

# St George's Central CE Primary School and Nursery

## Long Term Plan for Physical Education Nursery (2 – 3 year olds)

|                             | Yearly Overview  |  |  |
|-----------------------------|--|--|--|
| Key Question                | What can I do with my body?  |  |  |
| Key Learning                | Outdoor physical play daily including apparatus and climbing.<br>Physical sessions incorporating music and movement. Field play in the summer term.  |  |  |
| EYFS Statements             | <ul style="list-style-type: none"> <li>Gain control of whole body through continual practice of large movements.</li> <li>Clap and stamp to music.</li> <li>Use a scooter or ride a tricycle.</li> </ul> | <ul style="list-style-type: none"> <li>Climb unaided and know when to stop if don't feel safe.</li> <li>Spin and roll independently.</li> <li>Run with balance.</li> </ul> | <ul style="list-style-type: none"> <li>Kick and throw balls.</li> <li>Jump off things and begin to jump, lifting both feet off the ground.</li> <li>Can crawl competently through tunnels and dens.</li> </ul> |
| Fundamental Movement Skills | <ul style="list-style-type: none"> <li>Stretching</li> <li>Bending</li> <li>Stamping</li> <li>Pedalling</li> </ul>   | <ul style="list-style-type: none"> <li>Balance</li> <li>Spin</li> <li>Roll</li> <li>Run</li> </ul>   | <ul style="list-style-type: none"> <li>Kick</li> <li>Throw</li> <li>Jump</li> <li>Crawl</li> </ul>   |

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# St George's Central CE Primary School and Nursery

## Long Term Plan for Physical Education Nursery (3 – 4 year olds)

|                                    | Autumn Term   | Spring Term  | Summer Term  |
|------------------------------------|---|--|--|
| <b>Key Question</b>                | What can I do with my body?   |  |  |
| <b>Key Learning</b>                | Outdoor physical play daily. Indoor hall sessions daily throughout the year incorporating music and movement, gymnastics, large and small apparatus skills. Field athletics in the summer term.                         |  |  |
| <b>EYFS Statements</b>             | <ul style="list-style-type: none"> <li>• Run safely on whole foot</li> <li>• Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.</li> <li>• Can kick a large ball.</li> </ul> | <ul style="list-style-type: none"> <li>• Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</li> <li>• Can stand momentarily on one foot when shown.</li> <li>• Can catch a large ball.</li> </ul> | <ul style="list-style-type: none"> <li>• Moves freely and with pleasure in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping sliding and hopping.</li> </ul> |
| <b>Fundamental Movement Skills</b> | <ul style="list-style-type: none"> <li>• Run</li> <li>• Kick</li> </ul>   | <ul style="list-style-type: none"> <li>• Line balance</li> <li>• Dodge</li> <li>• Catch</li> <li>• Underarm throw</li> <li>• Balance on one foot</li> </ul>  | <ul style="list-style-type: none"> <li>• Hop</li> <li>• Jump for height</li> <li>• Jump for distance</li> <li>• Side step</li> <li>• Skip</li> </ul>   |

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# St George's Central CE Primary School and Nursery

