

Physical Education Long Term Plan



Foundation Stage	
Year Group Nursery / Reception	
Learning Theme	<p>Nursery</p> <ul style="list-style-type: none"> To know about, and understand the importance of personal space To know how my body can make different shapes and to move in different ways To know the effects and changes in my body To use tools and equipment safely To know how to use the space when moving about To know how to sit with my legs crossed To know how to walk up and down stairs, using opposite feet <p>Reception</p> <ul style="list-style-type: none"> To know about, and understand the importance of personal space To know how to shape my body to move in different directions To know and understand the effects of exercise on my body To know how to use equipment safely To know how to use the space when moving around
Substantive Knowledge	
Disciplinary Knowledge	

Year Group	Year 1 Theme 1	Year 1 Theme 2	Year 1 Theme 3
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Learning Theme			
Substantive Knowledge	<ul style="list-style-type: none"> -To recap and develop fundamental movements from EYFS unit (e.g., running, jumping, skipping, and balancing). -To develop agility, balance, and coordination through gymnastic activities (e.g., rolling, balancing, climbing). - To develop coordination and communicate moods by developing a sequence through dance. - To develop game skills through a range of activities (e.g., throwing, catching, aiming, and teamwork). 	<ul style="list-style-type: none"> -To develop coordination and communicate moods by developing a sequence through dance. - To develop agility, balance, and coordination through gymnastic activities (e.g., jumping, balancing, rolling). - To develop game skills through a range of activities (e.g., passing, dribbling, and teamwork). 	<ul style="list-style-type: none"> -To develop game skills through a range of activities (e.g., running, catching, teamwork). - To develop running, throwing, and jumping skills through athletic activities (e.g., sprints, long jump, throwing).
Disciplinary Knowledge	<ul style="list-style-type: none"> -Develop awareness of body control, movement, and space through simple physical activities. - Understand how to perform basic gymnastic movements with control and balance on mats and simple apparatus. - Learn to follow simple dance steps and use body movements to express different feelings or emotions. - Understand the basic rules of simple games and how to work with others in a team setting. 	<ul style="list-style-type: none"> - Explore rhythm, timing, and formation in dance to communicate moods and themes. - Understand and apply basic gymnastic skills, including jumping and balancing on different apparatus. - Develop understanding of basic strategies for team play and communication in games. 	<ul style="list-style-type: none"> - Understand the importance of working together and following the rules in group activities. - Learn to improve running form, throwing accuracy, and jumping technique to enhance athletic skills.

Year Group	Year 2 Theme 1	Year 2 Theme 2	Year 2 Theme 3
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Learning Theme			
Substantive Knowledge	<ul style="list-style-type: none"> -To develop game skills through a range of activities (e.g., throwing, catching, and teamwork) -To develop agility, balance, and coordination through gymnastic activities (e.g., rolling, balancing, jumping) - To develop coordination and communicate moods by developing a sequence through dance. 	<ul style="list-style-type: none"> -To develop agility, balance, and coordination through gymnastic activities (e.g., vaulting, stretching) -To develop coordination and communicate moods by developing a sequence through dance. - To develop game skills through a range of activities (e.g., competitive games, improving accuracy and control) 	<ul style="list-style-type: none"> - To develop running, throwing, and jumping skills through athletic activities (e.g., sprints, long jump, shot put) -To develop game skills through a range of activities (e.g., improving skills for team games)
Disciplinary Knowledge	<ul style="list-style-type: none"> - Develop strategies for working in teams and understanding the rules of various games. - Understand how to apply movement skills (e.g., coordination, strength) to different gymnastic apparatus. - Create and perform a dance sequence, using expression and body movements to communicate feelings. 	<ul style="list-style-type: none"> -Understand and apply different balance techniques and control when using gymnastic equipment. - Use rhythmic movements and appropriate formations to convey a theme or story through dance. - Understand how to improve precision in movements and apply rules to enhance game performance. 	<ul style="list-style-type: none"> - Understand the correct techniques for running, jumping, and throwing to improve performance in athletics. - Develop an understanding of teamwork, collaboration, and fair play while participating in sports.

Year Group	Year 3 Theme 1	Year 3 Theme 2	Year 3 Theme 3
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Learning Theme			
Substantive Knowledge	<ul style="list-style-type: none"> - Develop invasion game skills through a range of activities. - Develop agility, balance, and coordination through gymnastic activities. - Develop fitness, coordination, and stamina through a range of activities. - Develop coordination and communicate moods by developing a sequence through dance. 	<ul style="list-style-type: none"> - Develop coordination and communicate moods by developing a sequence through dance. - Develop net/wall game skills through a range of activities. - Develop agility, balance, and coordination through gymnastic activities. - Develop strike/field game skills through a range of activities. 	<ul style="list-style-type: none"> - Develop running, throwing, and jumping skills through athletic activities. - Develop invasion game skills through a range of activities. - Develop running, throwing, and jumping skills through athletic activities. - Develop strike/field game skills through a range of activities.
Disciplinary Knowledge	<ul style="list-style-type: none"> - Combine movements in gymnastics with coordination and control. - Communicate mood and emotion through dance. - Work as a team and apply basic tactics in invasion games. - Build stamina and track personal physical progress. 	<ul style="list-style-type: none"> - Create and perform expressive dance sequences. - Apply tactics in net/wall games (e.g. placement, timing). - Perform gymnastics sequences with fluency and control. - Apply striking and fielding strategies in simplified games. 	<ul style="list-style-type: none"> - Compete with control in athletic activities (run, jump, throw). - Use space and tactics effectively in invasion and fielding games. - Apply movement techniques for speed and distance. - Reflect on performance and suggest improvements.

