

Good Practice Long Term Planning for PE

KEY STAGE 2

In Key Stage 2, pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Here is how we intend to deliver this curriculum to our Key Stage 2 pupils:

<u>YEAR 3</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>
	Athletics	Basketball	Gymnastics	Dance	Rounders	Volleyball
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						



YEAR 4

<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>
	Athletics	Handball	Gymnastics	Dance	Cricket	Tennis
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						



YEAR 5

<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>
	Athletics	Tag Rugby	Gymnastics	Dance	Rounders	Volleyball
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						



YEAR 6

<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>
	Athletics	Football	Gymnastics	Dance	Cricket	Tennis
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						