## Long Term Plan for Physical Education Reception

|                                    | Autumn Term  | Spring Term  | Summer Term  |
|------------------------------------|--|--|--|
| <b>Key Questions</b>               | How can I travel in different ways?<br>How do I move to a beat?<br>How do I use my body to play games?   |  |  |
| <b>Key Learning</b>                | Outdoor physical play daily. Drawing the Write Way Programme. Gymnastics, Dance and Games  |  |  |
| <b>EYFS Statements</b>             | <ul style="list-style-type: none"> <li>Jumps off an object and lands appropriately.</li> <li>Travels with confidence and skill around, over and through balancing and climbing equipment.</li> </ul> | <ul style="list-style-type: none"> <li>Experiments with different ways of moving</li> <li>Negotiates space successfully when playing racing and chasing games with other children adjusting speed or changing direction to avoid obstacles.</li> </ul> | <ul style="list-style-type: none"> <li>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> <li>Children show good control and co-ordination in large and small movements, moving confidently in a range of ways and safely negotiating space.</li> <li>Handle equipment and tools effectively, including pencils for writing.</li> </ul> |
| <b>Fundamental Movement Skills</b> | <ul style="list-style-type: none"> <li>Line balance</li> <li>Jump for height</li> <li>Jump for distance</li> <li>Balance on one foot</li> </ul>  | <ul style="list-style-type: none"> <li>Side-step</li> <li>Skip</li> <li>Hop</li> </ul>   | <ul style="list-style-type: none"> <li>Dodge</li> <li>Catch</li> <li>Underarm throw</li> <li>Sprint run</li> <li>Kick</li> </ul>   |
| <b>ATSA Events</b>                 | <ul style="list-style-type: none"> <li>Kickstarterz</li> </ul>   | <ul style="list-style-type: none"> <li>Kickstarterz</li> </ul>   | <ul style="list-style-type: none"> <li>Yoga Taster Sessions</li> </ul>   |

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# St George's Central CE Primary School and Nursery

## Long Term Plan for Physical Education

### Year 1 and Year 2

### Outdoor PE

|                                | Autumn 1  | Autumn 2  | Spring 1  | Spring 2  | Summer 1  | Summer 2  |
|--------------------------------|---|---|---|---|---|---|
| Area of Learning               | Multi-Skills  | Ball Skills   | Multi-Skills  | Ball Skills   | Athletics/ OAA  | Athletics/ OAA  |
| Key Question                   | Coordination and Balance<br>What is meant by coordination and balance?  | Throwing and Catching<br>What is the best way to throw and catch?   | Running and Jumping<br>How can I change the way I travel?   | Moving and Passing<br>Have you seen my moving and passing skills?   | How do we go for gold?  | How do we go for gold?  |
| National Curriculum objectives | <ul style="list-style-type: none"> <li>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.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> </ul> | <ul style="list-style-type: none"> <li>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.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> </ul> | <ul style="list-style-type: none"> <li>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.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> </ul> | <ul style="list-style-type: none"> <li>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.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> </ul> | <ul style="list-style-type: none"> <li>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.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> </ul> | <ul style="list-style-type: none"> <li>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.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> </ul> |
| Assessment Objectives          | <ul style="list-style-type: none"> <li>Move and stop safely.</li> <li>Show control when balancing.</li> <li>Show control when moving.</li> <li>Follow rules.</li> </ul>   | <ul style="list-style-type: none"> <li>Throw and kick in different ways.</li> <li>Throw and catch with both hands.</li> <li>Throw underarm.</li> <li>Hit a ball with a bat.</li> <li>Use catching skills in a game.</li> </ul>  | <ul style="list-style-type: none"> <li>Move and stop safely.</li> <li>Show control when balancing.</li> <li>Show control when moving.</li> <li>Follow rules.</li> <li>Hit a ball with a bat.</li> </ul>   | <ul style="list-style-type: none"> <li>Throw and kick in different ways.</li> <li>Throw underarm.</li> <li>Use a tactic to help me in a game.</li> <li>Find and use space during a game.</li> </ul>   | <ul style="list-style-type: none"> <li>Show control when moving.</li> <li>Move and stop safely.</li> <li>Discuss differences in technique.</li> <li>Use a tactic to help me in a game.</li> <li>Follow rules.</li> </ul>  | <ul style="list-style-type: none"> <li>Show control when moving.</li> <li>Move and stop safely.</li> <li>Discuss differences in technique.</li> <li>Use a tactic to help me in a game.</li> <li>Follow rules.</li> </ul>  |

