

Green Oaks Primary Academy  
P.E. Long Term Plan 2024-2025

National Curriculum Physical Education			
Pupils should be taught to:	KSI	KS2	All schools must provide swimming instruction either in key stage
<ul style="list-style-type: none"> <li>● Develop competence to excel in a broad range of physical activities</li> <li>● Are physically active for sustained periods of time</li> <li>● Engage in competitive sports and activities</li> <li>● Lead healthy, active lives</li> </ul>	<ul style="list-style-type: none"> <li>● 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</li> <li>● Participate in team games, developing simple tactics for attacking and defending</li> <li>● Perform dances using simple movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>● Use running, jumping, throwing and catching in isolation and in combination</li> <li>● Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</li> <li>● Develop flexibility, strength, technique, control and balance</li> <li>● perform dances using a range of movement patterns</li> <li>● take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>● compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p>In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> <li>● swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>● use a range of strokes effectively</li> <li>● perform safe self-rescue in different water-based situations.</li> </ul>

**Green Oaks Primary Academy**  
**P.E. Long Term Plan 24/25 onwards**

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	use 'Primary PE Planning which are theme based as per PPP LTP					
Year 1 (indoor)	Music and Movement	Develop flexibility/strength (Yoga)	Gymnastics	Improve catching and throwing skills	Dance	Competitive games Boccia
Year 1 (outdoor)	(OAA) Forest School challenges	Competitive games 'Playground Games'	Master basic movements –Agility- Health Related fitness. (FMS)	(FMS) Multi Skills	Competitive games Football	Master basic movements -Striking and fielding
Year 2 (indoor)	Music and Movement	(FMS) Master basic movements – Agility - Health related exercise	Gymnastics	Leadership/Mini Muay Thai	Master basic movements – balance (Yoga)	Dance
Year 2 (outdoor)	Team games 'Invictus/Ball Games'	Team games Rugby	Team games Football	(FMS) - Multi-skills	(FMS) Improve catching and throwing skills	Master basic movements -Striking and fielding
Year 3 (indoor)	(FMS) Multi Skills	Dance	Team games 'Dodgeball.	Gymnastics	Achieving personal best -Health related exercise	Competitive games Boccis/ Kurling
Year 3 (outdoor)	Developing control Hockey	Team games Tag Rugby	(OAA) Orienteering	Team games Basketball	(running, throwing, jumping) Athletics	Striking, Fielding and Catching Cricket
Year 4 (indoor)	(FMS) Multi skills	Develop flexibility/strength (Yoga)	Dance	Gymnastics	Swimming	Achieving personal best – Health related exercise
Year 4 (outdoor)	Developing control Hockey	Team games Tag Rugby	Team games Hi 5 Netball	Team games Basketball	(running, throwing, jumping) Athletics	Striking & Fielding and Catching games (Cricket)
Year 5 (indoor)	Dance	Competitive games Dodge Ball	Swimming	Swimming	Develop flexibility/strength (Yoga)	Gymnastics
Year 5 (outdoor)	(OAA) Orienteering	Team games Tag Rugby	Team games Hi 5 Netball	Team games High 5 Netball	(running, throwing, jumping) Athletics	Striking & Fielding and Catching games (Cricket)
Year 6 (indoor)	Swimming	Swimming	Develop flexibility/strength (Yoga)	Gymnastics	Competitive games Handball	Dance
Year 6 (outdoor)	Team Games Hockey	Team games Tag Rugby	Team games Hi 5 Netball	Achieving Personal Best – Health Related Fitness	(running, throwing, jumping) Athletics	Striking & Fielding and Catching games (Cricket)

