

## Long Term Plan: Physical Education

### Key Stage 1 / Year 2



<u><b>Autumn</b></u>	<u><b>Spring</b></u>	<u><b>Summer</b></u>
<p><b>real PE Unit 1: Personal</b></p> <p>Pupils continue to learn fundamental footwork skills and static balance on one leg through a range of games such as balloon balance and follow the leader. They will begin to show perseverance by trying several times and asking for help when they need it.</p> <p><b>Gymnastics: Shape, Balance and Travel</b></p> <p>Pupils use a range of apparatus to practise balances in various positions (tuck, star, straddle) independently and with a partner. They consider how to travel across the equipment in a range of ways (skip, lunge walk, cross step, leap) before linking balances to create certain shapes and various ways of travelling.</p>	<p><b>real PE Unit 4: Creative</b></p> <p>Pupils learn creative coordination ball skills and counterbalance skills with a partner. Pupils implement these in games such as Roller Ball and Lean Away. They will be able to link different movements together and begin to compare movements with others.</p> <p><b>Gymnastics: Flight and Rotation</b></p> <p>Pupils select footwork patterns and jumps, focussing on creating clear shapes during flight. The children choose apparatus to add into their routine and work to keep the apparatus in motion throughout their movements. The unit progresses to focus on controlled rotation, firstly on the floor and then on apparatus.</p>	<p><b>real PE Unit 6: Health and fitness</b></p> <p>Pupils learn health and fitness skills through agility and static balance. Agility is developed through ball chasing and static balance is explored through floor work. They will begin to understand why exercise is important and can say how their body feels before, during and after exercise.</p> <p><b>Dance</b></p> <p>Pupils try various standing and floor shapes before practising ways to move between shapes. The children perform simple routines independently, with a partner and with apparatus.</p>
<p><b>real PE Unit 5: Physical</b></p> <p>Pupils learn fundamental movement skills, coordination and agility through warm ups and games such as Removal Team and Copy Your Partner. They will be able to show control and consistency when performing a range of different skills with and without a ball.</p>	<p><b>real PE Unit 3: Cognitive</b></p> <p>Pupils continue to explore the cognitive skills of dynamic balance on a line and static balance stance through activities such as balance circuits and stance combinations to form a routine. They will begin to peer assess and explain what others are doing well when performing different activities.</p>	<p><b>real PE Unit 2: Social</b></p> <p>Pupils learn social skills such as taking turns and sharing. They will build on their communication skills by helping, praising and encouraging others. They will do this through learning dynamic balance to agility such as jumping and landing. Pupils also learn static balance skills through completing activities where they are required to be seated.</p>

**Games: Ball skills**

Pupils work independently to develop hand eye coordination and with a partner to develop ball handling and reaction skills. After practising these skills the children will apply them in a game setting.

**Games: Team building**

Pupils practise their team building skills through team activities, tag rugby and football. They learn to dodge and pass the rugby ball and dribble a football with control before passing to a team member.

**Striking and Fielding**

Pupils will experience striking a static and moving ball with a variety of objects for distance and accuracy. They will understand basic fielding skills and develop their throwing and catching skills with a tennis ball.