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| Suggested Teaching Units    | 1.1/2.1: Multi-Skills  | 1.13/2.13: Throwing and Catching  | 1.5/2.5: Mighty Movers  | 1.10/2.10: Brilliant Ball Skills  | 1.16/2.16: Active Athletics   | 1.16/2.16: Active Athletics  |
|-----------------------------|--|---|---|---|---|--|
| ATSA Events                 | <ul style="list-style-type: none"> <li>Y5/6 Quicksticks</li> <li>Y3/4 Futsal</li> <li>KS2 Cross Country</li> </ul>   | <ul style="list-style-type: none"> <li>KS2 Kurling</li> <li>Y5/6 VX Comp</li> <li>Y5/6 Basketball</li> <li>KS2 Dance</li> </ul> | <ul style="list-style-type: none"> <li>Football Leagues</li> <li>KS1 Athletics</li> <li>KS2 Cross Country</li> <li>Y5/6 Dodgeball</li> <li>KS1 Kurling</li> <li>Y3/4 Quicksticks</li> </ul> | <ul style="list-style-type: none"> <li>MUFC Tournaments</li> <li>KS1 Dance</li> <li>KS2 Swimming Gala</li> <li>KS1 Dance</li> <li></li> </ul> | <ul style="list-style-type: none"> <li>KS2 Water Polo</li> <li>Girls' Football Cup</li> <li>KS1 Football Festival</li> <li>Y5/6 Rounders</li> </ul> | <ul style="list-style-type: none"> <li>Netball League</li> <li>Tri-Kidz Challenge</li> <li>Cycle Speedway</li> <li>KS2 Kwik Cricket</li> <li>KS2 Football Cup</li> <li>Y3/4 Rounders</li> <li>KS2 Rugby</li> </ul> |
| Key Sporting Events 2022/23 | <ul style="list-style-type: none"> <li>Women's World Cup (Rugby)</li> <li>Women's T20 World Cup (Cricket)</li> </ul> | <ul style="list-style-type: none"> <li>FIFA World Cup</li> </ul>  | <ul style="list-style-type: none"> <li>Six Nations (Rugby)</li> <li>Hockey World Cup</li> </ul>   | <ul style="list-style-type: none"> <li>Cricket World Cup</li> <li>Masters (Golf)</li> </ul>   | <ul style="list-style-type: none"> <li>Invictus Games</li> <li>French Open (Tennis)</li> </ul>  | <ul style="list-style-type: none"> <li>Netball World Cup</li> <li>Women's World Cup (Football)</li> </ul>  |
| Key Sporting Events 2023/24 | <ul style="list-style-type: none"> <li>Ryder Cup (golf)</li> <li>Men's Rugby World Cup</li> </ul>                    | <ul style="list-style-type: none"> <li>European Gymnastics</li> </ul>   | <ul style="list-style-type: none"> <li>Australian Open (tennis)</li> <li>African Cup of Nations</li> </ul>  | <ul style="list-style-type: none"> <li>UEFA Nations League</li> <li>Masters (Golf)</li> </ul>   | <ul style="list-style-type: none"> <li>Euro 2024</li> <li>T20 World Cup Cricket</li> </ul>  | <ul style="list-style-type: none"> <li>2024 France Olympics</li> <li>Wimbledon (tennis)</li> </ul>   |

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# St George's Central CE Primary School and Nursery

