



PE at Madginford Primary School
 Long Term Curriculum Plan
 Key Stage One



	T1	T2	T3	T4	T5	T6
EYFS	The most relevant early years outcomes for PE are taken from the following areas of learning: <ul style="list-style-type: none"> • Personal, Social & Emotional Development: managing self, building relationships • Physical Development: gross motor skills • Being imaginative & expressive 					
	Child-initiated Learning (Splash) <ul style="list-style-type: none"> • Playground equipment includes a wide range of resources and equipment for independent use – e.g. balls, hoops, skipping ropes, hockey sticks, bats, balancing equipment, tyres, crates, balance and pedal bikes etc. • Gross motor and fine motor skills are being developed outside through use of equipment and resources in the sand and water areas, the builder’s yard, the mud café and Forest Club (e.g. pouring, digging, carrying and lifting) • Fine motor skills are being developed in the classrooms through the use of tools e.g. pencils, scissors etc. They are also being developed in the Creation Station by using a variety of tools • Splash challenges (weekly/fortnightly) have at least one Physical Development focus • Provocations throughout the year as stimulus to provide interest and experimentation 			Teacher Led Learning <ul style="list-style-type: none"> • Weekly PE session in the hall beginning Term 2 – main focus on use of large apparatus (Gym) for first few terms • Cycle Ready sessions • Funky Fingers sessions run in Terms 1 and 2 – daily • Let’s Discover sessions – use of artefacts/provocations to stimulate learning and discussion 		
Y1	Dance Superworm Copy & create movement sequence linked to story	Gymnastics Travel in different ways & at different levels on the floor & on apparatus	Fitness Take part in activities to develop healthy muscles & bones. Develop running stamina over distance	Dance Create actions to represent a character & perform routines. Evaluate the performance of others	Gymnastics Use rocking as an action to combine travelling, balancing & jumping on the floor & apparatus	Athletics Explore running in different ways. Learn to jump & land safely. Develop throwing action to improve accuracy
	Send & receive with hands Explore rolling & trapping a ball with hands. Understand the importance of aim when throwing	Send & receive with feet Learn how to trap & pass a ball with feet. Learn how to pass a ball.	Multi-skills Take part in a range of jumping & running activities to improve aim & other games-related skills	Badminton Learn how to use different grips to make contact with the shuttle. Learn how to use the correct body position	Travelling with Equipment Learn how to move & bounce a ball with hands, travel with a stick & ball. Learn how to use space in games	Striking & Fielding Develop ways of rolling & stopping a ball. Develop batting skills & ability to hit ball with hands & rackets
Y2	Dance Super Heroes Copy & create movements in time to the music	Fitness Speed, agility & aerobic activities (links to healthy lifestyles)	Gymnastics Balancing on different body parts on the floor & apparatus	Dance Frozen Copy & create movements in time to music	Gymnastics Rolling in different ways	Athletics Running, jumping & throwing skills
	Travelling with equipment Moving around carrying, bouncing & rolling different equipment	Sending & receiving with hands Developing hand-eye coordination – throwing & catching using different sized balls	Tennis Ball control, hand-eye coordination & developing forehand (includes 2 x Cricket sessions with Kent County Cricket Coach)	Sending & receiving with feet Football skills – dribbling, passing & receiving	Striking & fielding games Bucket ball & rapid fire cricket : throwing & catching, hand-eye coordination, batting skills	Archery Develop basic skills including body position & aiming



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 Key Stage Two



	T1	T2	T3	T4	T5	T6
Y3	Fitness Develop speed, quickness & agility; improve aerobic exercise skills	Dance Copying dance moves, varying speed and direction	Dance Choreograph dance sequence & perform to others. Provide supportive feedback to each other	Gymnastics Explore body shape, creating sequences on the floor & on apparatus	Gymnastics Develop technical skills (forward/backward roll). Explore ways to exit balances through transitions	Tennis Throw & catch underarm. Hit a ball with a racket: develop footwork & perform volley
	Basketball Develop dribbling, passing & receiving, defending & attacking skills	Tag Rugby Run with a ball; pass & receive with growing accuracy. Develop tagging skills	Forest School (OAA) Working together to complete tasks; use compass directions	Football Control a moving ball, develop accuracy when kicking the ball & keeping possession	Tri Golf Use a putter & chipper Hit the ball with some accuracy	Athletics Develop jumping, throwing & running (pace) techniques
Y4	Fitness Understand the importance of warming up properly.	Boccia & inclusive sports Developing accuracy, perseverance & adaptability	Squash Receiving & hitting a ball. Developing spatial awareness	Dance Charlie and the Chocolate Factory Explore actions & shapes translating electricity into movements	Gymnastics Developing techniques of travelling & balancing on the floor and on apparatus	Gymnastics Developing techniques of rolling & balancing on the floor & on apparatus
	Tag Rugby Developing skills of passing, receiving & dodging	Hockey Developing skills of dribbling, receiving & passing. Understand importance of following rules of game	Netball Developing skills of passing, keeping possession, marking & intercepting	Forest School (OAA) Develop problems solving, team work & communication	Athletics Developing running, jumping & throwing techniques	Rounders (striking & fielding) Develop throwing, catching, striking, fielding & tactical skills.
	Swimming: each class attends lessons at the local pool for 1 calendar term					
Y5	Fitness Circuits – linking exercise to healthy living	Forest School (OAA) Problem Solving, team work & communication	Bikeability L1 skills Street Dance Learn a set routine & choreograph sequences in groups	Gymnastics Balancing, mirroring & sequencing using the floor & apparatus	Dance Musical theatre & Contemporary: developing motifs & choreography	Gymnastics Moving & travelling on floor & apparatus
	Basketball Dribbling, passing, shooting & developing tactical awareness	Tag Rugby Passing, agility & developing tactical awareness	Cricket Fielding, bowling, batting & developing tactical awareness	Football Dribbling, passing, shooting, & developing tactical awareness	Lacrosse Scooping, passing & catching using apparatus, shooting, attack & defence	Athletics Running, jumping, throwing; developing techniques & working together to improve
	Bikeability L2 skills					
Y6	Gymnastics Balances & sequences on apparatus	Dance: Musical Theatre Developing motifs to create a set dance	Fitness Circuits & components of fitness	Street Dance Travelling & group work	Gymnastics Developing floor routines with body management	Athletics Sprinting, jumping, pull & sling techniques
	Netball Passing, moving, shooting, attacking & defending	Hockey Dribbling, accuracy, power & decision making	Handball Rules, passes, tactics & shooting	Cricket Fielding, intercepting, retrieving, fielding & bowling	Rounders Fielding, bowling & understanding different positions	Forest School (OAA) Solving problems & using compass directions