

PE long term plan 2019/20



The Academy at
St James
 Aspire, Achieve, Believe

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Physical Education Key stage 1	<p>Fundamental movement skills through modified invasion games</p> <p>Small sided competitive games 2v1/2v2 with a range of balls</p>	<p>Fundamental movement skills including Gymnastics/Dance</p> <p>Floor work- body control, posture, balance, creating simple sequences.</p>	<p>Fundamental movement skills through racket-modified net & wall games</p> <p>Use a range of equipment to support sending & receiving</p>	<p>Fundamental movement skills through modified striking and fielding games</p> <p>Developing hand eye coordination, sending & catching</p>	<p>Fundamental movement skills through modified Athletics.</p> <p>Experimenting with different ways to move at different levels, speeds and directions.</p>	<p>Fundamental movement skills including Gymnastics</p> <p>Apparatus including wall bars and low to mid-level equipment, body control, shapes, jumping, landing,</p>
Physical Education Lower KS2	<p>Invasion Games-</p> <p>small sided 4v3/4v4/5v4 games with a greater focus on tactical awareness i.e. modified basketball, netball, basketball, handball, football</p>	<p>Movement: including Gymnastics/Dance</p> <p>Create and perform fluent sequences on the floor and using apparatus. Include variations in level, speed and direction in their sequences</p>	<p>Net and Wall Games-</p> <p>Introducing the development rallies using hands, bats/ racquets to support skills for badminton, squash, volleyball & tennis</p>	<p>Modified Striking and fielding-</p> <p>Building on striking, hand eye coordination with an increased competitive focus. Play small sided competitive striking games using a range of bats</p>	<p>Modified Athletics</p> <p>In isolation and combination running at speed, different modes of jumping, focusing on specific throwing techniques to increase distance and accuracy.</p>	<p>OAA</p> <p>Take part introductory games through four areas: Trust Cooperation Team work Exploring the natural world</p>
Physical Education Upper KS2	<p>Invasion Games-</p> <p>Increased technical and tactical skills i.e attacking/defending. Perform with pace and accuracy in competitive small sided and overloaded games i.e. 4v3/5v4/5v5</p>	<p>Gymnastics-</p> <p>Refining more complex floor work skills & sequences. Building upon and displaying accuracy & consistency</p> <p>Ballroom Dancing (external provider) Dances from various cultures</p>	<p>Net and Wall Games-Modified</p> <p>volleyball/racket games. Focusing on stroke development, reaction, improved technique and maintaining competitive rallies</p>	<p>Modified Striking and fielding.</p> <p>Perform with speed, accuracy, confidence and technique in small sided striking games showing increased competence with a range of equipment.</p>	<p>Modified Athletics</p> <p>In isolation and combination perform running, jumping and throwing challenges with speed and accuracy demonstrating confidence and refinement of actions that are fluent, co-ordinated and efficient.</p>	<p>OAA</p> <p>Take part in more complexed games through four areas: Trust Cooperation Team work Exploring the natural world</p>

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