



Physical Education

Long Term Plan – sport specific

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.







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
Autumn	Cricket <ul style="list-style-type: none"> To develop throwing and catching skills To develop underarm bowling technique To practise batting using a range of equipment To develop catching a range of balls from a small distance 	Basketball <ul style="list-style-type: none"> To walk with the ball showing basic control. To be able to bounce the ball with one hand using fingertips. To be able to bounce a ball with alternate hands To be able to To change direction with the ball. To practise a chest and bounce pass. 	Rugby <ul style="list-style-type: none"> To develop throwing and catching. To be able to avoid obstacles whilst holding balls. To pass the ball sideways and backwards. 
Spring	Boxing/Fitness <ul style="list-style-type: none"> To punch safely with a solid stance. To use two punching techniques – jab and hook. To be able to do up to 10 punches in a row using jabs and hooks. 	Dance <ul style="list-style-type: none"> To be able to learn how to control movements (balance exercises, with a partner individually). To use zones of regulation and determine which types of music would fit which zone. What movement could you make if you were in the yellow zone? To be able to attempt and develop flexibility and balance. 	Gymnastics <ul style="list-style-type: none"> To copy simple skills with some control and coordination. To perform simple movements and positions with some control. To climb on, under, through a variety of apparatus 
Summer	Club throw 	Athletics 	Boccia 

	<ul style="list-style-type: none"> To be able to sit and throw an object backwards using momentum to get power To be able to use dominant hand and non-dominant to maintain balance To be able to take turns to throw objects in a controlled manner with accuracy 	<ul style="list-style-type: none"> To demonstrate agility & speed. To jump for height & distance with control & balance. To throw with speed & power & apply appropriate force and accuracy. 	<ul style="list-style-type: none"> To be able to roll balls of same colour towards large target To be able to take turns with peers to roll ball To be able to roll ball with underarm technique To be able to identify which ball is closest to the target
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Key Stage 2 themes	2024/25	2025/26	2026/27
Autumn	Football  <ul style="list-style-type: none"> To walk with the ball showing basic control. To be able to use different parts of feet to pass and control the ball. To dribble the ball around obstacles under no pressure. To pass the ball with accuracy. 	Goalball  <ul style="list-style-type: none"> To be able to tolerate wearing a blind fold. To be able to sit and listen for the ball coming towards them. To be able to roll ball in a certain direction from sitting position To be able to move the body to either side to stop the ball going in the goal. 	Sitting volleyball  <ul style="list-style-type: none"> To be able to throw and catch a large, soft ball between a team. To be able to throw ball over a net to the other side To be able to count how many passes your team has had. To begin to use different passing techniques and correct hand position.
Spring	Boxing/Fitness  <ul style="list-style-type: none"> To punch correctly and safely with a solid stance. To use a range of different punching techniques. To be able to copy a simple sequence of punches 	Dance  <ul style="list-style-type: none"> To be able to learn how to control movement (balance exercises, with a partner on individually). To use zones of regulation and determine which types of music would fit which zone. What movement could you make if you were in the yellow zone? To be able to develop flexibility and balance. To be able to develop core strength to hold a range of stretches and dance positions. 	Gymnastics  <ul style="list-style-type: none"> To copy, remember and repeat simple skills with control and coordination. To perform a variety of movements and positions with increased control. To climb on, under, through a variety of apparatus

Summer	Cricket <ul style="list-style-type: none"> To develop throwing and catching skills To develop bowling technique To practise batting using a range of equipment To identify different positions in cricket and the roles of those positions. To develop fielding as a team To be able to play simple cricket games, To apply some rules to games 	Athletics <ul style="list-style-type: none"> To demonstrate agility & speed. To jump for height & distance with control & balance. To throw with speed & power & apply appropriate force. To use running, jumping & throwing work stations. Children investigate in small groups different ways of performing these activities. 	Tennis <ul style="list-style-type: none"> To hold the racket correctly in dominant hand To practise serving technique under arm. To demonstrate a forehand shot. To perform a backhand shot. To demonstrate a drop shot. 

