

Good Practice Long Term Planning for PE

KEY STAGE 1

In Key Stage 1, 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. Here is how we intend to deliver this curriculum to our Key Stage 1 pupils:

<u>YEAR 1</u>						
<u>National Curriculum Criteria</u>	<u>Autumn</u> <u>1</u>	<u>Autumn</u> <u>2</u>	<u>Spring</u> <u>1</u>	<u>Spring</u> <u>2</u>	<u>Summer</u> <u>1</u>	<u>Summer</u> <u>2</u>
	Dance	Netball	Gymnastics	Football	Volleyball	Rounders
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities						
Develop balance, agility and coordination, 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						



YEAR 2

<u>National Curriculum Criteria</u>	<u>Autumn</u>	<u>Autumn</u>	<u>Spring</u>	<u>Spring</u>	<u>Summer</u>	<u>Summer</u>
	<u>1</u>	<u>2</u>	<u>1</u>	<u>2</u>	<u>1</u>	<u>2</u>
	Dance	Handball	Gymnastics	Hockey	Tennis	Cricket
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities						
Develop balance, agility and coordination, 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						