## Long Term Plan for Physical Education

### Year 1 and Year 2

#### Indoor PE

|                                       | <b>Autumn 1</b>  | <b>Autumn 2</b>  | <b>Spring 1</b>  | <b>Spring 2</b>  | <b>Summer 1</b>   | <b>Summer 2</b>  |
|---------------------------------------|--|--|--|--|---|--|
| <b>Area of Learning</b>               | Multi-Skills   | Gymnastics   | Multi-Skills   | Dance  | Gymnastics/ Dance   | Strength, Agility and Fitness  |
| <b>Key Question</b>                   | <b>Personal</b><br>What happens if I don't succeed?  | <b>Social</b><br>How might I encourage others?   | <b>Cognitive</b><br>How might I order movement and skills?   | <b>Creative</b><br>How do I compare and develop?   | <b>Physical</b><br>How might I perform a sequence?  | <b>Health and Fitness</b><br>How do I exercise safely?   |
| <b>National Curriculum objectives</b> | <ul style="list-style-type: none"> <li>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.</li> </ul> | <ul style="list-style-type: none"> <li>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.</li> </ul> | <ul style="list-style-type: none"> <li>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.</li> </ul> | <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns.</li> </ul>   | <ul style="list-style-type: none"> <li>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.</li> </ul>                  | <ul style="list-style-type: none"> <li>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.</li> </ul>   |
| <b>Assessment Objectives</b>          | <ul style="list-style-type: none"> <li>I enjoy working on simple tasks with help</li> <li>I can follow instructions, practise safely and work in tasks independently</li> <li>I try several times if at first I don't succeed</li> </ul> | <ul style="list-style-type: none"> <li>I can play with others, take turns and share</li> <li>I can work sensibly with others</li> <li>I can help, praise and encourage others in their learning</li> </ul>                               | <ul style="list-style-type: none"> <li>I can follow simple instructions</li> <li>I can understand and follow simple rules</li> <li>I can name things I am good at</li> <li>I can order instructions, movements and skills</li> </ul>     | <ul style="list-style-type: none"> <li>I can observe and copy others</li> <li>I can explore and describe simple movements</li> <li>I can compare my movements and skills with others.</li> </ul> | <ul style="list-style-type: none"> <li>I can move confidently in several ways</li> <li>I can perform a single skill with control</li> <li>I can perform a range of skills and link two together</li> <li>I can perform a sequence with control</li> </ul> | <ul style="list-style-type: none"> <li>I am aware of changes to how I feel during exercise</li> <li>I am aware that exercise is important for my health</li> <li>I can say how my body feels before, during and after exercise.</li> </ul> |
| <b>Suggested Teaching Units</b>       | REAL PE Unit 1: Personal Skills  | REAL PE Unit 2: Social Skills  | REAL PE Unit 3: Cognitive Skills   | REAL PE Unit 4: Creative Skills  | REAL PE Unit 5: Physical Skills   | REAL PE Unit 6: Health and Fitness   |

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|                                    |  |   |   |   |   |  |
|------------------------------------|--|---|---|---|---|--|
| <b>ATSA Events</b>                 | <ul style="list-style-type: none"> <li>Y5/6 Quicksticks</li> <li>Y3/4 Futsal</li> <li>KS2 Cross Country</li> </ul>   | <ul style="list-style-type: none"> <li>KS2 Kurling</li> <li>Y5/6 VX Comp</li> <li>Y5/6 Basketball</li> <li>KS2 Dance</li> </ul> | <ul style="list-style-type: none"> <li>Football Leagues</li> <li>KS1 Athletics</li> <li>KS2 Cross Country</li> <li>Y5/6 Dodgeball</li> <li>KS1 Kurling</li> <li>Y3/4 Quicksticks</li> </ul> | <ul style="list-style-type: none"> <li>MUFC Tournaments</li> <li>KS1 Dance</li> <li>KS2 Swimming Gala</li> <li>KS1 Dance</li> <li></li> </ul> | <ul style="list-style-type: none"> <li>KS2 Water Polo</li> <li>Girls' Football Cup</li> <li>KS1 Football Festival</li> <li>Y5/6 Rounders</li> </ul> | <ul style="list-style-type: none"> <li>Netball League</li> <li>Tri-Kidz Challenge</li> <li>Cycle Speedway</li> <li>KS2 Kwik Cricket</li> <li>KS2 Football Cup</li> <li>Y3/4 Rounders</li> <li>KS2 Rugby</li> </ul> |
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# St George's Central CE Primary School and Nursery

