



Oaklands Primary School PE Long Term Curriculum Plan

		Autumn	Spring	Summer
Key Stage 1	Year 1	<p style="text-align: center;">Autumn</p> <p>Gymnastics - To master and develop basic movements including balance, agility and co-ordination, and begin to apply these.</p> <p>Games - Invasion - To master basic movements including running, jumping, throwing and catching -To participate in team games, developing simple tactics for attacking and defending.</p>	<p style="text-align: center;">Spring</p> <p>Dance - To perform dances using simple movement patterns.</p> <p>Games - Racket - To master basic movements, develop balance, agility and co-ordination and begin to apply these in a range of hitting activities.</p>	<p style="text-align: center;">Summer</p> <p>Games – Strike & Field - To master basic movements, develop balance, agility and co-ordination and begin to apply these in a range of striking and fielding activities.</p> <p>Athletics - To master basic movements including running, jumping, throwing and catching.</p>
	Year 2	<p>Gymnastics - To master and develop basic movements including balance, agility and co-ordination, and begin to apply these.</p> <p>Dance - To perform dances using simple movement patterns.</p>	<p>Games - Invasion - To master basic movements including running, jumping, throwing and catching -To participate in team games, developing simple tactics for attacking and defending.</p> <p>Games - Racket - To master basic movements, develop balance, agility and co-ordination and begin to apply these in a range of hitting activities.</p>	<p>Games – Strike & Field - To master basic movements, develop balance, agility and co-ordination and begin to apply these in a range of striking and fielding activities.</p> <p>Athletics - To master basic movements including running, jumping, throwing and catching.</p>
EYFS		<p style="text-align: center;">Autumn</p> <p>Fundamental movements skills - To be introduced to basic movements including rolling, walking, running, skipping, crawling, jumping, hopping, climbing.</p> <p>Gymnastics - To develop over all body strength, balance, co-ordination and agility - To practise fundamental movement skills including rolling, jumping and balancing. - To practise moving with fluency, control and grace. - Combine different movements with ease and fluency.</p>	<p style="text-align: center;">Spring</p> <p>Multi-skills - To practise fundamental movement skills including walking, running, skipping, climbing - Practise a range of ball skills including throwing, catching, kicking, passing, batting and aiming.</p> <p>Dance - To progress towards a more fluent style of moving, with developing control and grace. - Develop overall body strength, co-ordination, balance and agility. - Combine different movements with ease and fluency. - Explore and engage in music making and dance.</p>	<p style="text-align: center;">Summer</p> <p>Multi-skills - To practise fundamental movement skills including walking, running, skipping, climbing - Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting and aiming. -Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Athletics - To further develop basic movements including rolling, walking, running, skipping, crawling, jumping, hopping, climbing. - Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</p>



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Lower Key Stage 2	Year 3	<p>Dance</p> <ul style="list-style-type: none"> - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Gymnastics</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance. 	<p>Games - Invasion</p> <ul style="list-style-type: none"> - Play competitive invasion games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Games - Racket</p> <ul style="list-style-type: none"> - Play competitive racket games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Games – Strike & Field</p> <ul style="list-style-type: none"> - Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Athletics</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. -Develop flexibility, strength, technique, control and balance. -Compare their performance with previous ones and demonstrate improvement to achieve their personal best.
	Year 4	<p>Gymnastics</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance. <p>Games - Invasion</p> <ul style="list-style-type: none"> - Play competitive invasion games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Swimming</p> <ul style="list-style-type: none"> - Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke). - Perform safe self-rescue in different water-based situations. 	<p>Games - Racket</p> <ul style="list-style-type: none"> - Play competitive racket games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Dance</p> <ul style="list-style-type: none"> - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Games – Strike & Field</p> <ul style="list-style-type: none"> - Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Athletics</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. -Develop flexibility, strength, technique, control and balance. -Compare their performance with previous ones and demonstrate improvement to achieve their personal best.



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Upper Key Stage 2	Year 5	<p>Games - Invasion</p> <ul style="list-style-type: none"> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Dance</p> <ul style="list-style-type: none"> - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Games - Racket</p> <ul style="list-style-type: none"> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Gymnastics</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance <p>Swimming</p> <ul style="list-style-type: none"> - Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke). - Perform safe self-rescue in different water-based situations. 	<p>Games – Strike & Field</p> <ul style="list-style-type: none"> - Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Athletics</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. -Develop flexibility, strength, technique, control and balance. -Compare their performance with previous ones and demonstrate improvement to achieve their personal best. <p>Swimming continued...</p>
	Year 6	<p>Gymnastics</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance. <p>Games - Invasion</p> <ul style="list-style-type: none"> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Games - Racket</p> <ul style="list-style-type: none"> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Dance</p> <ul style="list-style-type: none"> - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Games – Strike & Field</p> <ul style="list-style-type: none"> - Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Athletics</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. -Develop flexibility, strength, technique, control and balance. -Compare their performance with previous ones and demonstrate improvement to achieve their personal best. <p>Swimming</p> <ul style="list-style-type: none"> - Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke). - Perform safe self-rescue in different water-based situations.