



## Oaklands Primary School PE Long Term Curriculum Plan

		Autumn	Spring	Summer
<b>EYFS</b>		<b>Fundamental movements skills</b> - To be introduced to basic movements including rolling, walking, running, skipping, crawling, jumping, hopping, climbing.  <b>Gymnastics</b> - To develop over all body strength, balance, co-ordination and agility - To practise fundamental movement skills including rolling, jumping and balancing. - To practise moving with fluency, control and grace. - Combine different movements with ease and fluency.	<b>Multi-skills</b> - To practise fundamental movement skills including walking, running, skipping, climbing - Practise a range of ball skills including throwing, catching, kicking, passing, batting and aiming.  <b>Dance</b> - To progress towards a more fluent style of moving, with developing control and grace. - Develop overall body strength, co-ordination, balance and agility. - Combine different movements with ease and fluency. - Explore and engage in music making and dance.	<b>Multi-skills</b> - To practise fundamental movement skills including walking, running, skipping, climbing - Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting and aiming. - Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.  <b>Athletics</b> - To further develop basic movements including rolling, walking, running, skipping, crawling, jumping, hopping, climbing. - Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.
<b>Key Stage 1</b>	<b>Year 1</b>	<b>Gymnastics</b> - To master and develop basic movements including balance, agility and co-ordination, and begin to apply these.  <b>Games - Invasion</b> - To master basic movements including running, jumping, throwing and catching - To participate in team games, developing simple tactics for attacking and defending.	<b>Dance</b> - To perform dances using simple movement patterns.  <b>Games - Racket</b> - To master basic movements, develop balance, agility and co-ordination and begin to apply these in a range of hitting activities.	<b>Games – Strike &amp; Field</b> - To master basic movements, develop balance, agility and co-ordination and begin to apply these in a range of striking and fielding activities.  <b>Athletics</b> - To master basic movements including running, jumping, throwing and catching.
	<b>Year 2</b>	<b>Gymnastics</b> - To master and develop basic movements including balance, agility and co-ordination, and begin to apply these.  <b>Dance</b> - To perform dances using simple movement patterns.	<b>Games - Invasion</b> - To master basic movements including running, jumping, throwing and catching - To participate in team games, developing simple tactics for attacking and defending. <b>Games - Racket</b> - To master basic movements, develop balance, agility and co-ordination and begin to apply these in a range of hitting activities.	<b>Games – Strike &amp; Field</b> - To master basic movements, develop balance, agility and co-ordination and begin to apply these in a range of striking and fielding activities.  <b>Athletics</b> - To master basic movements including running, jumping, throwing and catching.



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Lower Key Stage 2	Year 3	<b>Dance</b> <ul style="list-style-type: none"> <li>- Perform dances using a range of movement patterns.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Gymnastics</b> <ul style="list-style-type: none"> <li>- Develop flexibility, strength, technique, control and balance.</li> </ul>	<b>Games - Invasion</b> <ul style="list-style-type: none"> <li>- Play competitive invasion games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Games - Racket</b> <ul style="list-style-type: none"> <li>- Play competitive racket games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<b>Games – Strike &amp; Field</b> <ul style="list-style-type: none"> <li>- Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Athletics</b> <ul style="list-style-type: none"> <li>- Use running, jumping, throwing and catching in isolation and in combination.</li> <li>-Develop flexibility, strength, technique, control and balance.</li> <li>-Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Swimming (Summer 2)</b> <ul style="list-style-type: none"> <li>- Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke).</li> <li>- Perform safe self-rescue in different water-based situations.</li> </ul>
	Year 4	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>- Develop flexibility, strength, technique, control and balance.</li> </ul> <b>Games - Invasion</b> <ul style="list-style-type: none"> <li>- Play competitive invasion games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<b>Games - Racket</b> <ul style="list-style-type: none"> <li>- Play competitive racket games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Dance</b> <ul style="list-style-type: none"> <li>- Perform dances using a range of movement patterns.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Swimming (Spring 2)</b> <ul style="list-style-type: none"> <li>- Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke).</li> <li>- Perform safe self-rescue in different water-based situations.</li> </ul>	<b>Games – Strike &amp; Field</b> <ul style="list-style-type: none"> <li>- Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Athletics</b> <ul style="list-style-type: none"> <li>- Use running, jumping, throwing and catching in isolation and in combination.</li> <li>-Develop flexibility, strength, technique, control and balance.</li> <li>-Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Swimming (Summer 1)</b> <ul style="list-style-type: none"> <li>- Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke).</li> <li>- Perform safe self-rescue in different water-based situations.</li> </ul>



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		Autumn	Spring	Summer
Upper Key Stage 2	Year 5	<b>Games - Invasion</b> <ul style="list-style-type: none"> <li>- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Dance</b> <ul style="list-style-type: none"> <li>- Perform dances using a range of movement patterns.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Swimming (Autumn 1 &amp; 2)</b> <ul style="list-style-type: none"> <li>- Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>- Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke).</li> <li>- Perform safe self-rescue in different water-based situations.</li> </ul>	<b>Games - Racket</b> <ul style="list-style-type: none"> <li>- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Gymnastics</b> <ul style="list-style-type: none"> <li>- Develop flexibility, strength, technique, control and balance</li> </ul> <b>Swimming (Spring 1)</b> <ul style="list-style-type: none"> <li>- Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>- Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke).</li> <li>- Perform safe self-rescue in different water-based situations.</li> </ul>	<b>Games – Strike &amp; Field</b> <ul style="list-style-type: none"> <li>- Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Athletics</b> <ul style="list-style-type: none"> <li>- Use running, jumping, throwing and catching in isolation and in combination.</li> <li>- Develop flexibility, strength, technique, control and balance.</li> <li>- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
	Year 6	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>- Develop flexibility, strength, technique, control and balance.</li> </ul> <b>Games - Invasion</b> <ul style="list-style-type: none"> <li>- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<b>Games - Racket</b> <ul style="list-style-type: none"> <li>- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Dance</b> <ul style="list-style-type: none"> <li>- Perform dances using a range of movement patterns.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<b>Games – Strike &amp; Field</b> <ul style="list-style-type: none"> <li>- Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Athletics</b> <ul style="list-style-type: none"> <li>- Use running, jumping, throwing and catching in isolation and in combination.</li> <li>- Develop flexibility, strength, technique, control and balance.</li> <li>- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>