

PHYSICAL EDUCATION - Long Term Plan Key Stage 1

P.E.	AUTUMN		SPRING		SUMMER	
	Gym	Gym	Team Sports	Games	Team	Games
	Invasion Space	Throwing Catching	Indoor Athletics	Gym	Net Wall	Games Strike Field

Learning Objectives	Ensure Pupils Experience:	Activity Content
<p>Acquiring & Developing skills:</p> <ul style="list-style-type: none"> • Perform a range of simple skills, with control • Remember and repeat simple skills and actions. <p>Selecting & Applying skills:</p> <ul style="list-style-type: none"> • Choose simple actions to include in their work. <p>Evaluating & Improving performance:</p> <ul style="list-style-type: none"> • Describe what they are doing. • Work alone and observe a partner to improve their work. <p>K & U of Fitness & Health</p> <ul style="list-style-type: none"> • Know that physical activity effects their body. • Have an understanding of safety. 	<ul style="list-style-type: none"> • Working independently, with partners and in groups. • Making choices and decisions using own ideas. • Relevant language appropriate to activities undertaken. • A range of playing areas, groupings, equipment, tasks. • A variety of activities with/without equipment. • Simple rules, fair play and competition. • Time to consolidate their performance. • Indoor/outdoor environments. • Observation of performances. <p>Health and Safety:</p> <ul style="list-style-type: none"> • Vigour in their activities. • Lifting, carrying, moving apparatus. • Safety codes and procedures. • Warming up and recovery from exercise. 	<p>Dance activities: Develop skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, speed, tension. Develop making dances with clear beginning/middle/end; responding to rhythm, music, co-ordination and control. Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some from different times and cultures.</p> <p>Games activities: Develop skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner. Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner. Experience a variety of games equipment; practicing with a partner; competition, simple rules.</p> <p>Gymnastic activities: Develop skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping – (with more control, combinations, contrast, complex, actions – requiring continuity and co-ordination of body parts). Develop working together, body control, planning/practicing simple actions alone using correct language for actions/apparatus. Experience using floor and apparatus, safe lifting and carrying, using/finding space, using different body parts/shape/levels/direction, improving actions, making up a sequence.</p> <p>Outdoor Play activities: Develop skills of travelling, climbing, jumping, chasing, independence, co-operation, taking turns, handling small apparatus safely. Experience large apparatus, playground markings, a range of small equipment. Develop an awareness of basic safety practices, outdoor space, sharing with different age groups and fair play.</p> <p>Sport Day activities: Develop skills of running, throwing, jumping, direction, control, accuracy. Develop an understanding of safe practice linked to the activities. Experience indoor/outdoor areas, competition and games, variety of</p>