



Physical Education Long Term Plan

Intent	Implementation	Measuring Impact
Physical education at KGB develops the children’s knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes a love for exercise and competition and an understanding of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Moreover, we empower the children to make informed choices about physical activity throughout their lives.	PE is delivered as 2 lessons per week, normally one outdoor and one indoor lesson. In KS1, pupils master basic movements; running, jumping, throwing and catching, participate in team games attacking / defending and perform dances. In KS2 pupils develop movements; Run, jump, throw and catch in isolation and in combination. The children play competitive games; attacking / defending; they develop flexibility, strength, technique, control and balance – athletics / gymnastics and perform dances. In LKS2 children go swimming in the Spring Term. Children in Y6 complete a residential Outdoor activities week. All year groups participate in Forest School activities. External Sports coaches are utilised across year groups to provide specialised sport coaching and CPD. Children are encouraged to be active & complete The Daily Mile facilitated by our purpose built Fitness Footpath.	Children will have a mentally and physically healthy lifestyle whilst being taught a range of skills across the curriculum to reach age-related expectations. Children will experience a range of sports through their PE lessons, developing confidence to compete against their peers, discussing the emotions related to winning or losing and how to behave in each situation. Children will also gain the social skills needed to work as a team and will be able to self-critique their own performance using the correct vocabulary. Children will demonstrate a high level of engagement with physical activity and sport participation in after-school clubs and with local sports facilities.

Knowledge and skills Early Years and Key Stage 1

Key Areas of study EYFS/KS1 PoS	EYFS	Year 1	Year 2
Gymnastics	Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing Progress towards a more fluent style of moving, with developing control and grace. Combine different movements with ease and fluency. Develop overall body-strength, balance, co-ordination and agility.	Link 2 or more actions to make a sequence. Show contrasts (such as small/tall, straight/curved, wide/narrow). Travel by rolling forwards & sideways. Continue to develop balance and agility.	Plan, perform and link 2 or more actions to produce a sequence. Travel by rolling forwards, backwards and sideways. Hold a position whilst balancing on different parts of the body. Climb safely on equipment. Stretch and curl to develop flexibility. Jump in a variety of ways and land with increasing control and balance.
Dance	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	Copy and remember moves and positions. Move with careful control and coordination.	Plan, perform and repeat sequences. Choose movements to communicate a mood, feeling or idea.
Multi-skills	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.	Run at different speeds with good control, changing direction when necessary. Throw with a degree of accuracy. Catch larger objects confidently.	Run confidently at different speeds over a variety of distances, changing direction when necessary. Throw with accuracy over a range of distances. Catch objects, such as a tennis ball, with a degree of confidence.
Games	Further develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.	Use rolling, running, jumping and kicking skills in combination. Use the terms ‘opponent’ and ‘team-mate.’	Throw and catch. Use rolling, hitting, jumping, catching and kicking skills in combination. Develop tactics & lead others where appropriate.
Athletics		Combine Athletic activities with games- run over a short distance up to 60m.	Combine Athletic activities with games-run over a short distance up to 60m. Run over a longer distance, conserving energy in order to sustain performance.
Yoga		Introduce a series of stencches.	Learn to balance and hold position.

Knowledge and Skills Key Stage 2

Key Areas of study KS2 PoS	Year 3	Year 4	Year 5	Year 6
Gymnastics	Plan, perform and repeat sequences Move in a clear, fluent and expressive manner Refine movements Show changes of direction, speed and level during performance	Travel in a variety of ways including flight, by transferring weight to generate power in movements Show a kinesthetic sense in order to improve the placement and alignment of body parts, for example, in balances, experiment to find out how to get the center of gravity successfully over base and organize body parts to create an interesting body shape Swing from equipment safely using hands	Create complex and well executed sequences that include a full range of movements including, travelling balances swinging springing flight vaults inversions rotations bending, stretching and twisting gestures linking skills Hold shapes that are strong, fluent and expressive Include in a sequence set pieces, choosing the most appropriate linking elements	Vary speed, direction, level and body rotation during floor performances Practice and refine the gymnastic techniques used in performances: travelling balances swinging springing flight vaults inversions rotations bending, stretching and twisting gestures linking skills Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions)

				Use equipment to vault and to swing (remaining upright)
Dance	Plan, perform and repeat sequences Move in a clear, fluent and expressive manner Refine movements	Create dances and movements that convey a definite idea Change speed and levels within a performance Develop physical strength and suppleness by practicing moves and stretching	Compose and create imaginative dance sequences Perform expressively and hold a precise and strong body posture Perform and create complex sequences	Express an idea in original and imaginative ways Plan to perform with high energy, slow grace or other themes and maintain this pace throughout Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels and handstands)
Multi-skills	Apply different skills to game situations, for example: throwing and catching when fielding in rounders Throw with accuracy over a range of distances to a teammate Catch objects, such as a tennis ball with a degree of confidence whilst on the move	Apply different skills to game situations, for example: throwing and catching when fielding in rounders Apply skills when under pressure from an opponent Throw with accuracy over a range of distances to a teammate – using tennis balls & netballs	Children should have strong skills: running, jumping, throwing and catching Children to throw and catch a range of objects with confidence and use this in game situations Children should run over different distances, choosing which pace to run at Children to change direction with speed and confidence	Children should have strong skills: running, jumping, throwing and catching Children to throw and catch a range of objects with confidence and use this in increasingly complex game situations Children should run over different distances, choosing which pace to run at Children to change direction with speed and confidence
Games	Throw and catch with control and accuracy Strike a ball and field with control Choose appropriate tactics to cause problems for the opposition Follow the rules of the game and play fairly	Maintain possession of a ball for example, with feet, hockey stick or hands Pass to teammates at appropriate times Lead others and act as a respectful team member	Choose and combine techniques in game situations (running, catching, throwing, passing and kicking etc) Work alone, or with teammates in order to gain points or possession Strike a bowled or volleyed ball with accuracy	Use forehand and backhand when playing racket games Field, defend and attack tactically by anticipating the direction of play Choose the most appropriate tactics for a game Uphold the spirit of fair play and respect in all competitive situations Lead others when called upon and act as a good role model within a team
Swimming	Swim aided up to 25m Use one basic stroke, breathing correctly Control leg movements Swim at the surface and below the water Perform safe self-rescue in different water-based activities.	Swim up to 25m with aid if necessary Use more than one stroke and coordinate breathing appropriately Coordinate leg and arm movements Swim at the surface and below the water Perform safe self-rescue in different water-based activities.	Swim between 25-50m unaided Use more than one stroke and ordinate breathing as appropriate Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming Swim at the surface and below the water Perform safe self-rescue in different water-based activities.	
Athletics	Sprint over a short distance up to 60m Run over a longer distance, conserving energy in order to sustain performance	Jump in a number of ways, using a run up where appropriate Compete with others and aim to improve personal best performances	Combine sprinting with low hurdles over 60m Choose the best pace for running over a variety of distances	Throw accurately and refine performance by analysing technique and body shape Show control in take-off and landings when jumping Compete with others and keep track of personal best performances, setting targets for improvement
Outdoor adventurous pursuits	Participate in Forest School activities. Orienteering activities.	Participate in Forest School activities. Orienteering activities.	Participate in Forest School activities. Orienteering activities.	Participate in Outdoor Education Residential Week partaking in a range of outdoor adventurous activities and challenges.
Yoga	Learn to balance and hold position for increasing lengths of time	Recognise and perform common yoga poses	Learn transitions between poses	Complete a routine combining previously practiced poses