

Glaisdale & Castleton Primary School – Long Term Plan

This document should be used in conjunction with the progression of skills document: [PE progression document.docx](#)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>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.</i>						
Explorers/Acorns (KS1)	Invasion Games - participate in team games, developing simple tactics for attacking and defending	Dance -perform dances using simple movement patterns	Gymnastics - developing balance, agility and co-ordination	Archery/Orienteering- outdoor learning experience which is adventurous and builds self-confidence, problem solving & communication skills.	Swimming - use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) -perform safe self-rescue in different water-based situations	
					Athletics - master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities	Biking -outdoor learning experience which is adventurous and builds self-confidence. Striking & Fielding - master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities
<i>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</i>						
Adventurers/Oaks (KS2)	Invasion Games - 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	Dance -perform dances using a range of movement patterns - compare their performances with previous ones and demonstrate improvement to achieve their personal best	Gymnastics - develop flexibility, strength, technique, control and balance - compare their performances with previous ones and demonstrate improvement to	Archery/Orienteering- take part in outdoor and adventurous activity challenges both individually and within a team. - Problem solving, stamina, communication skills developed.	Swimming -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	
					Athletics -use running, jumping, throwing and catching in isolation and in combination	Biking - take part in outdoor and adventurous activity challenges both individually and within a team

			achieve their personal best			Striking & Fielding - play competitive games, modified where appropriate (for example, cricket), and apply basic principles suitable for attacking and defending
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