

PE long term plan 2021/22

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
EYFS Nursery & Reception	Physical Development Through a range of Fundamental Movement skills: Locomotor Stability (Dynamic & static) Object control Pupils will negotiate work towards the following Gross Motor Skills- Early Learning Goals <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others; - <ul style="list-style-type: none"> • Demonstrate strength, balance and coordination when playing; - • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 					
Physical Education Key stage 1	Invasion games Attack, defend, score	Racquet & rebound games Strike, React, Rally	Modified Striking Fielding Strike, throw, catch	Modified Athletic Activities Run, Jump, Throw	Movement skills Gymnastics/ Dance Copy, Create, Compose	Alternative Activities- Disability Sport Activities Adapt, Experience, Consider
Physical Education Lower KS2	Invasion games Attack, defend, score & Swimming Y4 only	Racquet & rebound games Strike, React, Rally & Swimming Y4 only	Modified Striking Fielding Games Strike, throw, catch & Swimming Y4 only	Modified Athletic Activities Run, Jump, Throw & Swimming Y4 only	Movement skills Gymnastics/ Dance Copy, Create, Compose & Swimming Y4 only	Alternative Activities- Disability Sport Activities Adapt, Experience, Consider & Swimming Y4 only
Physical Education Upper KS2	Invasion games Attack, defend & score & Jujitsu LAY6 only	Racquet & rebound games Strike, React, Rally & Jujitsu LAY6 only	Modified Striking Fielding Games Strike, throw & catch & Jujitsu FPY5 only	Modified Athletic Activities Run, Jump, Throw & Jujitsu FPY5 only	Movement skills Gymnastics/ Dance Copy, Create, Compose Y6 Top up Swimming TBC	Alternative Activities- Disability Sport Activities Adapt, Experience, Consider Y6 Top up Swimming TBC

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