

## Long Term Plan 2021-2022

### Pupils should be taught to:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Taught by Bradley

Taught by Teacher

### KS1

- 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
- Perform dances using simple movement patterns

### KS2

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principle suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception						
Year 1	Hockey	Basketball Working with Others	Gymnastics Throwing and Catching	Football Orienteering	Athletics Ball & Racket Skills	Rounders/Cricket Dance
Year 2	Hockey	Basketball Working with Others	Gymnastics Throwing and Catching	Football Orienteering	Athletics Ball & Racket Skills	Rounders/Cricket Dance
Year 3	Hockey	Basketball Invasion Games	Gymnastics Handball	Football Orienteering	Athletics Tennis	Rounders/Cricket Dance
Year 4	Hockey	Basketball Invasion Games	Gymnastics Handball	Football Orienteering	Athletics Tennis	Rounders/Cricket Dance
Year 5	Hockey	Basketball Invasion Games	Gymnastics Handball	Football Orienteering	Athletics Tennis	Rounders/Cricket Dance
Year 6	Hockey	Basketball Invasion Games	Gymnastics Handball	Football Orienteering	Athletics Tennis	Rounders/Cricket Dance