 1	Aut 2	Spring 1	Spring 2	Summer 1	Summer 2
Agility balance and coordination skills  Games / Skills  Multi skills	Agility balance and coordination skills  Yoga Celebrations Power of PE	Dance	Agility balance and coordination skills  Gymnastics	Agility balance and coordination skills Transport Power of PE  Zip and Move  Maypole	Agility balance and coordination skills  Large Ball skills/ Athletics
<p>By the end of EYFS Gross Motor Skills ELG's</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>					



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

Year 1

Aut 1	Aut 2	Spr 1	Sp 2	Sum 1	Sum 2
<b>Games</b>					
	Team games	Net and wall games	Attacking and defending	Striking and fielding	Defending and attacking
Outdoor Adventurous Education  Use running in a range of activities  Take part in outdoor adventurous activity (This is a KS2 outcome, but we feel problem solving team work are vital skills for all PE and links to our Outdoor learning pledge for 2022/23 and has lots of cross curricula links)	Rugby Basketball Netball Simple games  Participate in team games, developing simple tactics for attacking and defending	Tennis Volleyball Beach ball  Participate in team games, developing simple tactics for attacking and defending  Master basic movements of throwing and catching	Frisbee Uni hockey  Participate in team games, developing simple tactics for attacking and defending  Develop balance, agility, and coordination	Golf Cricket Scatter ball  Participate in team games, developing simple tactics for attacking and defending	Football Hockey  Participate in team games, developing simple tactics for attacking and defending
<b>Flexibility strength control and balance</b>					
Dance  Perform dances using simple movements	Agility Balance Coordination Zip and move space	Yoga  Develop balance, agility, and coordination	Multi skills  Master movements including running, jumping, throwing and catching.	Gymnastics Develop balance, agility, and coordination	Athletics  Master basic movements including running, jumping, throwing and



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

	Develop balance, agility, and coordination Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and coordination, and begin to apply these in a range of activities		Develop balance, agility, and coordination		catching as well as developing balance, agility and coordination, and begin to apply these in a range of activities
--	---	--	--	--	---



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

Year 2

Aut 1	Aut 2	Spr 1	Sp 2	Sum 1	Sum 2
<b>Games</b>					
Games	Team games	Net and wall games	Attacking and defending	Striking and fielding	Defending and attacking
Outdoor Adventurous Education  Use running in a range of activities  Take part in outdoor adventurous activity (This is a KS2 outcome, but we feel problem solving teamwork are vital skills for all PE and links to our Outdoor learning pledge for 2022/23 and has lots of cross curricula links)	Making up own games Rugby Basketball Netball Simple games  Participate in team games, developing simple tactics for attacking and defending	Tennis Volleyball Beach ball  Participate in team games, developing simple tactics for attacking and defending  Master basic movements of throwing and catching	Frisbee Uni hockey  Participate in team games, developing simple tactics for attacking and defending  Develop balance, agility, and coordination	Golf Cricket Scatter ball  Participate in team games, developing simple tactics for attacking and defending	Football Hockey  Participate in team games, developing simple tactics for attacking and defending



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

Flexibility strength control and balance					
Dance Perform dances using simple movements	Gymnastics Develop balance, agility, and coordination	Yoga / Zumba Develop balance, agility, and coordination	Multi skills Master movements including running, jumping, throwing and catching.  Develop balance, agility, and coordination	May pole Perform dances using simple movements.  Master basic movements including running.	Athletics Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and coordination, and begin to apply these in a range of activities



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

Year 3

Aut 1	Aut 2	Spr 1	Sp 2	Sum 1	Sum 2
<b>Games</b>					
Invasion games	Throwing and catching	Net and wall	Outdoor Adventure	Defending and attacking	Striking and fielding
Uni hockey Tag rugby Ultimate frisbee  Play competitive games and apply basic principles of attacking	Netball Dodgeball Bench ball Ultimate frisbee Use running, jumping, throwing, and catching in isolation and in combination	Volleyball Tennis Badminton  Play competitive games and apply basic principles of attacking and defending	Take part in outdoor adventurous activity individually and as a team	Handball Basketball Football  Play competitive games and apply basic principles of attacking and defending	Golf Rounders Cricket  Use running, jumping, throwing, and catching in isolation and in combination  Compare their performance with previous ones and demonstrate improvement to achieve personal best



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

Flexibility strength control and balance				
Dance	Gymnastics	Swim	Swim	Athletics
Develop flexibility strength technique control and balance	Develop flexibility strength technique control and balance	To swim 25 meters and perform a safe rescue	To swim 25 meters and perform a safe rescue	Develop flexibility strength technique control and balance
		Develop flexibility strength technique control and balance	Develop flexibility strength technique control and balance	



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

Year 4

Aut 1	Aut 2	Spr 1	Sp 2	Sum 1	Sum 2
<b>Games</b>					
Outdoor Adventure	Throwing and catching	Net and wall	Invasion games	Defending and attacking	Striking and fielding
Take part in outdoor adventurous activity individually and as a team	Netball Dodgeball Bench ball  Use running, jumping, throwing, and catching in isolation and in combination	Volleyball Tennis Badminton  Play competitive games and apply basic principles of attacking and defending	Uni hockey Tag rugby Ultimate frisbee Netball  Play competitive games and apply basic principles of attacking and defending	Handball Basketball Football  Play competitive games and apply basic principles of attacking and defending	Golf Rounders Cricket  Use running, jumping, throwing, and catching in isolation and in combination



