

Green Oaks Primary Academy  
P.E. Long Term Plan 2020-2021

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>

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Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	use 'Power of PE' units to develop skills which are theme based					
Year 1 (indoor)	Dance	Master basic movements – balance (Yoga)	Gymnastics	Team games 'Invictus'	(FMS) Improving agility, balance and co-ordination	Gymnastics
Year 1 (outdoor)	(FMS) Master basic movements – Agility – Health related exercise	Improve catching and throwing skills	Team games	(OAA) Orienteering	(FMS) Master basic movements - Striking and fielding	Improve basic movements - Athletics
Year 2 (indoor)	Dance	Improving agility, balance and co-ordination	(FMS) Improve catching and throwing skills	Gymnastics	Master basic movements – balance (Yoga)	Team games 'Invictus'
Year 2 (outdoor)	(FMS) Master basic movements – Agility - Health related exercise	(OAA) Orienteering	Team games Invasion games	(FMS) - Multi-skills	Improve basic movements - Athletics	Master basic movements -Striking and fielding
Year 3 (indoor)	Dance	Develop flexibility/strength (Yoga)	Competitive games 'Invictus'	Develop control Trigolf	Develop control/balance Gymnastics	Competitive games Handball
Year 3 (outdoor)	Achieving personal best -Health related exercise	Competitive games Football	(OAA) Orienteering	Striking, Fielding and Catching games: Cricket	Competitive games Hockey	(running, throwing, jumping) Athletics
Year 4 (indoor)	Dance	swimming (Wed AM) OR YOGA*	Gymnastics	swimming (Wed AM) OR BADMINTON*	Competitive games 'Invictus'	swimming (Wed AM) OR GYMNASTICS*
Year 4 (outdoor)	Achieving personal best -Health related exercise	Competitive games High 5 netball	swimming (Wed AM) OR ROUNDERS*	(OAA) Orienteering	swimming (Wed AM) OR TENNIS*	(running, throwing, jumping) Athletics
Year 5 (indoor)	Dance	Develop technique/strength Types of training	Gymnastics	Competitive games 'Invictus'	Develop flexibility/strength (Yoga)	Competitive games Multi sports
Year 5 (outdoor)	Achieving personal best -Health related exercise	(OAA) Orienteering	Competitive games Tag rugby	Competitive games High 5 netball	Striking & Fielding and Catching games: Cricket	(running, throwing, jumping) Athletics
Year 6 (indoor)	swimming (Mon PM) OR DANCE*	Dance / *Swimming / *HRE	Gymnastics	Develop flexibility/strength (Yoga) Boccia	Dance	Gymnastics OR SWIMMING*
Year 6 (outdoor)	Develop technique/strength Types of training	Competitive games 'Invictus'	Competitive games Basketball	Competitive games Football	(running, throwing, jumping) Athletics	(OAA) Orienteering

\*Year 4 and Year 6 swimming depends on the opening of pools following on from the Covid-19 Pandemic. Alternative units are in place to continue to ensure breadth and depth of curriculum