## Long Term Plan for Physical Education

### Year 3 and Year 4

### Outdoor PE

|                                | Autumn 1  | Autumn 2  | Spring 1  | Spring 2   | Summer 1   | Summer 2   |
|--------------------------------|---|---|---|--|--|--|
| Area of Learning               | Ball Skills<br>Throwing and Catching  | Striking and Fielding<br>Cricket/ Hockey/ Tennis  | Invasion Games<br>Attack and Defence  | Swimming   |  |  |
| Key Question                   | How many ways can you throw and catch a ball?   | Which sports involve striking a ball?   | What does it take to win?   | What is the importance of being able to swim? How do I swim using a range of strokes? What makes a competent swimmer? How can we be safe in water?   |  |  |
| National Curriculum objectives | <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate.</li> </ul>     | <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate.</li> </ul> | <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate.</li> </ul>                                 | <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively.</li> <li>perform safe self-rescue in different water-based situations</li> </ul> | <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively.</li> <li>perform safe self-rescue in different water-based situations</li> </ul> | <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively.</li> <li>perform safe self-rescue in different water-based situations</li> </ul> |
| Assessment Objectives          | <ul style="list-style-type: none"> <li>Throw and catch with control.</li> <li>Throw and catch accurately.</li> <li>Catch with one hand.</li> <li>Throw accurately in different ways.</li> </ul> | <ul style="list-style-type: none"> <li>Change speed and direction.</li> <li>Run at different speeds.</li> <li>Hit a ball with control.</li> </ul>   | <ul style="list-style-type: none"> <li>Know and use rules fairly.</li> <li>Use space within a game.</li> <li>Show awareness of space.</li> <li>Vary tactics and skills to suit a game.</li> <li>Keep possession.</li> </ul> | <ul style="list-style-type: none"> <li>Swim 25 metres safely.</li> <li>Swim 25m in a range of strokes.</li> <li>Have a knowledge of water safety.</li> </ul>   | <ul style="list-style-type: none"> <li>Swim 25 metres safely.</li> <li>Swim 25m in a range of strokes.</li> <li>Have a knowledge of water safety.</li> </ul>   | <ul style="list-style-type: none"> <li>Swim 25 metres safely.</li> <li>Swim 25m in a range of strokes.</li> <li>Have a knowledge of water safety.</li> </ul>   |
| Suggested Teaching Units       | 3.13: Throwing<br>3.10: Brilliant Ball Skills   | 4.10: Striking and Fielding<br>4.13: Nimble Nets  | 4.1: Invaders<br>3.10: Brilliant Ball Skills  | Pelican Centre Scheme  | Pelican Centre Scheme  | Pelican Centre Scheme  |

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## Long Term Plan for Physical Education

### Year 3 and Year 4

#### Indoor PE

|                                       | <b>Autumn 1</b>   | <b>Autumn 2</b>   | <b>Spring 1</b>   | <b>Spring 2</b>  | <b>Summer 1</b>  | <b>Summer 2</b>   |
|---------------------------------------|---|---|---|--|--|---|
| <b>Area of Learning</b>               | Multi-Skills  | Gymnastics  | Multi-Skills  | Dance  | Gymnastics/ Dance  | Strength, Agility and Fitness   |
| <b>Key Question</b>                   | <b>Personal</b><br>How do I show responsibility?  | <b>Social</b><br>What does it mean to work as a team?   | <b>Cognitive</b><br>How might I explain simple tactics?   | <b>Creative</b><br>How might I change the way I respond?   | <b>Physical</b><br>How do I perform with control?  | <b>Health and Fitness</b><br>Why does our body change during exercise?  |
| <b>National Curriculum objectives</b> | <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> </ul>   | <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>        | <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate</li> </ul>   | <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> | <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> | <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>    |
| <b>Assessment Objectives</b>          | <ul style="list-style-type: none"> <li>I try several times if at first I don't succeed</li> <li>I know where I am with my learning and can begin to challenge myself</li> <li>I cope well and react positively when challenged</li> </ul> | <ul style="list-style-type: none"> <li>I can help, praise and encourage others in their learning</li> <li>I show patience and support others</li> <li>I listen carefully to my team mates</li> <li>I am happy to show my ideas</li> </ul> | <ul style="list-style-type: none"> <li>I can understand simple tactics of attack and defence</li> <li>I can explain what I am doing and the reason for decisions</li> <li>I have begun to identify areas for improvement</li> </ul> | <ul style="list-style-type: none"> <li>I can compare my movements and skills</li> <li>I can make up my own rules and versions of a game</li> <li>I respond differently to a variety of tasks and music</li> </ul>      | <ul style="list-style-type: none"> <li>I can perform a sequence with control</li> <li>I can perform longer sequences with clear shapes</li> <li>I can select and apply a range of skills with control and consistency</li> </ul>   | <ul style="list-style-type: none"> <li>I can say how my body feels before, during and after exercise.</li> <li>I can describe why my body changes during exercise</li> <li>I can explain the need to warm up and cool down</li> </ul> |
| <b>Suggested Teaching Units</b>       | REAL PE Unit 1: Personal Skills   | REAL PE Unit 2: Social Skills   | REAL PE Unit 3: Cognitive Skills  | REAL PE Unit 4: Creative Skills  | REAL PE Unit 5: Physical Skills  | REAL PE Unit 6: Health and Fitness  |

