

PE Long term plan

Classes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1	<p>Athletics</p> <p>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</p>	<p>Dance</p> <p>Perform dances using simple movement patterns.</p>	<p>Gymnastics</p> <p>Develop balance, agility and co-ordination</p>	<p>Games-Multi skills</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>Games-Multi skills</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>Athletics</p> <p>Danish long ball in preparation for School Games</p> <p>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</p>
Class 2	<p>Athletics</p> <p>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</p>	<p>Dance</p> <p>Perform dances using simple movement patterns.</p>	<p>Gymnastics</p> <p>Develop balance, agility and co-ordination</p>	<p>Games-Multi skills</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>Games-Multi skills</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>Athletics</p> <p>Danish long ball preparation for school Games</p> <p>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</p>
<p>Class 3</p> <p>Swimming</p> <p>Swim competently,</p>	<p>Athletics</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p>Dance</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p>Gymnastics</p> <p>Develop flexibility, strength,</p>	<p>Games-Tennis</p> <p>Take part in outdoor and adventurous activity challenges</p>	<p>Sporting Age/ Games-Basketball</p> <p>Take part in outdoor and adventurous activity</p>	<p>Athletics</p> <p>Develop flexibility, strength,</p>

<p>confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Perform dances using a range of movement patterns</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>both individually and within a team</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>challenges both individually and within a team</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>
<p>Class 4 Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke</p>	<p>Athletics</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Dance</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Perform dances using a range of movement patterns</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Games-Badminton</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p>	<p>Sporting Age/ Games-Hockey</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic</p>	<p>Athletics</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in</p>

<p>and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>				<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>isolation and in combination.</p>
<p>Class 5</p>	<p>Athletics</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Dance</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Perform dances using a range of movement patterns</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Games-Rugby</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Sporting Age/ Games-Cricket</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Athletics</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>