

# PE – Long Term Plan – games/gymnastics/realPE

Autumn 1  
Autumn 2

Spring 1  
Spring 2

Summer 1  
Summer 2



Year group	Autumn	Spring	Summer
Seedlings (N2)	<p><b>Athletics and Games</b></p> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>● Gain control over my whole body by practicing large movements, such as waving, kicking, rolling, crawling and walking</li> <li>● Walk, run, jump and climb</li> <li>● Use stairs independently.</li> <li>● Climb with confidence</li> <li>● Move around the environment with awareness and control.</li> </ul>	<p><b>Gymnastics and Games</b></p> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>● Gain control over my whole body by practicing large movements</li> <li>● Walk, run, jump and climb</li> <li>● Use stairs independently.</li> <li>● Climb with confidence</li> <li>● Move around the environment with awareness and control.</li> </ul>	<p><b>Dance, Athletics and Games</b></p> <p><b>BEING IMAGINATIVE AND EXPRESSIVE</b></p> <ul style="list-style-type: none"> <li>● Show attention to sounds and music.</li> <li>● Move and dance to music.</li> <li>● Anticipate phrases and actions in rhymes.</li> <li>● Take part in action songs.</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>● Gain control over my whole body by practicing large movements, such as waving, kicking, rolling, crawling and walking</li> <li>● Clap and stamp to music</li> <li>● Walk, run, jump and climb</li> </ul>
Acorns (N3)	<p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>● Run with spatial awareness</li> <li>● Climb steps/stairs using alternate feet</li> <li>● Climb, run and jump with confidence</li> <li>● Balance on one foot</li> <li>● Move around spaces with control and co-ordination</li> </ul>	<p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>● Run with spatial awareness</li> <li>● Climb steps/stairs using alternate feet</li> <li>● Climb, run and jump with confidence</li> <li>● Balance on one foot</li> <li>● Move around spaces with control and co-ordination</li> </ul>	<p><b>BEING IMAGINATIVE AND EXPRESSIVE</b></p> <ul style="list-style-type: none"> <li>● Respond to what they have heard, expressing their thoughts and feelings.</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>● Run with spatial awareness                             <ul style="list-style-type: none"> <li>● Negotiates space successfully, adjusting my speed or direction to avoid obstacles</li> <li>● Use and remember sequences and patterns of movements which are related to music and rhythm</li> <li>● Move around spaces with control and co-ordination</li> </ul> </li> </ul>
Reception	<p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>● I can successfully engage in PE lessons showing good coordination, balance and agility</li> <li>● Complete an obstacle course</li> <li>● Balance with confidence</li> <li>● I can demonstrate different ways of moving</li> </ul>	<p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>● Travel over under, around and through balancing and climbing equipment</li> <li>● Showing good coordination, balance and agility</li> <li>● Complete an obstacle course</li> <li>● Balance with confidence</li> <li>● Negotiate space and obstacles in a safe way, both inside and outside</li> <li>● Aware of others around me</li> <li>● Demonstrate different ways of moving</li> </ul>	<p><b>BEING IMAGINATIVE AND EXPRESSIVE</b></p> <ul style="list-style-type: none"> <li>● Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li> <li>● Explore and engage in music making and dance, performing solo or in groups.</li> <li>● Listen attentively, move to and talk about music, expressing their feelings and responses.</li> <li>● Watch and talk about dance and performance art, expressing their feelings and responses.</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>● Coordination, balance and agility</li> <li>● Different ways of moving</li> </ul>
Year 1	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>● Run at different speeds</li> <li>● Jump from a standing position</li> <li>● Throw objects with one hand.</li> </ul> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>● Stop a ball with control and send it in a different direction.</li> <li>● Send and receive a ball.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>● Perform basic gymnastic actions (traveling, rolling and jumping)</li> <li>● Manage the space safely.</li> <li>● Create simple movement phrases.</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>● Develop control and accuracy actions for rolling, underarm throwing, striking a ball and kicking.</li> </ul>	<p><b>Net and wall games –</b></p> <ul style="list-style-type: none"> <li>● Stop, control and send a ball in a different direction</li> <li>● Rolling, underarm throwing, striking a ball and kicking a ball.</li> </ul> <p><b>Athletics – sports day</b></p> <ul style="list-style-type: none"> <li>● run at different speeds</li> <li>● jump from a standing position</li> </ul>

