

Fritwell C of E Primary School
Whole School Long Term PE Plan 2017-18



EYFS	Term 1 Me myself and I	Term 2 Twinkle, twinkle Little Star	Term 3 Once Upon a time	Term 4 The Great Outdoors	Term 5 Circus Circus	Term 6 Princesses, Knights and Kings
Lesson 1	Agility Increase spatial awareness <i>Negotiates space adjusting speed and direction to avoid obstacles. Walking, running (Inside & outside)</i> (guided musical statues, 'on my whistle', adventure trail, relays, follow the leader, use skipping ropes as obstacles)	Balance Explore different ways to move in time with music. <i>Move in time with music</i> (turning, twisting, bending, stretching, transferring weight) (create a dance for the nativity)	Agility Explore different ways of travelling around the space <i>Slithering, shuffling, rolling, crawling, sliding,</i> (use story book such as 'Doing the animal bop')	Agility Explore different ways to move in time with music. <i>Move in time with music</i> (walking, jumping, skipping)	Agility Learn how to jump, including jumping off objects <i>Jumping, skipping, hopping. Jumps off an object and lands appropriately</i> (assign different animals to each type of jump)	Coordination Develop ability to control different objects <i>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it</i> <i>Shows a preference for a dominant hand</i> (bats, balls, bean bags, hoops)
	Balance Increase ability to balance <i>Can stand momentarily on one foot when shown</i> (balance on two feet, one foot, different body parts, use bean bags, move, then stop & balance)	Coordination Sending & receiving <i>Can catch a large ball</i> (rolling, pushing, stopping different balls and objects)	Coordination Develop ability to control different objects <i>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it</i> <i>Shows a preference for a dominant hand</i> (balls, bean bags, hoops, quoits)	Balance Explore different ways of moving using apparatus <i>Experiments with different ways of moving. Travels with confidence and skill around, under, over and through balancing and climbing equipment</i> (benches, mats, stepping stones etc)	Agility Increases spatial awareness through games with other children <i>Negotiates space when playing racing and chasing games with other children</i> (stuck in the mud, Mr Men, car game, fruit salad, duck duck goose)	Multi skills <i>Sports Day Multi skills</i> (variety of tasks and games reflecting the years lessons)

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Y1/2	Term 1 Fire and Ice	Term 2 Fire and Ice	Term 3 Where We Live	Term 4 Where We Live	Term 5 The Secret Garden	Term 6 The Secret Garden
Lesson 1	Agility <i>Master basic movements including running and jumping and apply in a range of activities</i> (Obstacle courses indoors & outside, adventure trails, relays, slaloms etc)	Balance <i>Develop balance and apply to a range of activities</i> <i>Muscle tension, on different body parts/points challenge, on apparatus, gymnastic specific balances</i> (Gymnastics)	Balance <i>Perform dances using simple movement patterns</i> (Dance)	Agility <i>Develop agility and apply in a range of activities</i> (Multi skills – movement)	Balance <i>Develop balance and apply to a range of activities</i> (Gymnastics)	Agility <i>Participate in team games, developing simple tactics for attacking and defending</i> <i>(Start to develop an awareness of others and positioning in games)</i>
Lesson 2	Balance <i>Perform dances using simple movement patterns</i> (Dance)	Coordination <i>Master basic movements including throwing and catching and begin to apply in a range of activities</i> (Ball control skills)	Agility <i>Master basic movements including running and jumping and apply in a range of activities</i> (Athletics/ multi skills)	Coordination <i>Master basic movements including throwing and catching and begin to apply in a range of activities</i> (Ball control skills/ using different sized and shaped objects)	Coordination <i>Participate in team games, developing simple tactics for attacking and defending</i> (Small sided games using skills developed n terms 3 and 4)	Coordination <i>Master basic movements including throwing and catching and begin to apply in a range of activities</i> (Ball control skills using racquets and sticks to control)
Competitions & Festivals	Cross Country (Determination)					National School Sport Week

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Y2/3	Term 1 Let's Rock and Roll	Term 2 Let's Rock and Roll	Term 3 Fantastic Fritwell	Term 4 Fantastic Fritwell	Term 5 Survival of the Fittest	Term 6 Survival of the Fittest
Lesson 1	Agility <i>Develop basic movements - including running hopping and skipping</i> (Agility tasks, sprinting, relays, endurance running)	Agility <i>Take part in outdoor and adventurous activity challenges both individually & within a team.</i> (TOPs Challenge card) (Outdoor adventurous activities)	Agility <i>Perform dances using a range of movement patterns (Dance – Yr3/4 Play)</i>	Coordination <i>Use throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending.</i> (Throwing and catching/ positions/striking & fielding, cricket/rounders)	Swimming <i>Pupils should be taught to: Swim competently, confidently and proficiently over a distance of at least 25 metres.</i> <i>Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)</i> <i>Perform safe self-rescue in different water-based situations</i>	Swimming <i>Pupils should be taught to: Swim competently, confidently and proficiently over a distance of at least 25 metres.</i> <i>Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)</i> <i>Perform safe self-rescue in different water-based situations.</i>
Lesson 2	Coordination <i>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.</i> (Focus - Ball control/Invasion Games, Football/Hockey)	Balance <i>Develop flexibility, strength, technique, control and balance</i> (Fitness, Gymnastics)	Coordination <i>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.</i> (Focus – throwing and catching/Invasion Games – hockey/ High 5 netball)	Balance <i>Develop flexibility, strength, technique, control and balance</i> (Gymnastics)	Coordination <i>Play competitive games, modified where appropriate.</i> (Focus - ball control/Net & Wall – racquet skills, Tennis,)	Balance <i>Develop flexibility, strength, technique, control and balance</i> (Athletics/multi skills)
Competitions & Festivals	Cross Country (Determination)					National School Sport Week w/c 22 June

