



Leigh St Mary's CE Primary School
Whole School Physical Education Long Term Planning

EYFS						
<i>Unit</i>	<i>Travel and Movement</i>	<i>Gymnastics</i>	<i>Ball Skills</i>	<i>Dance</i>	<i>Team Games</i>	<i>Sports Day Activities</i>
Learning Focus	1. Run 2. Jump 3. Travel	1. Strength 2. Balance 3. Shape	1. Throw 2. Catch 3. Travel	1. Move 2. Create 3. Balance	1. Co-operate 2. Space 3. Travel	1. Run 2. Jump 3. Throw
National Curriculum Link	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Demonstrate strength, balance and coordination when playing.	Negotiate space and obstacles safely, with consideration for themselves and others.	Demonstrate strength, balance and coordination.	Negotiate space and obstacles safely, with consideration for themselves and others.	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.



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Year 1						
<i>Unit</i>	Multi-Skills	Dance	Gymnastics	Bat and Ball Skills	Attack and Defence	Invasion Games
<i>Learning Focus</i>	1. Throw 2. Catch 3. Aim	1. Move 2. Create 3. Perform	1. Jump 2. Shape 3. Balance	1. Hold 2. Aim 3. Strike	1. Run 2. Dodge 3. Move	1. Pass 2. Receive 3. Dribble
<i>National Curriculum Link</i>	Master basic movements including throwing and catching.	Perform dances using simple movement patterns.	Master basic movement including jumping, balance, agility and co-ordination.	Master basic movements including throwing and co-ordination.	Master basic movements including running. Develop simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.



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Year 2						
<i>Unit</i>	Fundamental Skills	Circuit	Gymnastics	Dance	Multi-Skills/ Bat and Ball	Invasion Games
<i>Learning Focus</i>	1. Throw 2. Catch 3. Aim	1. Travel 2. Jump 3. Control	1. Jump 2. Shape 3. Balance	1. Move 2. Create 3. Perform	1. Hold 2. Throw 3. Aim	1. Pass 2. Receive 3. Dribble
<i>National Curriculum Link</i>	Master basic movements including throwing and catching.	Master basic movement including running, jumping, balance, agility and co-ordination, individually and with others.	Master basic movement including jumping, balance, agility and co-ordination.	Perform dances using simple movement patterns.	Master basic movements including throwing, catching and co-ordination.	Participate in team games, developing simple tactics for attacking and defending. Engage in competitive and co-operative physical activities in a range of increasingly challenging situations.



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Year 3						
<i>Unit</i>	<i>Invasion Games</i>	<i>Gymnastics</i>	<i>Circuit/Fundamental</i>	<i>Dance</i>	<i>Athletics</i>	<i>Striking and Fielding</i>
<i>Learning Focus</i>	1. Possession 2. Attack 3. Defend	1. Jump 2. Roll 3. Shape	1. Travel 2. Jump 3. Direction	1. Move 2. Create 3. Express	1. Run 2. Jump 3. Throw	1. Throw 2. Catch 3. Strike
<i>National Curriculum Link</i>	Play competitive games, modified where appropriate. Develop technique and control.	Develop flexibility, strength, technique, control and balance.	Use running and jumping in isolation and in combination.	Perform dances using a range of movement patterns.	Develop technique and control. Use throwing and catching in isolation and in combination.	Use running, throwing and catching in isolation and in combination.
<i>Unit</i>		<i>Swimming</i>	<i>Swimming</i>	<i>Swimming</i>	<i>Swimming</i>	
<i>National Curriculum Link</i>		Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.				



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Year 4						
<i>Unit</i>	<i>Invasion Games</i>	<i>Gymnastics - Movement</i>	<i>Dance</i>	<i>Invasion Games</i>	<i>Athletics</i>	<i>Invasion Games</i>
Learning Focus	1. Control 2. Attack 3. Defend	1. Shape 2. Balance 3. Link	1. Create 2. Canon 3. Unison	1. Dribble 2. Pass 3. Aim	1. Run 2. Jump 3. Throw	1. Throw 2. Catch 3. Possession
National Curriculum Link	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance. Learn to link actions and sequences of movement.	Perform dances using a range of movement patterns.	Develop an understanding of how to improve in different physical activities and sports. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Use running, jumping, throwing and catching in isolation and in combination. Develop strength, technique and control.	Develop an understanding of how to improve in different physical activities and sports. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
Possible Modified Game	Football			Hockey Dodgeball		Tag Rugby Dodgeball



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Year 5						
Unit	<i>Invasion Games</i>	<i>Gymnastics - Movement</i>	<i>Dance</i>	<i>Invasion Games</i>	<i>Athletics</i>	<i>Striking and Fielding</i>
Learning Focus	1. Dribble 2. Pass 3. Mark	1. Strength 2. Combine 3. Perform	1. Dynamic 2. Inspire 3. Express	1. Direction 2. Evade 3. Block	1. Throw 2. Run 3. Distance	1. Bowl 2. Strike 3. Catch
National Curriculum Link	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance. Learn to link actions and sequences of movement.	Perform dances using a range of movement patterns. Learn how to evaluate and recognise their own success. Enjoy communicating, collaborating with each other.	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Use running, jumping, throwing and catching in isolation and in combination. Develop strength, technique and control.	Use running, throwing and catching in isolation and in combination. play competitive games, modified where appropriate.
Possible Modified Game	Basketball			Football/ Hockey		Rounders/ Cricket



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Year 6						
<i>Unit</i>	<i>Invasion Games</i>	<i>Dance</i>	<i>Gymnastics - Movement</i>	<i>Invasion Games</i>	<i>Athletics</i>	<i>Striking and Fielding</i>
Learning Focus	1. Pass 2. Move 3. Marking	1. Style 2. Create 3. Improve	1. Control 2. Technique 3. Sequence	1. Move 2. Score 3. Communicate	1. Pace 2. Reaction 3. Control	1. Strike 2. Aim 3. React
National Curriculum Link	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Perform dances using a range of movement patterns. Learn how to evaluate and recognise their own success. Enjoy communicating, collaborating with each other.	Develop flexibility, strength, technique, control and balance. Learn to link actions and sequences of movement. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Use running, jumping, throwing and catching in isolation and in combination. Develop strength, technique and control.	Use running, throwing and catching in isolation and in combination. play competitive games, modified where appropriate.
Possible Modified Game	Netball/ Basketball			Football/ Tag Rugby		Cricket/ Rounders



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	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer2</i>
Rec	Jungle Adventure	Beach Trip	Time Travel	Space Explorers	Fairy Tales	Sporty Heroes
Y1	Fundamentals	Gymnastics	Invasion Games	Net and Wall	Athletics	Striking and Fielding
Y2	Multi-Skills	Gymnastics	Invasion Games	Net and Wall	Athletics	Striking and Fielding
Y3	Invasion Games	Gymnastics	Circuit/Fundamental	Dance	Athletics	Striking and Fielding
Y4	OAA		Gymnastics-Shape and Balance		Net and Wall – Badminton	
Y5	Net and Wall Tennis	Circuit	Gymnastics- Shape and Balance	Dance	Handball	OAA
Y6		Net and Wall Volleyball		Gymnastics- Shape and Balance		OAA