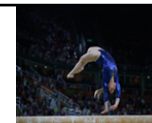
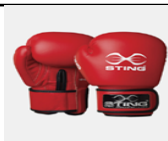
Key Stage3 themes	2024/25	2025/26	2026/27
Autumn	Basketball <ul style="list-style-type: none"> To run with the ball showing basic control (Basketball). To change direction at speed (with and without the ball). To use speed to avoid an opponent in a range of 1v1 situations. To practise a chest and bounce pass. 	Football <ul style="list-style-type: none"> To run with the ball showing basic control. To use a turning technique to change direction. (Turn away from an opponent) To practise a range of dribbling techniques under no pressure. (Beat an opponent during a 1v1 situation using a dribbling technique). 	Tag Rugby <ul style="list-style-type: none"> To develop throwing and catching with control. To develop dodging skills to lose a defender during a 1v1 situation. To pass the ball sideways and backwards. 


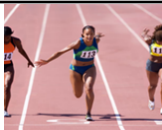

	<p>88980 BASIC BASKETBALL SKILLS</p>	<ul style="list-style-type: none"> To pass the ball with accuracy. (To pass the ball and move into space). <p>78931 FOOTBALL SKILLS: BASIC SKILLS</p>	<p>120434 INTRODUCTION TO TAG RUGBY</p>
Spring	<p>Boxing/Fitness</p> <ul style="list-style-type: none"> To punch correctly and safely. To use a range of different punching techniques. To coordinate a set sequence of jabs and punches. To use pads and protective equipment properly during boxercise. <p>99609 BASIC BOXING SKILLS</p> 	<p>Ultimate Frisbee</p> <ul style="list-style-type: none"> To be able to do three simple catches of Frisbees To be able to perform a backhand throw with some accuracy To be able to move to space and catch frisbee To be able to pivot before throwing frisbee <p>116692 INTRODUCTION TO ULTIMATE FRISBEE</p> 	<p>Gymnastics</p> <ul style="list-style-type: none"> To copy, remember and repeat simple skills with control and coordination. To perform a variety of actions with increasing control and repeat accurately sequences of gymnastic actions. To move smoothly and in a controlled way from one position of stillness to another. To dismount in a variety of ways from a piece of apparatus. <p>116180 BASIC GYMNASTICS SKILLS</p> 
Summer	<p>Curling</p> <ul style="list-style-type: none"> To be able to bend down with control and roll the 'stone' towards a target To be able to take turns with peers to throw To be able to plan a simple strategy to score more points than the opponent. 	<p>Athletics</p> <ul style="list-style-type: none"> To demonstrate agility & speed. To jump for height & distance with control & balance. To throw with speed & power & apply appropriate force. 	<p>Volleyball</p> <ul style="list-style-type: none"> To be able to stand in a simple formation on the court and have identified roles To be able to demonstrate grip for different shots. Lift, set and smash. To be able to keep count of scores for a game up to 21/11 to begin with. 

	<ul style="list-style-type: none"> To be able to control power applied to get stone to stop in desired location <p>85679 EXPERIENCING NEW AGE KURLING</p>	<ul style="list-style-type: none"> To use running, jumping & throwing work stations. Children investigate in small group's different ways of performing these activities. <p>111744 INTRODUCTION TO ATHLETICS</p>	<ul style="list-style-type: none"> To be able to rotate positions clockwise on court. <p>120349 INTRODUCTION TO VOLLEYBALL</p>
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Key Stage3/4 themes	2024/25	2025/2026	2026/2027
Autumn	<p>Football</p>  <ul style="list-style-type: none"> To run with the ball showing basic control. To use a turning technique to change direction. (Turn away from an opponent) To practise a range of dribbling techniques under no pressure. (Beat an opponent during a 1v1 situation using a dribbling technique). To pass the ball with accuracy. (To pass the ball and move into space). To develop attacking and defending principles. (1v1's, 2 v 1's, 2 v 2's and 3 v 2's). To shoot with accuracy. (Shoot with a stationary ball, moving ball and whilst running with the ball). 	<p>Basketball</p>  <ul style="list-style-type: none"> To run with the ball showing basic control (Basketball). To change direction at speed (with and without the ball). To use speed to avoid an opponent in a range of 1v1 situations. To practise a chest and bounce pass. To develop attacking and defending principles. (1v1's, 2 v 1's, 2 v 2's and 3 v 2's). To shoot with accuracy. (Shoot with a stationary ball, moving ball and whilst running with the ball). To apply the skills learnt, in a range of topic games. 	<p>Rugby</p>  <ul style="list-style-type: none"> To develop throwing and catching with control. To develop dodging skills to lose a defender during a 1v1 situation. To pass the ball sideways and backwards. To develop drawing defence and understanding when to pass. To score a try in a range of 1v1, 2v2, 2v1, 3v2 situations. To be able to work as a defending unit to prevent attackers from scoring. To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.

