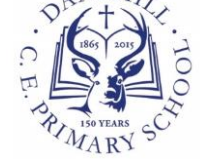




Danehill Church of England Primary School Long-Term Plans for Physical Education

In the Early Years Foundation Stage (EYFS) curriculum, 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. Here is how we intend to deliver this curriculum to our EYFS pupils:

Danehill Long Term Plan – Reception						
Early learning goals for physical development	Autumn 1 Fundamental Movement Skills	Autumn 2 Target Games	Spring 1 Gymnastics	Spring 2 Dance	Summer 1 Evasion Games: Introduction	Summer 2 Athletics
Move with confidence, imagination and in safety						
Move with control and coordination						
Show awareness of space, of themselves and of others						
Recognise the importance of keeping healthy and those things which contribute to this						
Recognise the changes that happen to their bodies when they are active						
Use a range of small and large equipment						
Travel around, under, over and through balancing and climbing equipment						
Handle tools, objects, construction and malleable materials safely and with increasing control						



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In Key Stage 1, 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. Here is how we intend to deliver this curriculum to our Key Stage 1 pupils:

Danehill Long Term Plan - Year 1						
	Autumn 1 Football	Autumn 2 Gymnastics: Floor & ~ Apparatus	Spring 1 Dance	Spring 2 Diversity of Evasion and Non Evasion Games	Summer 1 Fundamental Movement Skills & Target Games	Summer 2 Athletics
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities						
Develop balance, agility and coordination, 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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Danehill Long Term Plan - Year 2						
	Autumn 1 Football	Autumn 2 Gymnastics: Floor & ~ Apparatus	Spring 1 Dance	Spring 2 Diversity of Evasion and Non Evasion Games	Summer 1 Fundamental Movement Skills & Target Games	Summer 2 Athletics
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities						
Develop balance, agility and coordination, 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						

In Key Stage 2, pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link



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them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Here is how we intend to deliver this curriculum to our Key Stage 2 pupils:

Danehill Long Term Plan - Year 3 and 4						
	Autumn 1 Football	Autumn 2 Gymnastics: Floor & ~ Apparatus	Spring 1 Dance	Spring 2 Diversity of Evasion and Non Evasion Games	Summer 1 Fundamental Movement Skills & Target Games	Summer 2 Athletics
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						



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Danehill Long Term Plan - Year 5 and 6						
	Autumn 1 Football	Autumn 2 Gymnastics: Floor & ~ Apparatus	Spring 1 Dance	Spring 2 Diversity of Evasion and Non Evasion Games	Summer 1 Fundamental Movement Skills & Target Games	Summer 2 Athletics
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						



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