



PE Long Term Plan 2023/24

2023/2024	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception/ Year 1	Move with Max: The Gruffalo Football (Go Well)	Move with Max: The Gruffalo Dance (Go Well)	Move with Max: Aliens Love Underpants Fundamental Movement Skills (Go Well)	Move with Max: Aliens Love Underpants Gymnastics (Go Well)	Move with Max: Tiny Whale a Fishy Tale Invasion Games (Go Well)	Move with Max: Tiny Whale a Fishy Tale Striking & Fielding Games (Go Well)
Year 1/Year 2	Football (Go Well) Gymnastics – Making Shapes	Dance (Go Well) Games – Ten Point Hoop	Fundamental Movement Skills (Go Well) Dance – Moving Along	Gymnastics (Go Well) Invasion Games – Three Touch Ball	Invasion Games (Go Well) Athletics – Honey Pot Game	Striking & Fielding Games (Go Well) Athletics – Colour Match
Additional Active Opportunities	Fit 4 Life After School Club	Fit 4 Life Escape Room After School Club	Fit 4 Life Silent Disco After School Club	Fit 4 Life Intra-School Competition After School Club	Fit 4 Life After School Club	Fit 4 Life Sports Day After School Club
Inter-School Sporting events throughout the calendar year TBC						



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PE in the Early Years

Aims

Physical Development Areas of Learning

Physical activity is important in children’s all-round development and to enable them to pursue healthy and active lives. Through opportunities to be active, children develop:

- coordination
- control
- precision of movement
- strength
- the habit of exercise
- precision when using small tools correctly

Physical development is split into two categories; Gross Motor and Fine Motor. For the purpose of PE lessons, the main focus will be that of Gross Motor with teacher incorporating Fine Motor into daily activities within the classroom.

EYFS - Content

Gross Motor

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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
- perform dances using simple movement patterns.



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Autumn	Spring	Summer
<p>Move with Max Into the Woods</p> <p>Focus skills:</p> <ul style="list-style-type: none"> • Rolling • Skipping • Jumping • Striking a ball with an implement • Dancing 	<p>Move with Max Up in space</p> <p>Focus skills:</p> <ul style="list-style-type: none"> • Negotiating space and obstacles safely with the consideration of themselves and others. • Running • Skipping • Throwing • Balance 	<p>Move with Max Under the Sea</p> <p>Focus skills:</p> <ul style="list-style-type: none"> • Kicking • Throwing • Jump • Catching • Striking a ball with an implement
Key Vocabulary		
Space, safe, pause, obstacle, skip, dance, strike, equipment, aim, (relevant equipment), routine	Space, obstacle, balance, climb, coordinate, skip, throw, underarm, overarm, aim, (relevant equipment)	Overarm, underarm, right, left, stance, aim, target (relevant equipment)
The Gruffalo by Julia Donaldson	Aliens Love Underpants by Claire Freedman and Ben Cort	Tony Whale A Fishy Tale by Joshua George



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PE in Key Stage 1

Aims
<p>The national curriculum for physical education aims to ensure that all pupils:</p> <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 - Content
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• 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• perform dances using simple movement patterns.



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Autumn 1	Spring 1	Summer 1
Gymnastics – Making Shapes	Dance – Moving Along	Athletics – Honey Pot Game
Key Vocabulary		
Roll, perform, jump, slide, tuck, gallop, bend, apparatus, floor, observe, sequence, heartbeat, relax, stretch	Creative, space, body control, practice, speed, journey, movement, direction, composition, level, stretch	Walking, jogging, running, obstacle, speed, direction, turn, relay, stride, oxygen, performance, analyse
Football (Go Well)	Fundamental Movement Skills – Go Well	Invasion Games – Go Well
Positions, tactics, faint, bounce pass, decision making, communication, support, marking, awareness, co-ordination	Go, stop, move, run, walk, still, stand Space, safe, obstacle, balance, climb, coordinate	Defend, space, shoot, release, score, control, balance
Suggested Texts		
World at Your Feet by Rob Parker	Giraffes Can't Dance by Giles Andreae	She's Got This by Laurie Hernandez
Autumn 2	Spring 1	Summer 1
Games – Ten Points Hoop	Invasion Games – Three Touch Ball	Athletics – Colour Match
Key Vocabulary		
Move, lock, throw, under arm, defend, space, shoot, release, score, control, balance	Receive, shoot, attack, defend, opponent, dodge, score, pass, travel, control, release	Run, hop, catch, skip, step, directions, forwards, backwards, throw, side wards, high, low, accuracy, distance, sprint, fast, height, slow
Dance (Go Well)	Gymnastics (Go Well)	Striking & Fielding Games – Go Well
Character, gesture, communication, props, narrative, choreograph, repetition, action, unison	Floor, mat, sequence, mirror, turn, speed, travel, front support, back support, symmetry, perform, leap, land stretch, balance	Kicking, following, speed, watching, striking, sprint, placement, score, fielding, tactics
Suggested Texts		
Ping vs Pong by Mauro Gatti	Nadia The Girl Who Couldn't Sit Still by Karlin Gray	The Once Upon a Time Map Book by B G Hennessy