

# Lady Jane Grey Primary school PE Plan

LONG TERM PLAN						
Key Stage 1 and 2						
2024/2025						
PHYSICAL EDUCATION	Autumn 2024		Spring 2025		Summer 2025	
	1 (7 weeks)	2 (8 weeks)	1 (6 weeks)	2 (7 weeks)	1 (4 weeks)	2 (6 weeks)
<b>All pupils should be taught to:</b> <ul style="list-style-type: none"> <li>Develop competence to excel in a broad range of physical activities</li> <li>Are physically active for sustained periods of time</li> <li>Engage in competitive sports and activities</li> <li>Lead healthy, active lives.</li> </ul>	<b>Foundation:</b> <ul style="list-style-type: none"> <li>Gross motor skills: Children at the expected level of development will: 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.</li> </ul>	<b>KS1</b> <ul style="list-style-type: none"> <li>Master basic movements and fundamental movement skills including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> <li>Perform dances using simple movement patterns.</li> </ul>	<b>KS2</b> <ul style="list-style-type: none"> <li>Pupils should demonstrate proficiency in fundamental movement skills.</li> <li>Increased attention on rules, strategies and tactics.</li> <li>Increased emphasis on healthy participation. Make safe long-term decisions and develop an understanding of the relationship between physical activity and body/mental health.</li> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>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</li> <li>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</li> <li>Perform dances using a range of movement patterns</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> <li>Y5 pupils will be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform self-rescue in different water-based situations.</li> </ul>			
Foundation	Introduction to fine/gross motor skills	Gymnastics	Ball skills	Dance	Athletic	Fundamental Games
Year 1	Fundamentals	Gymnastics	Ball skills/Invasion games	Dance	Athletics	Striking and fielding
Year 2	Fundamentals / Small Sided Games	Gymnastics	Target games	Dance	Athletics	Net and wall games
Year 3	Small Sided Games (Football)	Gymnastics	Invasion Games (Rugby)	Dance	Athletics	Striking and fielding
Year 4	Invasion games (Hockey)	Gymnastics	Net and wall games (Badminton)	Dance	Athletics	Striking and Fielding
Year 5	Swimming/ Invasion games	Gymnastics	Net and wall games (Badminton)	Dance	Athletics	Striking and Fielding
Year 6	Invasion games (Rugby, football)	Gymnastics	Net and wall games	Dance	Athletics	Striking and fielding (Cricket)