

HEATON PARK PRIMARY SCHOOL		PE LONG TERM PLAN		Key Stage 1 and 2		2023/2024		
PHYSICAL EDUCATION		Autumn 2023		Spring 2024		Summer 2024		
		1	2	1	2	1	2	
Pupils should be taught to: <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives. 		KS1 <ul style="list-style-type: none"> Master basic jumping movements including running, jumping, throwing and catching 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 Perform dances using simple movement patterns. 		KS2 <ul style="list-style-type: none"> Using running, jumping and catching in isolation and combination Play competitive games, modified where appropriate [for example, netball, football, basketball, cricket, tag rugby, uni-hoc, rounders and short tennis] and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance [for example, through gymnastics and athletics] Perform dances using a range of movement patterns Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 				
Nursery Class teacher		Settling in		Circle games (Unit based/outside)	Introduction to PE. Hall safety/ Balancing/ spatial awareness	Gymnastics/Dance – Making different movements	Forest School	Multi-skills & Athletics
Reception Team teaching – Sports coach & class teacher		Settling in Multi-skills and fitness		Games – ball skills, throwing, catching, target & team games	Dance	Gymnastics	Ball games	Multi-skills & Athletics
Year 1 Black – Taught by Sports Coach Green – Taught by Class teacher		Football		Basketball	Games – ball skills, throwing, catching, target & team games	Athletics	Athletics (running)	Tag Rugby
		Ball skills – throwing and catching		Gymnastics	Dance	Yoga	Circuit training	Invasion games
Year 2 Black – Taught by Sports Coach Green – Taught by Class teacher		Football		Basketball	Invasion games	Dodgeball	Athletics	Cricket
		Tennis		Dance	Gymnastics	Netball	Hockey	Rounders
Year 3 Black – Taught by Sports Coach Green – Taught by Class teacher		Football		Basketball	Handball	SAQ	Athletics	Tag Rugby
		Dance		Netball	Gymnastics	Dodgeball	Tennis	Cricket
Year 4 Black – Taught by Sports Coach Green – Taught by Class teacher		Basketball		Football	Invasion games	Dodgeball	Athletics	Cricket
		Netball		Gymnastics	Dance	Tag Rugby	Badminton	Rounders
Year 5 Black – Taught by Sports Coach Green – Taught by Class teacher		Basketball		Football	Invasion games	Uni - hoc	Athletics	Cricket
		Netball		Dance	Gymnastics	Tag Rugby	Tennis	Rounders
Year 6 Black – Taught by Sports Coach Green – Taught by Class teacher		Basketball		Football	Invasion games	SAQ	Tag Rugby	Cricket
		Netball		Gymnastics	Dance	Badminton	Athletics	Rounders

*In the event of bad weather Invasion games/hockey/dodgeball will be delivered in the hall by sports coach and chess/draughts/yoga/watching sports will be delivered in class by class teacher.

*When the hall is out of use, Matt will deliver cross country running, running games, long and short distance running outside. Class teachers may use their classrooms to teach Wake and Shake, Dance, Yoga or Weekly Warrior type activities.