

Ramshaw Primary School

KS1/KS2 Physical Education Long Term Plan

Year Group / Cycle	Autumn	Spring	Summer
KS1			
Year 1/2 Cycle A	<p>Fundamental Movement Skills NC Ref: 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 Resource Suggestion: Move with Max/The Power of PE</p> <p>Dance NC Ref: perform dances using simple movement patterns. Core Task Suggestion: How does it feel?</p>	<p>Gymnastics NC Ref: develop agility, balance and co-ordination and begin to apply these in a range of activities Core Task Suggestion: Making Shapes</p> <p>Athletics NC Ref: master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities Core Task Suggestion: Off, Up and Away</p>	<p>Outdoor & Adventure NC Ref: engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Core Task Suggestion: Gone Fishing</p> <p>Striking and Fielding Games NC Ref: participate in team games, developing simple tactics for attacking and defending Core Task Suggestion: Kick Rounders</p>
Year 1/2 Cycle B	<p>Fundamental Movement Skills NC Ref: 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 Resource Suggestion: Move with Max/The Power of PE</p> <p>Dance NC Ref: perform dances using simple movement patterns. Core Task Suggestion: Cat Dance</p>	<p>Gymnastics NC Ref: develop agility, balance and co-ordination and begin to apply these in a range of activities Core Task Suggestion: Families of Actions</p> <p>Athletics NC Ref: master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities Core Task Suggestion: Colour Match</p>	<p>Outdoor & Adventure NC Ref: engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Core Task Suggestion: Where are we going?</p> <p>Net/Wall Games NC Ref: participate in team games, developing simple tactics for attacking and defending Core Task Suggestion: Mini Tennis 1</p>
LKS2			
Year 3/4 Cycle A	<p>Invasion Games – Rugby NC Ref: play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Grid Rugby</p> <p>Athletics - Sportshall NC Ref:.use running, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Faster, Higher, Further</p>	<p>Swimming NC Ref: 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. compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Durham County Council Swimming Instructor/ School Swimming Instructor Delivery</p>	<p>Dance NC Ref: Perform dances using a range of movement patterns develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Machines</p> <p>Outdoor and Adventure NC Ref:.Take part in adventurous and outdoor activity challenges both individually and as part of a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Where Am I?</p>
Year 3/4 Cycle B	<p>Invasion Games - Basketball NC Ref: play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Three Touch Ball</p> <p>Gymnastics NC Ref:. develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Unit 4 Tasks 1 & 2</p>	<p>Swimming NC Ref: 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. compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Durham County Council Swimming Instructor/ School Swimming Instructor Delivery</p>	<p>Net/Wall Games – Tennis NC Ref: play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Mini Tennis 2</p> <p>Striking and Fielding – Games for Understanding - Cricket NC Ref: play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Zone Cricket</p>
UKS2			
Year 5/6 Cycle A	<p>Swimming NC Ref: 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. compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Durham County Council Swimming Instructor/ School Swimming Instructor Delivery</p>	<p>Invasion Games – Rugby NC Ref: play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Tag Rugby</p> <p>Athletics - Sportshall NC Ref:.use running, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance</p>	<p>Striking and Fielding – Games for Understanding - Rounders NC Ref: play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Zone Rounders</p> <p>Outdoor and Adventure NC Ref:.Take part in adventurous and outdoor activity challenges both individually and as part of a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Beat the Clock</p>

		compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Distance Challenge	
Year 5/6	<p>Swimming NC Ref: 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. compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Durham County Council Swimming Instructor/ School Swimming Instructor Delivery</p>	<p>Invasion Games – Netball NC Ref: play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Fives and Threes</p> <p>Gymnastics NC Ref.: develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Unit 5 Tasks 1 & 2</p>	<p>Dance NC Ref: Perform dances using a range of movement patterns develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: Indian Delight</p> <p>Net/Wall Games – Badminton NC Ref: play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. Core Task Suggestion: What a Racket!</p>

Competition

Competitive challenges will be included within lessons for all children to compete to improve their personal best as well as against each other and in teams.

At the end of each term, an intra school competition will take place between the School House Teams with the results of this awarded points that will feed into our School Games Day at the end of the Summer Term.

KS2 children will also take part in competitive events organised through our School Sport Partnership with Staindrop Academy and our School Games Organiser for the Wear Valley and Teesdale Area.