# PE – Long Term Plan – games/gymnastics/realPE

Autumn 1  
Autumn 2

Spring 1  
Spring 2

Summer 1  
Summer 2



Year group	Autumn	Spring	Summer
	<p><b>Personal Skills - Unit 1</b></p> <ul style="list-style-type: none"> <li>• develop perseverance and independence</li> <li>• To follow instructions and ask for help when needed</li> </ul> <p><b>Social Skills - Unit 2</b></p> <ul style="list-style-type: none"> <li>• Taking turns and working well with others</li> </ul>	<p><b>Cognitive Skills - Unit 3</b></p> <p><b>Real Gym</b></p> <ul style="list-style-type: none"> <li>• think about how I can improve my skills</li> </ul> <p><b>Creative Skills - Unit 4</b></p> <p><b>Real PE</b></p> <ul style="list-style-type: none"> <li>• Explore and describe different movements</li> </ul>	<ul style="list-style-type: none"> <li>• throw objects with one hand</li> </ul> <p><b>Physical Skills</b></p> <p><b>Real Dance -Unit 1</b></p> <ul style="list-style-type: none"> <li>• Perform a sequence of movements with changes in level, direction, speed and shape</li> </ul> <p><b>Health and Fitness - Unit 6</b></p> <ul style="list-style-type: none"> <li>• Know the impact of good health and exercise on my body</li> </ul>
Year 2	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Change speed whilst running.</li> <li>• Jump accurately from a standing position.</li> <li>• Throw with one hand.</li> </ul> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>• Catch a ball with control and pass it to someone else.</li> <li>• Develop simple tactics for attacking and defending</li> <li>• Rolling, throwing, striking, kicking, catching and gathering skills.</li> </ul> <p><b>Personal Skills - Unit 1</b></p> <ul style="list-style-type: none"> <li>• To persevere and challenge myself, independently.</li> <li>• To follow instructions and know who to ask for help</li> </ul> <p><b>Social Skills -Unit 2</b></p> <ul style="list-style-type: none"> <li>• Taking turns and working well with others,</li> <li>• To communicate well with others and giving feedback.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Perform a variety of actions with increasing control including a sequence.</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>• Catching and passing with control</li> <li>• Simple tactics for attacking and defending</li> </ul> <p><b>Cognitive Skills - Unit 3</b></p> <p><b>Real Gym</b></p> <ul style="list-style-type: none"> <li>• think about how I can improve my skills</li> <li>• To explain what I and my peers are doing well and begin to identify areas for improvement.</li> </ul> <p><b>Creative Skills - Unit 4</b></p> <p><b>Real PE</b></p> <ul style="list-style-type: none"> <li>• Explore and describe different movements</li> <li>• Compare my movements to those of others</li> </ul>	<p><b>Net and Wall Games</b></p> <ul style="list-style-type: none"> <li>• Catching and passing with control</li> <li>• Simple tactics for attacking and defending</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>• catching and passing with control</li> <li>• simple tactics for attacking and defending</li> <li>•</li> </ul> <p><b>Athletics– sports day</b></p> <ul style="list-style-type: none"> <li>• Catching and passing with control</li> <li>• Simple tactics for attacking and defending</li> <li>• Change speed whilst running.</li> <li>• Jump accurately from a standing position.</li> <li>• Accurately throw with one hand.</li> </ul> <p><b>Physical Skills</b></p> <p><b>Real Dance -Unit 1</b></p> <ul style="list-style-type: none"> <li>• Perform a sequence of movements with changes in level, direction, speed, shape and some control</li> </ul> <p><b>Health and Fitness -Unit 6</b></p> <ul style="list-style-type: none"> <li>• Say how my body feels during and after exercise</li> </ul>