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|                                    |  |   |   |   |   |  |
|------------------------------------|--|---|---|---|---|--|
| <b>ATSA Events</b>                 | <ul style="list-style-type: none"> <li>Y5/6 Quicksticks</li> <li>Y3/4 Futsal</li> <li>KS2 Cross Country</li> </ul>   | <ul style="list-style-type: none"> <li>KS2 Kurling</li> <li>Y5/6 VX Comp</li> <li>Y5/6 Basketball</li> <li>KS2 Dance</li> </ul> | <ul style="list-style-type: none"> <li>Football Leagues</li> <li>KS1 Athletics</li> <li>KS2 Cross Country</li> <li>Y5/6 Dodgeball</li> <li>KS1 Kurling</li> <li>Y3/4 Quicksticks</li> </ul> | <ul style="list-style-type: none"> <li>MUFC Tournaments</li> <li>KS1 Dance</li> <li>KS2 Swimming Gala</li> <li>KS1 Dance</li> </ul> | <ul style="list-style-type: none"> <li>KS2 Water Polo</li> <li>Girls' Football Cup</li> <li>KS1 Football Festival</li> <li>Y5/6 Rounders</li> </ul> | <ul style="list-style-type: none"> <li>Netball League</li> <li>Tri-Kidz Challenge</li> <li>Cycle Speedway</li> <li>KS2 Kwik Cricket</li> <li>KS2 Football Cup</li> <li>Y3/4 Rounders</li> <li>KS2 Rugby</li> </ul> |
| <b>Key Sporting Events 2022/23</b> | <ul style="list-style-type: none"> <li>Women's World Cup (Rugby)</li> <li>Women's T20 World Cup (Cricket)</li> </ul> | <ul style="list-style-type: none"> <li>FIFA World Cup</li> </ul>  | <ul style="list-style-type: none"> <li>Six Nations (Rugby)</li> <li>Hockey World Cup</li> </ul>   | <ul style="list-style-type: none"> <li>Cricket World Cup</li> <li>Masters (Golf)</li> </ul>   | <ul style="list-style-type: none"> <li>Invictus Games</li> <li>French Open (Tennis)</li> </ul>  | <ul style="list-style-type: none"> <li>Netball World Cup</li> <li>Women's World Cup (Football)</li> </ul>  |
| <b>Key Sporting Events 2023/24</b> | <ul style="list-style-type: none"> <li>Ryder Cup (golf)</li> <li>Men's Rugby World Cup</li> </ul>                    | <ul style="list-style-type: none"> <li>European Gymnastics</li> </ul>   | <ul style="list-style-type: none"> <li>Australian Open (tennis)</li> <li>African Cup of Nations</li> </ul>  | <ul style="list-style-type: none"> <li>UEFA Nations League</li> <li>Masters (Golf)</li> </ul>                                       | <ul style="list-style-type: none"> <li>Euro 2024</li> <li>T20 World Cup Cricket</li> </ul>  | <ul style="list-style-type: none"> <li>2024 France Olympics</li> <li>Wimbledon (tennis)</li> </ul>   |

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# St George's Central CE Primary School and Nursery