Year Group	Year 4 Theme 1	Year 4 Theme 2	Year 4 Theme 3
	Autumn	Spring	Summer
Learning Theme			
Substantive Knowledge	<ul style="list-style-type: none"> - Develop game skills through a range of activities. - Develop coordination and communicate moods by developing a sequence through dance. - Develop agility, balance, and coordination through gymnastic activities. - Develop fitness, coordination and stamina through a range of activities. 	<ul style="list-style-type: none"> -Develop coordination and communicate moods by developing a sequence through dance. - Develop net/wall game skills through a range of activities. - Develop agility, balance, and coordination through gymnastic activities. - Develop running, throwing, and jumping skills through athletic activities. 	<ul style="list-style-type: none"> - Develop invasion game skills through a range of activities. - Develop net/wall game skills through a range of activities. - Develop running, throwing, and jumping skills through athletic activities. - Develop strike/field game skills through a range of activities.
Disciplinary Knowledge	<ul style="list-style-type: none"> - Apply tactics and adapt movement in competitive situations. - Use evaluation to improve physical performance. - Work effectively in pairs and small groups. 	<ul style="list-style-type: none"> - Make tactical decisions in net/wall scenarios. - Evaluate and refine performances in dance. - Work on anticipation and reaction in fielding roles. 	<ul style="list-style-type: none"> - Set personal targets and track improvements in athletics. - Apply rules, tactics, and teamwork in competitive games. - Reflect on strategies and adjust performance accordingly.

Year Group	Year 5 Theme 1	Year 5 Theme 2	Year 5 Theme 3
Learning Theme			

Substantive Knowledge	<ul style="list-style-type: none"> - Develop invasion game skills through a range of activities. - Develop agility, balance, and coordination through gymnastic activities. - Develop coordination and communicate moods by developing a sequence through dance. - Develop invasion game skills through a range of activities. 	<ul style="list-style-type: none"> - Develop invasion game skills through a range of activities. - Develop agility, balance, and coordination through gymnastic activities. - Develop running, throwing, and jumping skills through athletic activities. - Develop net/wall game skills through a range of activities. 	<ul style="list-style-type: none"> - Develop running, throwing, and jumping skills through athletic activities. - Develop strike/field game skills through a range of activities. - Develop strike/field game skills through a range of activities.
Disciplinary Knowledge	<ul style="list-style-type: none"> - Apply strategies and tactics in team settings. - Collaborate and communicate effectively in pairs and small groups. - Evaluate and improve performance with peer and self-assessment. 	<ul style="list-style-type: none"> - Apply strategies and tactics in invasion games. - Adapt movement techniques to different scenarios. - Reflect on personal progress in athletics and games. 	<ul style="list-style-type: none"> - Apply strategies and tactics in strike/field games. - Reflect on athletic performance and personal goals. - Compete with focus and control in competitive environments.

Year Group	Year 6 Theme 1	Year 6 Theme 2	Year 6 Theme 3
Learning Theme			
Substantive Knowledge	<ul style="list-style-type: none"> - Developing skills in invasion games (e.g., passing, dribbling, shooting)- Understanding basic game strategies and teamwork in invasion games - Developing balance, movement, and coordination through gymnastics- Mastering basic body movements and rolls- Learning the use of apparatus for balance and strength - Understanding techniques for running, throwing, and jumping- Developing the ability to track progress and improve performance 	<ul style="list-style-type: none"> - Developing skills in invasion games (e.g., passing, defending, teamwork)- Basic strategies for attacking and defending - Continuing to develop strength, flexibility, and control in gymnastics- Working on creating sequences with movement- Safe use of apparatus - Learning the skills of striking and fielding games (e.g., batting, catching, fielding)- Understanding the role of teamwork and strategy in field games 	<ul style="list-style-type: none"> - Techniques for sprinting, long-distance running, jumping, and throwing- Developing techniques for improving performance in different events - Learning basic skills for net/wall games (e.g., serving, volleying, positioning)- Understanding the rules and techniques of net/wall games - Developing dance movements with coordination and rhythm- Learning how to create a sequence to communicate moods and emotions

<p>Disciplinary Knowledge</p>	<ul style="list-style-type: none"> - Applying tactics and strategies to real games- Analysing personal and team performance- Reflecting on how to improve during gameplay - Analysing how body control and balance affect performance- Reflecting on the coordination of body parts and the use of space - Developing pacing, endurance, and strategy in athletic events- Reflecting on performance and personal growth 	<ul style="list-style-type: none"> - Working on individual and team strategies- Developing teamwork and communication skills- Reflecting on personal and team performance - Evaluating and improving gymnastic movements- Developing creative sequences and controlling body movements - Analysing team dynamics in strike/field games- Applying strategies in a game context and reflecting on personal and team performance 	<ul style="list-style-type: none"> - Understanding pacing, endurance, and technique in running events- Analysing personal growth in athletic skills and performance improvement - Applying game tactics in net/wall games- Developing the ability to assess performance and areas for improvement - Applying creativity and expression in dance- Evaluating the effectiveness of communication through movement
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