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Autumn 1  
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Spring 1  
Spring 2

Summer 1  
Summer 2



Year group	Autumn	Spring	Summer
<b>Year 3</b>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Change speed and direction whilst running.</li> <li>• Running jump</li> <li>• Range of throwing actions</li> </ul> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>• Receiving and travelling with a ball</li> <li>• Understand tactics for attacking and defending</li> <li>• Use strategies to develop challenge opponent</li> </ul> <p><b>Personal Skills - Unit 1</b></p> <ul style="list-style-type: none"> <li>• To persevere and view this as an opportunity to improve.</li> </ul> <p><b>Social Skills - Unit 2</b></p> <ul style="list-style-type: none"> <li>• Work well with others,</li> <li>• To communicate well with others and give positive feedback to keep others motivated</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Variety of rolls</li> <li>• Control speed, level and direction in sequences</li> </ul> <p>Work with peers to improve sequence</p> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>• Batting, bowling and fielding</li> <li>• Receiving and travelling with a ball</li> <li>• Understand tactics for attacking and defending</li> <li>• Use strategies to develop challenge opponent</li> </ul> <p><b>Cognitive Skills - Unit 3</b></p> <p><b>Real Gym</b></p> <ul style="list-style-type: none"> <li>• order instructions, movements and skills</li> <li>• To explain what I and my peers are doing well and begin to identify areas for improvement.</li> </ul> <p><b>Creative Skills - Unit 4</b></p> <p><b>Real PE</b></p> <p>Explore and describe different movements and skills, and compare my movements to those of others</p>	<p><b>Net and wall games</b></p> <ul style="list-style-type: none"> <li>• Using a tennis racquet</li> <li>• send a ball to opponent</li> </ul> <p>use forehand and back hand</p> <p><b>Striking and fielding games - rounders'</b></p> <ul style="list-style-type: none"> <li>• Batting, bowling and fielding</li> <li>• Receiving and travelling with a ball</li> <li>• Understand tactics for attacking and defending</li> <li>• Use strategies to develop challenge opponent</li> </ul> <p><b>Athletics – sports day</b></p> <ul style="list-style-type: none"> <li>• Apply athletic skills in sports day Running jump</li> <li>• Range of throwing actions</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>• Develop confidence in the water</li> <li>• using a range of strokes</li> <li>• Safe self-rescue</li> </ul> <p><b>Physical Skills</b></p> <p><b>Real Dance</b></p> <ul style="list-style-type: none"> <li>• Perform longer sequences with clear shapes and controlled movement</li> </ul> <p><b>Health and Fitness - Unit 6</b></p> <ul style="list-style-type: none"> <li>• Use equipment appropriately and move and land safely.</li> <li>• To explain how often and how long I should exercise to be healthy</li> </ul>

