

# Frieth CEC School Long term PE Planning

KS1: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

KS2: Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance.
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Swimming, pupils should be taught to:
  - ☐ swim competently, confidently and proficiently over a distance of at least 25 metres
  - ☐ use a range of strokes effectively
  - ☐ perform safe self-rescue in different water-based situations.

PE Coverage

Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Festivals/Inter House
<b>Owls</b> <b>Year R/1</b>	<b>Aesthetics</b>	Gymnastics  Balance	Dance	Gymnastics  Coordination	Dance	Gymnastics  Agility	Athletics	
	<b>Games</b>	Multiskills  ABC (agility, balance and coordination)  ActivKids	Multiskills  ABC (agility, balance and coordination)  ActivKids	Multiskills  ABC (agility, balance and coordination)  ActivKids	Multiskills  ABC (agility, balance and coordination)  ActivKids	Multiskills  (Sports day/athletics)  ABC (agility, balance and coordination)  ActivKids	Sports Day Prep  Multiskills  ABC (agility, balance and coordination)  ActivKids	
<b>Buzzards</b> <b>Year 1 and 2</b>	<b>Aesthetics</b>	Gymnastics  Balance	Dance	Gymnastics  Coordination	Dance	Gymnastics Agility	Athletics	
	<b>Games</b>	Multiskills  ABC (agility, balance and coordination)  ActivKids	Multiskills  ABC (agility, balance and coordination)  ActivKids	Multiskills  ABC (agility, balance and coordination)  ActivKids	Multiskills  ABC (agility, balance and coordination)  ActivKids	Multiskills  (Sports day/athletics)  ABC (agility, balance and coordination)  ActivKids	Sports Day Prep  Multiskills  ABC (agility, balance and coordination)  ActivKids	
<b>Kestrels</b> <b>Year 3 and 4</b>	<b>Aesthetics</b>	Swimming  (yr 3)  Swimming	Swimming  (yr 3)  Swimming	Gymnastics	Dance	Athletics   Club Sport	Sports Day Prep  Cricket/Rounders  Club Sport	

		(yr 4)	(yr 4)					
	<b>Games</b>	Basketball Clubsport	Hockey Clubsport	X3 weeks Football X2 weeks Dodgeball ClubSport	Rugby ClubSport	Tennis	Orienteering	Yr 3& 4 Dodgeball Yr 3& 4 Basketball Yr 3&4 Cricket
<b>Kites</b>  <b>Year 4 and 5</b>	<b>Aesthetics</b>	Dance Yr 5) Swimming (yr 4)	Dance (yr 5) Swimming (yr 4)	Gymnastics	Dance	Athletics  Club Sport	Sports Day Prep Cricket/Rounders Club Sport	Yr 3& 4 Dodgeball Yr 3& 4 Basketball Yr 3&4 Cricket Yr5&6 Rounders Yr5&6 netball
	<b>Games</b>	Basketball Clubsport	Hockey Clubsport	X3 weeks Football X2 weeks Dodgeball	Rugby ClubSport	Orienteering	Tennis	
<b>Eagles</b>  <b>Year 6</b>	<b>Aesthetics</b>	Dance	Dance	Gymnastics	Gymnastics	Athletics  Club Sport	Sports Day Prep Cricket/Rounders Club Sport	Yr5&6 Rounders 1 <sup>st</sup> May Yr5&6 netball TBC
	<b>Games</b>	Basketball Clubsport	Hockey Clubsport	X5 weeks Football ClubSport	Rugby ClubSport	Tennis	Orienteering	