

Oakridge Community Primary School – Physical Education 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
<p><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></p>						
<p>Acorn Class (EYFS/KS1)</p>	<p>Gymnastics - developing balance, agility and co-ordination</p>	<p>Dance -perform dances using simple movement patterns</p>	<p>Orienteering- outdoor learning experience which is adventurous and builds self-confidence, problem solving & communication skills.</p>	<p>Archery - developing coordination, control and focus.</p>	<p>Swimming - use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) -perform safe self-rescue in different water-based situations</p>	
	<p>Striking & Fielding - master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities</p>	<p>Invasion Games - participate in team games, developing simple tactics for attacking and defending</p>	<p>Invasion Games - participate in team games, developing simple tactics for attacking and defending</p>	<p>Striking & Fielding - master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities</p>	<p>Biking -outdoor learning experience which is adventurous and builds self-confidence.</p>	<p>Athletics - master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities</p>
<p><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></p>						
<p>Oak Class (KS2)</p>	<p>Gymnastics - develop flexibility, strength, technique, control and balance - compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Dance -perform dances using a range of movement patterns - compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Orienteering- take part in outdoor and adventurous activity challenges both individually and within a team. - Problem solving, stamina, communication skills developed.</p>	<p>Invasion Games (basketball/netball) - play competitive games, modified where appropriate [for example, dodgeball, rugby basketball, football, hockey and netball], and apply basic principles suitable for attacking and defending</p>	<p>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</p>	

	<p>Striking & Fielding (bat focus) play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p>Invasion Games (rugby/dodgeball) - play competitive games, modified where appropriate [for example, dodgeball, rugby basketball, football, hockey and netball], and apply basic principles suitable for attacking and defending.</p>	<p>Invasion Games (football/hockey) - play competitive games, modified where appropriate [for example, dodgeball, rugby basketball, football, hockey and netball], and apply basic principles suitable for attacking and defending</p>	<p>Striking & Fielding (racket focus) - play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p>Biking - Develop control and coordination. - Build self-confidence - Compete against personal best and others'</p>	<p>Athletics -use running, jumping, throwing and catching in isolation and in combination</p>
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