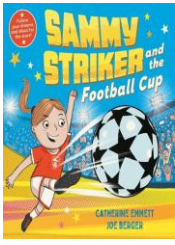
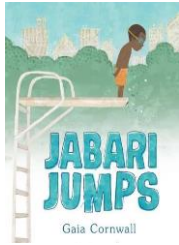
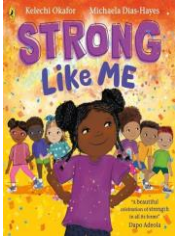
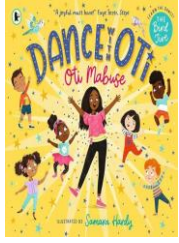
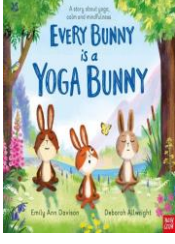
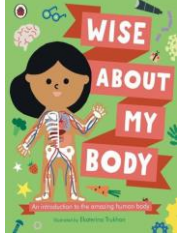




Andover CE Primary School LONG TERM PLAN – PE

Physical Education Long-Term Sequence Early Years Foundation Stage to Key Stage 1

Prime Area - Physical Development

Early Learning Goals	Examples of how this is achieved in EYFS		PE KS1 National Curriculum	Stories that could unlock this learning include:
Physical Development Fine Motor Skills Hold a pencil effectively in preparation for fluent writing—using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	By creating games and providing opportunities for play both indoors and outdoors. adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence. In line with the whole school PE curriculum, EYFS are taught the following areas: Fundamental Movement Skills, Dance, Ball skills, Games and Gymnastics		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 will 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.	   
Fundamental Movement Skills	Ball Skills/Games	Dance	Key Vocabulary to be developed in EYFS	
Run and stop with some control. Explore skipping as a travelling action. Jump and hop with bent knees. Throwing larger balls and beanbags into space. Balance whilst stationary and on the move. Change direction at a slow pace. Explore moving different body parts together.	Move a ball with feet/Kick larger balls to space. Throw and roll a variety of beanbags and larger balls to space. Stop a beanbag or large ball sent to them using hands. Attempt to stop a large ball sent to them using feet. Hit a ball with hands. Run and stop when instructed. Move around showing limited awareness of others. Make simple decisions in response to a situation.	Copy basic body actions and rhythms. Choose and use travelling actions, shapes and balances. Travel in different pathways using the space around them. Begin to use dynamics and expression with guidance. Begin to count to music.	Fundamental Movement Skills Balance, direction, jump, run, slow, travel, bend, hop, land, safely, space, crawl, fast, rules, slide, stop Ball Skills Dribbling, catch, hit, partner, ready, run, target, bounce, ball, kick, points, roll, score, throw Games Pass, space, catch, direction, dribble, partner, rules, team, kick, run, path, score, jump, aim, safely, throw, stop, bounce, points, land, lose, win Gymnastics Around, copy, land, roll, star, through, balance, hold, over, shape, still, bend, jump, rock, squeeze, straight, travel Dance Action, direction, high, move, shape, space, travel, counts, finish position, low, quickly, slowly, start position	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Team Games Throwing and catching skills Dance Balance and movement	Gymnastics Technique and Control Diwali Dance	Gymnastics Technique and control Dance Balance and movement	Net and wall games Racket and ball skills Gymnastics Technique	Strike and field games Kickball Athletics Running, jumping and throwing skills	Dance Pirate Strike and field games Cricket
Year 2	Team Games Throwing and catching Dance Movement and expressive patterns	Gymnastics Sequence and perform	Health and fitness Striking and fielding Tag Rugby	Gymnastics Sequence and perform Striking and fielding Hockey	Athletics Running, jumping and throwing skills Country Dancing	Strike and field games Quick cricket
Year 3	Invasion Games Handball Dance Movement linked to a stimulus	Gymnastics Balance, control and transition	Traditional games Gymnastics Balance, control and transition	Dance Movement linked to a stimulus	Athletics Track and Field Country Dancing	Net and wall games Tennis Country Dancing
Year 4	Invasion Games Tag Rugby	Dance Actions, dynamics and spacing Invasion Games Hockey	Gymnastics Strength, techniques and movement Net and wall games Tennis	Net and wall games Netball Invasion Games Football	Athletics Track and Field Striking and Fielding Cricket	Athletics Track and Field Net and wall games Badminton
Year 5	Invasion Games Tag Rugby	Gymnastics Travelling in synchronisation	Dance Collaborate, Choreograph and Compare	Striking and Fielding Cricket	Athletics Track and Field	Net and Wall Games Volleyball
Year 6	Invasion Games Basketball	Gymnastics Flexibility, Strength and Control in group sequences	Team Games Dance Choreograph, Perfect and Perform	Striking and Fielding Baseball Gymnastics Flexibility, Strength and Control in group sequences	Athletics Track and Field Dance Choreograph, Perfect and Perform	Striking and Fielding Rounders

*Years 3, 4, 5 also receive swimming lessons