



Long Term Plan for: Physical Education (Indoor PE)



	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Movement to music WALT show good control and co-ordination in large & small movement	Gymnastics WALT explore the 5 basic shapes Games skills WALT develop throwing & catching	Gymnastics WALT land with control after jumping	Dance WALT create dance phrases to communicate an idea	Swimming WALT gain confidence in the water	Swimming WALT perform a variety of self-rescue skills	Gymnastics WALT mirror and match partner's balance
Autumn 2	Dance To move confidently in a range of ways	Boccia To improve accuracy throwing Dance To copy some moves	Benchball To develop simple tactics for defending Dance To move with rhythm	Gymnastics To explore and develop use of upper body strength	Swimming To begin to learn a variety of strokes Gymnastics To explore balancing on 1/2/3/4 "points"	Swimming WALT swim confidently in light clothing Dance WALT select movement material to express ideas	Dance WALT create longer, challenging dances
Spring 1	Movement and Co-ordination WALT move over and through objects WALT jump and land, and to balance	Goal ball WALT begin to participate in team games Gymnastics WALT begin to balance	Goal ball WALT develop simple tactics for attacking Gymnastics WALT develop control in different rolls	Dance WALT perform a dance to an audience showing confidence	Swimming WALT start to build up swimming stamina Dance WALT show co-ordination, control and strength	Gymnastics WALT perform balances with control, showing good body tension	Gymnastics WALT explore and develop control in taking some / all of a partner's weight using counter balance
Spring 2	Movement and Co-ordination WALT know the importance for good health of physical exercise	Benchball WALT begin to pass the ball to own team Dance WALT start to use own ideas to sequence a dance	Dance WALT sequence and remember a short dance.	Gymnastics WALT use a variety of rolling actions to travel on the floor or apparatus	Swimming WALT know how to keep safe in – and around – water		Dance WALT use choreographic devices such as motif and retrograde
Summer 1	Dance WALT hop and skip in time to music				Swimming WALT swim 25 metres confidently		
Summer 2	Movement and Co-ordination WALT develop ball throwing, catching and kicking skills				Swimming WALT swim at least 25 metres confidently, with a variety of strokes		



Long Term Plan for: Physical Education (Outdoor Pursuits)



	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1			Hockey WALT grip the stick correctly and move with the ball	Basketball WALT begin to pass and shoot with growing accuracy	Netball WALT begin to pass and shoot with growing accuracy within a game	Basketball WALT be able to lay up a partner to score	Netball WALT be able to play in all positions
Autumn 2				Tag Rugby WALT be able to run & evade opponents with the ball			Football WALT develop attack & defence strategies in a game
Spring 1	Movement and Co-ordination WALT safely negotiate space			Football WALT pass the ball with greater accuracy		Tag Rugby WALT be able to pass with accuracy and play strategically	Ultimate Frisbee WALT be able to catch with confidence and play strategically
Spring 2	Movement and Co-ordination WALT know the importance for good health		Football WALT be able to control the ball with feet	Hockey WALT pass the ball with greater accuracy	Tennis WALT further develop their forehand shots	Hockey WALT develop attack & defence strategies Handball WALT develop attack & defence strategies	Dodgeball WALT be able to catch with confidence and play strategically within a team
Summer 1		Tennis WALT master basic skills e.g. holding a racquet correctly Athletics WALT run different distances.	Tennis WALT hit a tennis ball thrown to them Athletics WALT describe different ways of running	Handball WALT pass and shoot the ball Athletics WALT pace efforts over longer distances	Athletics WALT choose different styles of running for different distances.	Cricket WALT strike a ball with different strokes Athletics WALT sustain pace over longer distances	Cricket WALT bowl well with consistency Athletics WALT perform relay change-overs.
Summer 2	Movement and Co-ordination WALT develop ball patting, throwing, catching and kicking skills	Handball WALT help develop co-ordination Games skills WALT further develop running and jumping skills	Dodgeball WALT throw a ball with increasing accuracy Athletics WALT throw into targets	Cricket WALT throw a ball accurately Rounders WALT hit the ball with consistency	Cricket WALT consistently be able to catch the ball	Tennis WALT further develop their backhand Rounders WALT make choices of where to hit the ball	Tennis WALT make choices about which shots to play in a game Rounders WALT bowl well with consistency