



Physical Education

Long Term Plan – multi - skills

The Long Term Scheme of Work has been developed in order to provide an accessible, broad and balanced, progressive, sequential plan for the teaching of PE. The substantive content is carefully chosen to develop students across school in broad terms following National Curriculum guidance.

More information is available in the PE Rationale.

It enables children to develop a broad set of skills which can be applied to various techniques, physical activities and sports.

They will do this through a balance of guided, planned teaching and pursuing their own learning within an enabling environment.

Children will begin to understand and value the differences of individuals and groups within their own immediate community, and have the opportunity to develop their own physical strengths and weaknesses. They will learn to appreciate that people have different physical capabilities and understand that all students can reach their physical potential.

It follows the recommendations laid out in the National Curriculum guidance.

Early Years

Seven key features of effective practice as identified in the DfE Development Matters guidance (July 2021): The best for every child; High-quality care; The Curriculum; Pedagogy; Assessment; Self-regulation and executive function; Partnership with parents.

In planning and guiding what children learn, practitioners will reflect on the 3 characteristics of effective learning: playing & exploring, active learning, creating and thinking critically.

Communication and Language

Children have opportunities to;
Listen to different staff and peers to perform a range of physical activities.
Listen to peers in order to perform simple activities and take turns.
To be able to speak to others clearly to count number of activities done and give instructions

Personal, social and emotional development

Children have opportunities to;
Develop understanding that their needs and views are treated with respect by trusted adults
Work towards shared attention with groups of people, including adults and children
Play and explore a range of equipment and resources
Work together within consistently applied codes of behaviour
Learn about right and wrong and why these issues matter
Respond to significant experiences, showing a range of feelings
Have developing awareness of their own needs, views and feelings
Have developing awareness of the needs, views and feelings of others, beginning to show sensitivity to other's needs and form positive relationships

Understanding the world

Children have opportunities to;
Become aware of similarities and differences between themselves and others and how different sporting activities can be done
Explore, observe, and discover different ways of moving and navigating objects and equipment and how different activities use different resources.

Expressive Arts and Design





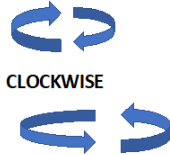







Children have opportunities to;
Use their imagination to create through music, dance, play, role-play and stories to represent their own ideas, thoughts and feelings of how to move and perform
Respond in a variety of ways to what they see, hear, smell, touch and taste













Literacy









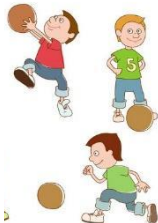
Children have opportunities to;
Listen to instructions, speak to peers towards a shared goal




Maths







Children have opportunities to;
Recognise, create and describe some patterns and sort and order objects simply







Key Stage 1 Themes- Links to pupils lives	2024/25	2025/26	2026/27
	<div></div>	<div></div>	<div></div>
Autumn	<div><p>I can run safely on my whole foot</p></div>	<div><div><p>CLOCKWISE</p><p>ANTICLOCKWISE</p></div><p>I can begin to use anticlockwise movement.</p></div>	<div><p>I can squat with steadiness to rest or play.</p></div>
Spring	<div><p>I can experiment with different ways of moving</p></div>	<div><p>I can pull myself up onto higher ledges.</p></div>	<div><p>I can stand momentarily on one foot when shown.</p></div>
Summer	<div><p>I can kick a large ball</p></div>	<div><p>I can show preference with a dominant hand.</p></div>	<div><p>I can walks downstairs while carrying a small object</p></div>

Key Stage 2 themes	2024/25	2025/26	2026/27
			
Autumn	 <p>To demonstrate positive play skills in a range of free play activities.</p>	 <p>To focus on the messenger, (e.g. Pupil knows they should look at who is talking).</p>	 <p>To stop, start and go on the lead command.</p>
Spring	 <p>To stop and start using visuals or music during a range of free play activities.</p>	 <p>To stop, start and go using visuals in structured play activities.</p>	 <p>To follow simple instructions in a range of play activities</p>
Summer	 <p>To master basic movements of running and jumping during a range of free play activities.</p>	 <p>To be able to turn take with 1-1 support.</p>	 <p>To develop throwing and catching skills.</p>

Key Stage3 themes	2024/25	2025/26	2026/27
			
Autumn	 <p>To work, play and engage in activities alongside others during structured activities.</p> <p>120901 WORKING AS A TEAM</p>	 <p>To copy and repeat simple skills to show agility, balance and coordination.</p> <p>117924 HEALTH-RELATED EXERCISE</p>	 <p>To take part in a range of problem solving activities.</p> <p>118407 PE: WORKING WITH DIFFERENT PEOPLE</p>
Spring	 <p>To be able to turn take in small group sessions.</p> <p>110428 PLAYING TAG RUGBY</p>	 <p>To be able to change direction at speed with some control.</p> <p>118003 DEVELOPING COORDINATION AND AGILITY IN EXERCISE</p>	 <p>To demonstrate basic control with a ball e.g. running with the ball/bouncing the ball.</p> <p>120435 BASIC END BALL SKILLS</p>

Summer	 <p>To move at different speeds whilst running, skipping, and jumping.</p> <p>120537 INTRODUCTION TO PHYSICAL ACTIVITY</p>	 <p>I can throw, catch and kick a ball in a range of small drills</p> <p>118061 DEVELOPING BASIC SKILLS FOR TEAM GAMES</p>	 <p>To show more awareness of the aims and roles in games or activities.</p> <p>118060 INTRODUCTION TO TEAM GAMES</p>
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Key Stage3/4 themes	2024/25		2025/2026		2026/2027	
Autumn	 <p>Develop communication skills in small groups or pairs</p> <p>84863 DEVELOPING PERSONAL AND SOCIAL SKILLS</p>	 <p>To focus on the messenger, (e.g. Pupil knows they should look at who is talking).</p> <p>70224 DEVELOPING TEAMWORK SKILLS IN OUTDOOR EDUCATION (UNIT 1)</p>	 <p>To stop, start and go on the lead command.</p> <p>70225 DEVELOPING TEAMWORK SKILLS IN OUTDOOR EDUCATION (UNIT 2)</p>			

Spring	 <p>Develop basic control with a ball (throwing, catching, rolling various balls)</p> <p>116262 DEVELOPING BALL SKILLS (UNIT 3)</p>	 <p>To stop, start and go using visuals in structured play activities.</p> <p>72770 INTRODUCTION TO ATHLETICS: THROWING TECHNIQUES</p>	 <p>To follow simple instructions in a range of play activities</p> <p>74504 BEHAVIOUR AND SOCIAL SKILLS THROUGH PE (UNIT 1)</p>
Summer	 <p>To engage in cooperative physical activities in pairs and in small teams.</p> <p>116264 PLAYING A TEAM SPORT</p>	 <p>To be able to turn take with 1-1 support.</p> <p>116156 TEAMWORK IN SPORTS</p>	 <p>To develop throwing and catching skills.</p> <p>116263 DEVELOPING COORDINATION AND AGILITY (UNIT 3)</p>