## Long Term Plan for Physical Education

### Year 5 and Year 6

#### Outdoor PE

|                                | Autumn 1  | Autumn 2  | Spring 1  | Spring 2  | Summer 1  | Summer 2  |
|--------------------------------|---|---|---|---|---|---|
| Area of Learning               | Invasion Games:<br>Passing and Moving   | Invasion Games:<br>Attacking Skills   | Invasion Games:<br>Defending Skills   | Ball Skills:<br>Throwing and Catching   | Athletics/ OAA  | Athletics/ OAA  |
| Key Question                   | What is 'reading a game' and why is it important?   | Why is Lionel Messi such a great attacker?  | What are the best ways to defend?   | Does practise make perfect?   | What does it take to be an Olympian?  | How do I achieve my personal best?  |
| Narional Curriculum objectives | <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate.</li> </ul> | <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate.</li> </ul>                       | <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate.</li> </ul> | <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate.</li> </ul> | <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul> | <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul> |
| Assessment Objectives          | <ul style="list-style-type: none"> <li>Pass dribble and shoot.</li> <li>Pass in different ways.</li> <li>Pass dribble and shoot.</li> </ul>   | <ul style="list-style-type: none"> <li>Use tactics to attack and defend.</li> <li>Lead others in a game situation.</li> <li>Play fairly and to agreed rules.</li> <li>Play fairly and to agreed rules.</li> </ul> | <ul style="list-style-type: none"> <li>Use tactics to attack and defend.</li> <li>Gain possession working in a team.</li> <li>Make a team and communicate plans.</li> </ul>                 | <ul style="list-style-type: none"> <li>Field accurately.</li> <li>Use forehand and backhand shots.</li> <li>Throw, catch and field accurately.</li> <li>Umpire/ Referee a game.</li> </ul>  | <ul style="list-style-type: none"> <li>Combine running and jumping.</li> <li>Show control when taking off/ landing</li> </ul>   | <ul style="list-style-type: none"> <li>Change my route when needed.</li> <li>Navigate using clues/ a compass.</li> <li>Follow a map in an unknown location</li> </ul>   |
| Suggested Teaching Units       | 5.1: Invaders   | 5.1: Invaders<br>6.1: Invaders  | 6.1: Invaders   | 5.10: Striking and Fielding<br>6.10: Striking and Fielding  | 5.16: Young Olympians<br>6.16: Young Olympians  | 5.16: Young Olympians<br>6.16: Young Olympians  |
| ATSA Events                    | <ul style="list-style-type: none"> <li>Y5/6 Quicksticks</li> <li>Y3/4 Futsal</li> <li>KS2 Cross Country</li> </ul>  | <ul style="list-style-type: none"> <li>KS2 Kurling</li> <li>Y5/6 VX Comp</li> <li>Y5/6 Basketball</li> <li>KS2 Dance</li> </ul>   | <ul style="list-style-type: none"> <li>Football Leagues</li> <li>KS1 Athletics</li> <li>KS2 Cross Country</li> <li>Y5/6 Dodgeball</li> <li>KS1 Kurling</li> <li>Y3/4 Quicksticks</li> </ul> | <ul style="list-style-type: none"> <li>MUFC Tournaments</li> <li>KS1 Dance</li> <li>KS2 Swimming Gala</li> <li>KS1 Dance</li> </ul>   | <ul style="list-style-type: none"> <li>KS2 Water Polo</li> <li>Girls' Football Cup</li> <li>KS1 Football Festival</li> <li>Y5/6 Rounders</li> </ul>   | <ul style="list-style-type: none"> <li>Netball League</li> <li>Tri-Kidz Challenge</li> <li>Cycle Speedway</li> <li>KS2 Kwik Cricket</li> <li>KS2 Football Cup</li> <li>Y3/4 Rounders</li> <li>KS2 Rugby</li> </ul>      |