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Y4/5	Term 1 Earth and Space	Term 2 Earth and Space	Term 3 Savage Saxons and Vicious Vikings	Term 4 Savage Saxons and Vicious Vikings	Term 5 A Romp in the Rainforest	Term 6 A Romp in the Rainforest
Lesson 1	Coordination <i>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.</i> (Invasion Games, Tag Rugby)	Swimming <i>Pupils should be taught to: Swim competently, confidently and proficiently over a distance of at least 25 metres.</i> <i>Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)</i> <i>Perform safe self-rescue in different water-based situations.</i>	Swimming <i>Pupils should be taught to: Swim competently, confidently and proficiently over a distance of at least 25 metres.</i> <i>Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)</i> <i>Perform safe self-rescue in different water-based situations.)</i>	Swimming <i>Pupils should be taught to: Swim competently, confidently and proficiently over a distance of at least 25 metres.</i> <i>Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)</i> <i>Perform safe self-rescue in different water-based situations.</i>	Agility <i>Take part in outdoor and adventurous activity challenges both individually & within a team.</i> (TOPs Challenge card) (Outdoor adventurous activities)	Coordination <i>Use throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending.</i> (Invasion Games - High 5 Netball)
Lesson 2	Agility <i>Develop basic movements - including running hopping and skipping</i> (Agility tasks, sprinting, relays, endurance running)	Balance <i>Develop flexibility, strength, technique, control and balance</i> (Fitness, Gymnastics)	Coordination <i>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.</i> (Invasion Games hockey or net and wall - badminton)	Balance <i>Develop flexibility, strength, technique, control and balance</i> (Dance)	Coordination <i>Use throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending.</i> (Striking & fielding, cricket/rounders)	Balance <i>Develop flexibility, strength, technique, control and balance</i> (Athletics)
Competitions & Festivals	Cross Country (Determination)					National School Sport Week

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Y5/6	Term 1 Evolve!	Term 2 Evolve!	Term 3 Anglo Saxons and Vikings	Term 4 Anglo Saxons and Vikings	Term 5 Diversity!	Term 6 Diversity!
Lesson 1	Coordination <i>Use running, jumping, throwing and catching in isolation and in combination.</i> <i>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</i> (Invasion Games, Tag Rugby)	Balance <i>Develop flexibility, strength, technique, control and balance</i> (Fitness, Gymnastics)	Agility <i>Take part in outdoor and adventurous activity challenges both individually & within a team.</i> (TOPs Challenge cards, Yenworthy)	Coordination <i>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</i> (Hockey)	Coordination <i>Use throwing and catching in isolation and in combination.</i> <i>Play competitive games and apply basic principles suitable for attacking and defending.</i> (Striking & Fielding, Cricket/rounders)	Agility <i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i> (Agility tasks, sprinting, relays, endurance running)
Lesson 2	Swimming <i>Pupils should be taught to:</i> <i>Swim competently, confidently and proficiently over a distance of at least 25 metres.</i> <i>Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)</i> <i>Perform safe self-rescue in different water-based situations.</i> NB Pupils who do not meet these requirements will continue to swim each term with the other Year groups	Coordination <i>Use running, jumping, throwing and catching in isolation and in combination.</i> <i>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</i> (Invasion Games – High 5 Netball)	Balance <i>Develop flexibility, strength, technique, control and balance</i> (Sports Hall Athletics)	Balance <i>Develop flexibility, strength, technique, control and balance</i> (Athletics/gymnastics)	Agility <i>Perform dances using a range of movement patterns</i> (Dance)	Coordination <i>Play competitive games, modified where appropriate.</i> (Net & Wall, Tennis, volleyball, squash, badminton, table tennis)
Competitions & Festivals	Cross Country (Determination)					National School Sport Week

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PE at EYFS

Expected: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

Exceeding: Children can hop and skip in time to music.

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.

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

PE at KS1 and KS2

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.

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

All schools must provide swimming instruction either in key stage 1 or key stage 2.

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In particular, 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

Locomotor			Object Control			Stability			Movement Terminology - Physical Literacy - Fundamental Movements				
Walking			Throwing and rolling			Balancing			* Movement Terminology: Stationary (maintain and control body movement)				
Running			• Underarm Roll			• Static			Bend Elevate Spin Pull / Push (Shoulder Girdle)				
Leaping			• Underarm Throw			• Dynamic			Stretch Shake Shrug Turn Controlled 1-Step (F/B - L/R)				
Jumping			• Overarm Throw			Bending and curling			* Balance / Stability Movements: (shift in body parts that alter one's balance)				
• off a Height			• Two-handed Throw			Turning			Spin Roll Land Fall Balance				
• for Height			Catching			Twisting			Stop Twist Swing Dodge Athletic positions				
• for Distance			Kicking and dribbling with foot			Stretching			* Fundamental Movements: (transport body from one place to another)				
Sliding			Striking			Transferring weight			Climb Leap Swing Shuffle Hop				
Galloping			• Overarm						Gallop Run Skip Jump Change of direction				
Hopping			• Two-handed Sidearm						* Object Control: (send, receive, or travel with an object)				
Skipping			Bouncing and dribbling with hand						Send Receive Travel Send / Receive				
			Dribbling with long implement						Kick Catch Dribble: Strike:				
									Roll Stop Feet Bat / Racket / Stick				
									Throw Trap Hands Ball – Puck				
									Strike Stick Foot - Punt / Kick				