

Long Term Plan: Physical Education Key Stage 1 / Year 2



Autumn	Spring	Summer
<p>Gymnastics: Shape, Balance and Travel 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>Fundamental Movement Skills Pupils will move at different speeds keeping their body under control. They will balance along a line with and without objects. They will develop ways to move and dodge away from others and in a out of objects</p>	<p>real PE Unit 5: Physical 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>Coordination & Agility (S&R, Reaction and response) Pupils will perform a range of skills with some control and consistency. When receiving a ball they will get themselves in a good position. They will be able to catch a ball consistently when throwing themselves and working with a partner.</p>	<p>Footwork and Jumping Skills Pupils will develop their jumping and achieve a good take off and height when jumping and bend their knees when they take off and land. They will be able to move with smooth movements in both directions/sideways.</p> <p>Net and Wall Games Pupils will begin to understand the basics of using a racket. They will be able to hold a racket with 1 hand and balance an object on top of their racket. They will begin to strike an object with the racket using the strings.</p>
<p>Gymnastics: Flight and Rotation 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>Ball skills Pupils work independently to develop hand eye coordination and with a partner to develop ball</p>	<p>Dance 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>Attacking and Defending When playing a game pupils will use simple rules and apply them appropriately to a game situation. They will learn basic skills to a particular sport and begin to understand simple attacking and defending tactics to use in a game.</p>	<p>Coordination & Agility (Ball chasing & Ball Skills) When fielding a ball pupils will be able to arrive in the correct position when stopping a ball. They will move a ball in both directions around their body and select and link movements together. They can begin to discuss how their body feels before, during and after exercise.</p> <p>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</p>

handling and reaction skills. After practising these skills the children will apply them in a game setting.

and develop their throwing and catching skills with a tennis ball.