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Autumn 1  
Autumn 2

Spring 1  
Spring 2

Summer 1  
Summer 2



Year group	Autumn	Spring	Summer
Year 4	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Know when to change speed for different running events</li> <li>running jump with accurate landing</li> <li>adapt throwing techniques according to the event</li> </ul> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>Catch and control a ball when moving using hands and ball</li> <li>Pass accurately</li> <li>Explain tactics</li> </ul> <p><b>Personal Skills - Unit 1</b></p> <ul style="list-style-type: none"> <li>To persevere and view this as an opportunity to improve.</li> </ul> <p><b>Social Skills - Unit 2</b></p> <ul style="list-style-type: none"> <li>Know when I have mastered a skill and when to move on</li> <li>To communicate well with others and give positive feedback to keep others motivated</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Perform rolls with control and accuracy</li> <li>Develop longer movements phrases and sequences</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>Catch and control a ball when moving</li> <li>Pass accurately</li> <li>Explain tactics</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>swim at least 25 metres</li> <li>use a range of strokes effectively</li> <li>safe self-rescue in a range of water based situations</li> </ul> <p><b>Cognitive Skills - Unit 3</b></p> <p><b>Real Gym</b></p> <ul style="list-style-type: none"> <li>To explain what I am doing well.</li> <li>To begin to order instructions, movements and skills</li> </ul> <p><b>Creative Skills - Unit 4</b></p> <p><b>Real PE</b></p> <ul style="list-style-type: none"> <li>Compare my movements and skills with those of others. Change or adapt my movements according to the task or situation</li> </ul>	<p><b>Net and wall games</b></p> <ul style="list-style-type: none"> <li>Using a tennis racquet</li> <li>accurately send a ball to opponent</li> <li>explain how tactics differ</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>Catch and control a ball when moving</li> <li>Pass accurately</li> <li>Explain tactics</li> </ul> <p><b>Athletics – sports day</b></p> <ul style="list-style-type: none"> <li>Catch and control a ball</li> <li>Accurately throw a ball</li> <li>Strike a ball with accuracy</li> </ul> <p><b>Physical Skills</b></p> <p><b>Real Dance</b></p> <ul style="list-style-type: none"> <li>Perform longer sequences with clear shapes and controlled movement</li> <li>Perform a variety of movements and skills with good body tension</li> <li>Link actions together so they flow</li> </ul> <p><b>Health and Fitness - Unit 6</b></p> <ul style="list-style-type: none"> <li>Use equipment appropriately and move and land safely.</li> <li>To explain how and why my body changes before and after exercise</li> </ul>
Year 5	<p><b>Athletics</b></p> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>Accurately pass and send a ball when moving</li> <li>Apply tactics and rules to a range of games</li> <li>Use a range of techniques when passing</li> </ul> <p><b>Personal Skills - Unit 1</b></p> <ul style="list-style-type: none"> <li>see all new challenges as opportunities to learn and develop</li> <li>to cope well and react positively when things become difficult</li> </ul> <p><b>Social Skills - Unit 2</b></p> <ul style="list-style-type: none"> <li>Negotiate and work well with others</li> <li>Give and receive sensitive feedback to improve myself and others</li> <li>Help organise roles and responsibilities and guide a small group through a task</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Perform a range of rolls inc backwards</li> <li>Develop longer more varied sequences with smooth transitions</li> <li>Work with others to develop sequences including apparatus</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>Strike a ball with intent and throw more accurately when bowling and fielding</li> <li>Play competitively</li> </ul> <p><b>Cognitive Skills - Unit 3</b></p> <p><b>Real Gym</b></p> <ul style="list-style-type: none"> <li>Suggest patterns of play which will increase chances of success</li> <li>Use space/others to make good decisions</li> </ul> <p><b>Creative Skills - Unit 4</b></p> <p><b>Real PE</b></p>	<p><b>Net and wall games</b></p> <ul style="list-style-type: none"> <li>Accurately send a ball when moving</li> <li>Apply tactics and rules to a range of games</li> <li>Use a range of techniques when sending a ball</li> <li>Strike a ball with intent</li> <li>Play competitively</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>Strike a ball with intent and throw more accurately when bowling and fielding</li> <li>Play competitively</li> </ul> <p><b>Athletics – sports day</b></p> <ul style="list-style-type: none"> <li>Strike a ball with intent and throw more accurately</li> <li>Play competitively</li> </ul> <p><b>Physical Skills</b></p> <p><b>Real Dance</b></p> <ul style="list-style-type: none"> <li>Perform connect a variety of movements and skills together accurately</li> </ul>

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Autumn 1      Spring 1      Summer 1  
 Autumn 2      Spring 2      Summer 2



