

# PHYSICAL EDUCATION - Long Term Plan Key Stage 2

P.E.	AUTUMN		SPRING		SUMMER	
	Gym	Dance	Dance	Games	Games	Athletic
	Football hockey	Netball Basketball	Gym	Indoor Athletics	Cricket Rounders	OAA
	Swimming		Swimming		Swimming	

Learning Objectives	Ensure Pupils Experience:	Activity Content
<p><b>LEARNING OBJECTIVES</b></p> <p><b>Acquiring &amp; Developing skills:</b></p> <ul style="list-style-type: none"> <li>• Improve their own performance by working alone, pairs, small groups.</li> <li>• Perform skills/actions with some consistency.</li> </ul> <p><b>Selecting &amp; Applying skills:</b></p> <ul style="list-style-type: none"> <li>• Plan and remember a sequence of actions/skills.</li> <li>• Apply these skills with co-ordination and control.</li> </ul> <p><b>Evaluating &amp; Improving performance:</b></p> <ul style="list-style-type: none"> <li>• Make simple judgements on their own/others performance &amp; say how improvements could be made.</li> </ul> <p><b>K &amp; U of Fitness &amp; Health:</b></p> <ul style="list-style-type: none"> <li>• Describe why physical activity is good for health.</li> <li>• Respond safely to tasks performed alone/with others.</li> </ul>	<ul style="list-style-type: none"> <li>• Vigour in their activities.</li> <li>• Working independently in small groups and teams.</li> <li>• Making choices, decisions, using own/other's ideas.</li> <li>• Relevant terminology, appropriately to the activities undertaken.</li> <li>• Opportunities to plan and develop personal skills.</li> <li>• Time to consolidate and improve performance.</li> <li>• Preparation and recovery within activities.</li> <li>• Selecting and repeating a range of movements (skills) within a combination.</li> <li>• Observation and performance.</li> </ul> <p><b>Health and Safety:</b></p> <ul style="list-style-type: none"> <li>• Indoor and outdoor environments and their safety codes.</li> <li>• Lifting, handling and placing apparatus and sustained activity, preparing and recovery within activities.</li> </ul>	<p><b>Athletic: Improve</b> skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance. <b>Experience</b> outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques. <b>Develop</b> understanding of safe practice linked to activities, comparing and improvement of own performance.</p> <p><b>Dance: Improve</b> skills of travelling, jumping, turning, stillness, changing size/shape/level/direction; increase range of body actions; compose, practice and perform actions with control. <b>Experience</b> responding to a range of music/stimuli, expressing moods and feelings. <b>Develop</b> making own dances with clear beginnings/middle/end. Understand the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places.</p> <p><b>Games: Improve</b> skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space. <b>Experience</b> small sided and simplified versions of different types of games, (i.e. invasion/net &amp; wall/strike &amp; field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition. <b>Develop</b> team games, making up games, own game practices, understanding of game principles.</p> <p><b>Gymnastic: Improve</b> skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner. <b>Experience</b> performing and remembering sequences, with control; responding to set tasks, short sequences, selecting apparatus. <b>Develop</b> an understanding of actions ending one movement – starts next; making decisions to effect their actions.</p> <p><b>OAA: Improve</b> skills of: principles of safety in the outdoors, planning and recording in different activities, problem solving. <b>Experience</b> OAA in different environments; working individually/small groups. <b>Develop</b> responding to challenges in different environments, correct use of appropriate equipment, understanding of safety practices.</p> <p><b>Swimming:</b> Content should be linked to ability groupings.</p>