



## Whitley Village Primary School Whole School Long-Term Planning Physical Education Overview



In KS1 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.

In KS2 Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 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 [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

	<i>Autumn Term 1</i>	<i>Autumn Term 2</i>	<i>Spring Term 1</i>	<i>Spring Term 2</i>	<i>Summer Term 1</i>	<i>Summer Term 2</i>
<b>EYFS &amp; Y1</b>	Games: Coordination and movement skills - assess then develop.	Gymnastics: - Use of space - Footwork - Travelling (feet, hands and feet, different parts of the body) - Key shapes - Taking weight on different body parts.	Dance linked to topic: - Explore movement, - slow/fast.  Swimming (Y1) - Children assessed and levelled, then will be taught at their current level towards the EKS2 expectations.	Dance linked to topic: - Revisit and recap different movements - slow/fast, - use of levels (low, middle and high)  Swimming (Y1): Children assessed and levelled, then will be taught at their current level towards the EKS2 expectations.	Games: - Sending and receiving a variety of equipment (beanbags to balls).  Gymnastics: - Recap previously taught skills and begin to link 2 or more skills together. - Stretching and curling - Balancing - Exploring apparatus	Athletic skills: - Running, - Jumping - Throwing - Skipping

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<b>Years 2 &amp; 3</b>	Games: Sending, receiving and travelling with a variety of equipment (rolling, throwing, catching, stopping).	Gymnastics: -Key shapes - Travelling -Taking weight on different body parts - Pathways - Supporting body weight (balancing) -Apparatus use.	Dance - Link to topic: to include individual, paired and group composition, explore mirroring, cannon, stillness, speed and levels  Swimming: Water confidence, stroke development, aim to swim 25m using a recognised stroke by the end of Y6.	Dance - Link to topic: to include individual, paired and group composition, explore mirroring, cannon, stillness, speed and levels  Swimming: Water confidence, stroke development, aim to swim 25m using a recognised stroke by the end of Y6.	Invasion games: - basic attacking and defending eg 4 v 1 (link with different games/sports)  Challenge linked to OAA - Basic orienteering and problem solving (co- delivery)	Athletics: Running techniques, (for speed and endurance) jumping for length, jumping for height  Gymnastics: - Paired work -Evaluating the performance of others - Rocking and rolling.

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<b>Years 4,5,6</b>	Dance- Link to topic: -Create and structure motifs, phrases, sections and whole dances -Use basic compositional principles when creating their dances  Swimming: Water confidence, stroke development, aim to swim 25m using a recognised stroke by the end of Y6.	Dance-Link to topic:  Swimming: Water confidence, stroke development, aim to swim 25m using a recognised stroke by the end of Y6.	Gymnastics: - Balance and overbalance - Transference of body weight - Turning and spinning. - Partner and group work -Linking movements to make a sequence both on and off the apparatus.	Invasion Games: Understanding footwork, passing skills, creating space, marking and defending. (link to football, tag rugby and kwiksticks hockey)	Challenge linked to OAA - Orienteering and problem solving (co delivery).  Athletics: - Run consistently and smoothly at different speeds Demonstrate different combinations of jumps, showing control, coordination and consistency - Throw a range of implements into a target area with consistency and accuracy.	Striking and Fielding Games: Catching skills, bowling, batting, fielding-Link to Kwik Cricket