Year group	Autumn	Spring	Summer
		<ul style="list-style-type: none"> <li>Think tactfully to make activities more fun or more challenging</li> <li>Respond imaginatively to different situations</li> </ul>	<ul style="list-style-type: none"> <li>Perform a range of skills fluently and accurately in practice and performance situations</li> </ul> <p><b>Health and Fitness - Unit 6</b></p> <ul style="list-style-type: none"> <li>Record and monitor how hard I am working</li> <li>Explain how often and how long I should exercise to be healthy</li> </ul>
Year 6	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Improve and sustain a running techniques across a range of events.</li> <li>Apply jumping and throwing techniques across a range of events and supports</li> </ul> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>dribbling skills</li> <li>changing tactics to improve performance</li> </ul> <p><b>Personal Skills - Unit 1</b></p> <ul style="list-style-type: none"> <li>see all new challenges as opportunities to learn and develop</li> <li>to cope well and react positively when things become difficult</li> </ul> <p><b>Social Skills - Unit 2</b></p> <ul style="list-style-type: none"> <li>Negotiate and work well with others</li> <li>Give and receive sensitive feedback to improve myself and others</li> <li>Help organise roles and responsibilities and guide a small group through a task</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>perform a range of rolls with different entrances and exists</li> <li>perform a sequence with precision control and fluency</li> <li>vary speed level and direction</li> <li>evaluate and adapt with peers</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>different ways of bowling</li> <li>changing tactics to improve performance</li> <li>show tactical awareness and knowledge of cricket including rules and scoring</li> </ul> <p><b>Cognitive Skills - Unit 3</b></p> <p><b>Real Gym</b></p> <ul style="list-style-type: none"> <li>Suggest patterns of play which will increase chances of success</li> <li>Use space/others to make good decisions</li> </ul> <p><b>Creative Skills - Unit 4</b></p> <p><b>Real PE</b></p> <ul style="list-style-type: none"> <li>Think tactfully to make activities more fun or more challenging</li> <li>Respond imaginatively to different situations</li> </ul>	<p><b>Net and wall games</b></p> <ul style="list-style-type: none"> <li>forehand and backhand</li> <li>changing tactics to improve performance</li> <li>show tactical awareness and knowledge of tennis including rules and scoring</li> </ul> <p><b>Striking and fielding games - rounders'</b></p> <ul style="list-style-type: none"> <li>different ways of bowling</li> <li>changing tactics to improve performance</li> <li>show tactical awareness and knowledge of cricket including rules and scoring</li> </ul> <p><b>Athletics – sports day</b></p> <ul style="list-style-type: none"> <li>Improve and sustain a running techniques across a range of events.</li> <li>Apply jumping and throwing techniques across a range</li> <li>Play competitively</li> </ul> <p><b>Real dance - Physical Skills</b></p> <ul style="list-style-type: none"> <li>Connect a variety of movements and skills together accurately                         <ul style="list-style-type: none"> <li>Perform a range of skills fluently and accurately</li> </ul> </li> </ul> <p><b>Health and Fitness - Unit 6</b></p> <ul style="list-style-type: none"> <li>Record and monitor how hard I am working</li> <li>Explain how often and how long I should exercise to be healthy</li> </ul>

## National Curriculum

**Statutory ELG:** Moving and Handling: Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Statutory ELG: Fine Motor Skills Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; Use a range of small tools, including scissors, paint brushes and cutlery; Begin to show accuracy and care when drawing

**KS1:** 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. Pupils should be taught to 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. Participate in team games, developing simple tactics for attacking and defending.

**KS2:** Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. 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. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Compare their performances with previous ones and demonstrate improvement to achieve their personal best

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Autumn 1

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Autumn 2

Spring 2

Summer 2



At Dallam pupils are given the opportunity to apply the above through a variety of games, such as football, hockey, cricket, tennis, rounders', rugby. They learn that skills can be transferred through a variety of sports