

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

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