	<ul style="list-style-type: none"> To apply the skills learnt, in a range of topic games. 78931 FOOTBALL SKILLS: BASIC SKILLS 	120224 INTRODUCTION TO BASKETBALL	93865 RUGBY (UNIT 1): BASIC SKILLS
Spring	<p>Boxing/Fitness</p> <ul style="list-style-type: none"> To punch correctly and safely. To use a range of different punching techniques. To coordinate a set sequence of jabs and punches. To use pads and protective equipment properly during boxercise. To use equipment appropriately and correctly during boxercise. To use a combination of punches. To use skills learnt during a range of topic games <p>120495 INTRODUCTION TO BOXFIT</p>	<p>Dance</p> <ul style="list-style-type: none"> To be able to learn how to control movement (balance exercises, with partner on individually).(Dance) To use zones of regulation and determine which types of music would fit which zone. What movement could you make if you were in the yellow zone? To be able to improve our health and fitness. To be able to understand dynamics. (Strong movements and soft movements). To create a sequence of movements using a dice. (1- roll, 2 – balance, 3 – jump, 4 – lift, 5 – floor work, 6 – random). To understand how to warm up our body correctly and stretch muscles to prevent injury. To share ideas to produce a short dance sequence or routine applying all of the above. <p>111751 MOVEMENT AND ACTIONS THROUGH DANCE</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> To copy, remember and repeat simple skills with control and coordination. To perform a variety of actions with increasing control and repeat accurately sequences of gymnastic actions. To move smoothly and in a controlled way from one position of stillness to another. To dismount in a variety of ways from a piece of apparatus. To choose, use and vary simple compositional ideas to create and perform a sequence. To adapt the sequence to include apparatus or a partner. To devise, repeat and perform a short sequence in which there is a clear beginning, middle and end. <p>72772 BASIC GYMNASTICS</p>



<p>Summer</p>	<h2 data-bbox="275 71 472 108">Badminton</h2> <ul data-bbox="275 119 817 758" style="list-style-type: none"> • To develop a hand feed. To hold the racket correctly. (Badminton). • To develop my serving technique. • To practise an overhead clear • To be able to play a smash shot. • To demonstrate a back hand shot • To be able to use a range of shots to move your opponent • To practise skills in a game of badminton. <p data-bbox="275 853 660 933">82235 INTRODUCTION TO BADMINTON</p> 	<h2 data-bbox="853 71 1008 108">Athletics</h2> <ul data-bbox="902 119 1500 885" style="list-style-type: none"> • To demonstrate agility & speed. • To jump for height & distance with control & balance. • To throw with speed & power & apply appropriate force. • To use running, jumping & throwing work stations. Children investigate in small groups different ways of performing these activities. • To use a variety of equipment, ways of measuring & timing, comparing the effectiveness of different styles of runs, jumps & throws. • To sustain pace over short & longer distances such as running 100m & running for 2 minutes. • To be able to run as part of a relay team working at their maximum speed. <p data-bbox="853 997 1489 1045">119423 MULTI SKILLS: ATHLETICS (UNIT 1)</p> 	<h2 data-bbox="1545 71 1657 108">Tennis</h2> <ul data-bbox="1545 119 2027 694" style="list-style-type: none"> • To hold the racket correctly, To start a rally. • To practise a range of serving techniques. • To demonstrate a forehand shot. • To perform a backhand shot. • To demonstrate a drop shot. • To be able to play a smash shot. • To practise skills in a game of tennis. <p data-bbox="1545 798 2083 837">12455 TENNIS FOUNDATION SKILLS</p> 
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