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|                                    |  |   |  |   |  |   |
|------------------------------------|--|---|--|---|--|---|
| <b>Key Sporting Events 2022/23</b> | <ul style="list-style-type: none"> <li>• Women's World Cup (Rugby)</li> <li>• Women's T20 World Cup (Cricket)</li> </ul> | <ul style="list-style-type: none"> <li>• FIFA World Cup</li> </ul>      | <ul style="list-style-type: none"> <li>• Six Nations (Rugby)</li> <li>• Hockey World Cup</li> </ul>            | <ul style="list-style-type: none"> <li>• Cricket World Cup</li> <li>• Masters (Golf)</li> </ul>   | <ul style="list-style-type: none"> <li>• Invictus Games</li> <li>• French Open (Tennis)</li> </ul> | <ul style="list-style-type: none"> <li>• Netball World Cup</li> <li>• Women's World Cup (Football)</li> </ul> |
| <b>Key Sporting Events 2023/24</b> | <ul style="list-style-type: none"> <li>• Ryder Cup (golf)</li> <li>• Men's Rugby World Cup</li> </ul>                    | <ul style="list-style-type: none"> <li>• European Gymnastics</li> </ul> | <ul style="list-style-type: none"> <li>• Australian Open (tennis)</li> <li>• African Cup of Nations</li> </ul> | <ul style="list-style-type: none"> <li>• UEFA Nations League</li> <li>• Masters (Golf)</li> </ul> | <ul style="list-style-type: none"> <li>• Euro 2024</li> <li>• T20 World Cup Cricket</li> </ul>     | <ul style="list-style-type: none"> <li>• 2024 France Olympics</li> <li>• Wimbledon (tennis)</li> </ul>        |

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# St George's Central CE Primary School and Nursery

## Long Term Plan for Physical Education Year 5 and Year 6 Indoor PE

|                                       | <b>Autumn 1</b>   | <b>Autumn 2</b>   | <b>Spring 1</b>   | <b>Spring 2</b>  | <b>Summer 1</b>   | <b>Summer 2</b>   |
|---------------------------------------|---|---|---|--|---|---|
| <b>Area of Learning</b>               | Multi-Skills  | Gymnastics  | Multi-Skills  | Dance  | Gymnastics/ Dance   | Strength, Agility and Fitness   |
| <b>Key Question</b>                   | <b>Personal</b><br>How do I embrace challenge?  | <b>Social</b><br>How do I organise and guide others?  | <b>Cognitive</b><br>How do I judge effectively?   | <b>Creative</b><br>How do I refine a performance?  | <b>Physical</b><br>How can I link movements with quality?   | <b>Health and Fitness</b><br>How do I stay healthy?   |
| <b>National Curriculum objectives</b> | <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> | <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> | <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>                 | <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>  | <ul style="list-style-type: none"> <li>Perform sequences using a range of movement patterns.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>          | <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> |
| <b>Assessment Objectives</b>          | <ul style="list-style-type: none"> <li>I cope well and react positively when things become difficult</li> <li>I can persevere with a task and improve my performance</li> <li>I never settle for less than my best</li> </ul>       | <ul style="list-style-type: none"> <li>I cooperate well with others and give helpful feedback</li> <li>I help organise roles and responsibilities</li> <li>I can guide a small group through a task</li> </ul>                      | <ul style="list-style-type: none"> <li>I can understand ways to judge performance</li> <li>I can identify specific improvements</li> <li>I can use awareness of space</li> <li>I can make good decisions and explain these to team mates</li> </ul> | <ul style="list-style-type: none"> <li>I can link actions and develop sequences that express my own ideas</li> <li>I can change tactics, rules or tasks to make activities more fun or more challenging</li> <li>I can identify ways to improve performance</li> </ul> | <ul style="list-style-type: none"> <li>I can perform a variety of movements and skills with good body tension</li> <li>I can link actions together so that they flow</li> <li>I can identify ways to improve performance</li> </ul> | <ul style="list-style-type: none"> <li>I can describe the basic fitness components.</li> <li>I can explain how long I need to exercise for to stay healthy</li> <li>I can record and monitor how hard I am working</li> </ul>       |
| <b>Suggested Teaching Units</b>       | REAL PE Unit 6: Personal Skills   | REAL PE Unit 3: Social Skills   | REAL PE Unit 1: Cognitive Skills  | REAL PE Unit 2: Creative Skills  | REAL PE Unit 4: Physical Skills   | REAL PE Unit 5: Health and Fitness  |

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|------------------------------------|--|---|---|---|---|--|
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