

PE Long Term Plan

2021-2022



	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring1</u>	<u>Spring2</u>	<u>Summer1</u>	<u>Summer2</u>
<u>Year One</u>	<p>Travelling and Ball Skills - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending</p> <p>NUFC- Fundamental Movements</p>	<p>Hula Hoop and Skipping - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>NUFC- Multi Skills</p>	<p>Dance and Movement - perform dances using simple movement patterns.</p> <p>NUFC- Net and Wall</p>	<p>Chasing, Fleeing and Dodging - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending</p> <p>NUFC- COJO -take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Running - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending</p> <p>NUFC- Modified Team Games</p>	<p>Athletics - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending</p> <p>NUFC- Athletics and Fitness</p>
<u>Year Two</u>	Ball Skills	Ball Skills	Dance and Movement	Invasion Games	Running and Athletics	Running and Athletics

	<p>- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>- participate in team games, developing simple tactics for attacking and defending</p> <p>NUFC- Multi Skills</p>	<p>- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>- participate in team games, developing simple tactics for attacking and defending</p> <p>NUFC- Modified Team Games</p>	<p>- perform dances using simple movement patterns.</p> <p>NUFC- Net and Wall</p>	<p>- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>- participate in team games, developing simple tactics for attacking and defending</p> <p>NUFC- COJO</p> <p>-take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>- participate in team games, developing simple tactics for attacking and defending</p> <p>NUFC- Invasion Games</p>	<p>- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>- participate in team games, developing simple tactics for attacking and defending</p> <p>NUFC- Athletics and Fitness</p>
<u>Year Three</u>	<p>Bat and Ball Skills</p> <p>- use running, jumping, throwing and catching in isolation and in combination</p> <p>- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>- compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Multi Skills</p>	<p>Ball Skills</p> <p>- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>- compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Net and Wall</p>	<p>Dance and Movement</p> <p>- perform dances using a range of movement patterns</p> <p>- compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Invasion Games</p>	<p>Invasion Games</p> <p>- use running, jumping, throwing and catching in isolation and in combination</p> <p>- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>- compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Striking and Fielding</p>	<p>Running and Athletics</p> <p>- use running, jumping, throwing and catching in isolation and in combination</p> <p>- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>- compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- COJO</p>	<p>Running and Athletics</p> <p>- use running, jumping, throwing and catching in isolation and in combination</p> <p>- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>- compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Athletics and Fitness</p>
<u>Year Four</u>	<p>Ball Skills</p> <p>- use running, jumping, throwing and catching in isolation and in combination</p> <p>- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>- compare their performances with previous ones and</p>	<p>Invasion Games</p> <p>- use running, jumping, throwing and catching in isolation and in combination</p> <p>- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>- compare their performances with previous ones and</p>	<p>Dance and Movement</p> <p>- perform dances using a range of movement patterns</p> <p>- compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Net and Wall</p>	<p>Invasion Games</p> <p>- use running, jumping, throwing and catching in isolation and in combination</p> <p>- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>- compare their performances with previous ones and</p>	<p>Balls and Feet</p> <p>- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>- compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Athletics</p> <p>- use running, jumping, throwing and catching in isolation and in combination</p> <p>- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>- compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>

	demonstrate improvement to achieve their personal best. NUFC- Invasion Games	demonstrate improvement to achieve their personal best. NUFC- COJO -take part in outdoor and adventurous activity challenges both individually and within a team		demonstrate improvement to achieve their personal best. NUFC- Striking and Fielding	NUFC- Modified Team Games	NUFC- Athletics and Fitness
<u>Year Five</u>	Ball skills and Games - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best. NUFC- COJO -take part in outdoor and adventurous activity challenges both individually and within a team	Ball Skills and Games - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best. NUFC- Invasion Games	Dance Steps - perform dances using a range of movement patterns - compare their performances with previous ones and demonstrate improvement to achieve their personal best. NUFC- Modified Team Games	Games - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best. NUFC- Net and Wall	Running and Athletics - use running, jumping, throwing and catching in isolation and in combination - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - compare their performances with previous ones and demonstrate improvement to achieve their personal best. NUFC- Striking and Fielding	Running and Athletics - use running, jumping, throwing and catching in isolation and in combination - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - compare their performances with previous ones and demonstrate improvement to achieve their personal best. NUFC- Athletics and Fitness
<u>Year Six</u>	Ball Skills - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Ball Skills - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best. NUFC- COJO	Dance Steps - perform dances using a range of movement patterns - compare their performances with previous ones and demonstrate improvement to achieve their personal best. NUFC- Invasion Games	Fitness - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] NUFC- Net and Wall	Running and Coordination - use running, jumping, throwing and catching in isolation and in combination - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - compare their performances with previous ones and demonstrate improvement to achieve their personal best. NUFC- Striking and Fielding	Athletics and Invasion Games - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	<p>NUFC- Striking and Fielding</p>	<p>-take part in outdoor and adventurous activity challenges both individually and within a team</p>				<p>NUFC- Athletics and Fitness</p>
<p><u>Penguins</u></p>	<p>Ball Skills - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Invasion Games -take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Invasion Games - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- COJO -take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Dance and Movement - perform dances using a range of movement patterns - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Net and Wall</p>	<p>Invasion Games - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Striking and Fielding</p>	<p>Balls and Feet - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Invasion Games</p>	<p>Athletics - use running, jumping, throwing and catching in isolation and in combination - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>NUFC- Athletics and Fitness</p>