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

Flexibility strength control and balance					
<p><b>Swim</b> Develop flexibility strength technique control and balance</p> <p>To swim 25 meters and perform a safe rescue</p>	<p><b>Swim</b> Develop flexibility strength technique control and balance</p> <p>To swim 25 meters and perform a safe rescue</p>	<p>Circuit Zumba Yoga Develop flexibility strength technique control and balance</p>	<p><b>Athletics</b> Develop flexibility strength technique control and balance</p> <p>Compare their performance with previous ones and demonstrate improvement to achieve personal best</p>	<p><b>Gymnastics</b> Develop flexibility strength technique control and balance</p> <p><b>Athletics</b> Develop flexibility strength technique control and balance</p> <p>Compare their performance with previous ones and demonstrate improvement to achieve personal best</p>	<p><b>Dance</b> Perform dances using a range of movement and pattern</p>



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

Year 5

Aut 1	Aut 2	Spr 1	Sp 2	Sum 1	Sum 2
<b>Games</b>					
Attacking principles	Attacking and defending	Net and wall games	Running and jumping	Invasion games Passing marking	Striking and fielding
Netball Basketball Handball <b>Play competitive games</b> <b>Use basic principles of attacking</b>	Hockey Tag rugby Basketball Netball  <b>Play competitive games</b> <b>Use basic principles of attacking and defending</b>	Tennis Volleyball Badminton  <b>Play competitive games and apply basic principles of attacking and defending</b>	Skipping Jumping challenges Speed bounce, broad jump Relay races  <b>Use running, jumping, throwing, and catching in isolation</b>	Frisbee Dodgeball Bench ball  <b>Play competitive games and apply basic principles of attacking and defending</b>	Golf Rounders Cricket  <b>Play competitive games and apply basic principles of attacking and defending</b>  <b>Use running, jumping, throwing, and catching in isolation and in combination</b>
<b>Flexibility strength control and balance</b>					



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

<p>Adventurous Outdoor Education Including residential Aut 1</p> <p>Take part in outdoor adventurous activity individually and as a team</p>	<p>Circuits Cross country Aerobic style activities to music</p> <p>Compare their performance with previous one and demonstrate improvement to achieve personal best Develop flexibility, strength, technique, control and balance</p> <p>Compare their performance with previous one and demonstrate improvement to achieve personal best Develop flexibility, strength, technique, control and balance</p>	<p>Gymnastics</p> <p>Develop flexibility strength technique control and balance</p>	<p>Athletics Running focus Cross country Jumping skills</p> <p>Use running, jumping, throwing, and catching in isolation</p> <p>Develop flexibility strength technique control and balance</p> <p>Gymnastics</p> <p>Develop flexibility strength technique control and balance</p>	<p>Athletics Throwing Hurdles Baton Running</p> <p>Use running, jumping, throwing, and catching in isolation</p> <p>Develop flexibility strength technique control and balance</p> <p>Compare their performance with previous ones and demonstrate improvement to achieve personal best</p>	<p>Dance</p> <p>Perform dances using a range of movement and pattern</p>
--	---	---	--	---	--



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

Year 6

Aut 1	Aut 2	Spr 1	Sp 2	Sum 1	Sum 2
<b>Games</b>					
Attacking principles	Attacking and defending	Net and wall games	Running and jumping	Invasion games Passing marking	Striking and fielding
Netball Basketball Handball  Games make own up  Play competitive games Use basic principles of attacking	Hockey Tag rugby Basketball Netball  Play competitive games Use basic principles of attacking and defending	Tennis Volleyball Badminton  Play competitive games and apply basic principles of attacking and defending	Skipping Jumping challenges Speed bounce, broad jump Relay races  Use running, jumping, throwing, and catching in isolation	Frisbee Dodgeball Bench ball Ultimate frisbee  Play competitive games and apply basic principles of attacking and defending	Golf Rounders Cricket  Play competitive games and apply basic principles of attacking and defending  Use running, jumping, throwing,  and catching in isolation and in combination  Transition Skills Leadership Teamwork Resilience Perseverance



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

Flexibility strength control and balance					
Adventurous Outdoor Education Including residential in Summer 2 Take part in outdoor adventurous activity individually and as a team	Circuits Cross country  Aerobic style workouts to music  Compare their performance with previous one and demonstrate improvement to achieve personal best Develop flexibility, strength, technique, control and balance	Dance  Perform dances using a range of movement and pattern  Compare their performance with previous ones and demonstrate improvement to achieve personal best	Gymnastics  Develop flexibility strength technique control and balance	Athletics Throwing Hurdles Baton  Use running, jumping, throwing, and catching in isolation  Develop flexibility strength technique control and balance  Compare their performance with previous ones and demonstrate improvement to achieve personal best	Athletics/ Running Short/ long distance jumping  Use running, jumping, throwing, and catching in isolation  Develop flexibility strength technique control and balance  Dance  Perform dances using a range of movement and pattern  Compare their performance with previous ones and demonstrate improvement to



PE Long Term Plan Intake Farm Primary

Key Stage 1 and Key Stage 2 will have 1 games/ skills lesson and 1 flexibility, core, and agility lesson per week.

The list of sports are suggestions

Green are the National Curriculum requirements

					achieve personal best
--	--	--	--	--	-----------------------