



Sacred Heart Catholic Primary School PE Long Term Plan



Striving for a successful future with Christ as our example.
As athletes, we are...

Loving

Committed

Ambitious

Resilient

Collaborative

Active

Statement of Intent

At Sacred Heart it is our intention that P.E will be delivered via high quality lessons that are fun, engaging and inspire all pupils to lead physically active lives. We aim to provide opportunities for pupils to become physically confident in a way that supports their health and fitness, whilst boosting self-confidence, self-esteem and supporting the development of social skills. We are aware that research has shown a direct link between children's physical and mental health and therefore we aim to provide experiences that will inspire pupils to not only develop physically but ensure mental wellbeing and a desire to succeed. We want children to have opportunities to take part in competitive activities in order to build character and help embed values such as fairness and respect. We have strong links with our other trust schools and have an established program of sporting competitions which children take part in across the year.

National curriculum guidance:

Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- 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.

Physical Development
ELG: Gross Motor Skills

Children will negotiate space and obstacles safely, with consideration for themselves and others.
Children will demonstrate strength, balance and coordination when playing.
Children will move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Expressive Arts and Design
ELG: Being Imaginative and Expressive

Children will perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.

Subject Content for 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
- perform dances using simple movement patterns.

Subject Content for KS2

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.

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]
- 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.

Swimming and water safety.

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- 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.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS/Y1	<p>Gymnastics: Gym in the Jungle</p> <p>Children will learn to move and balance like different jungle animals. They will be experimenting with moving around, under, through, and over small and large equipment. Finally, they will be creating their own gymnastic sequence.</p>	<p>Dance: Starry Skies</p> <p>Children will learn to dance on their own, with partners and in groups. They make shapes with objects, their bodies and others, hold them and move in them.</p>	<p>Games: Best of Balls</p> <p>Children will learn basic ball skills. They will practise and develop skills which include controlling a ball, rolling and throwing a ball, bouncing a ball, kicking a ball, catching a ball and striking a ball.</p>	<p>Multi-Skills: Throwing and Catching</p> <p>They will learn to apply their ball skills to activities on their own, with a partner and in a group. The children will also gain experience playing simple team games, following rules, competing, and supporting each other to win</p>	<p>Gymnastics: Traditional Tales</p> <p>Children will learn and practise a variety of gymnastic skills, including travelling movements, rolls, jumps and balances. Each lesson is based on a different traditional tale, and provides opportunities for children to develop control, agility and coordination.</p>	<p>Multi-Skills: Running and Jumping</p> <p>Children will learn different ways of travelling and different types of jumps. The unit builds on the children's knowledge of jumping by looking at jumping for distance and height.</p>
EYFS Early adopter	<p><u>ELG</u></p> <p>Children will negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Children will move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p><u>ELG</u></p> <p>Children will perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.</p>	<p><u>ELG</u></p> <p>Children will negotiate space and obstacles safely, with consideration for themselves and others.</p>	<p><u>ELG</u></p> <p>Children will demonstrate strength, balance and coordination when playing.</p> <p>Children will negotiate space and obstacles safely, with consideration for themselves and others.</p>	<p><u>ELG</u></p> <p>Children will negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Children will move energetically, such as, jumping, dancing, hopping and skipping.</p>	<p><u>ELG</u></p> <p>Children will negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Children will move energetically, such as running, jumping and hopping.</p>

NC statements	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.	Perform dances using simple movement patterns.	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.	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.	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.	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.
Competition				Intra School Multiskills EYFS/Y1		Whole School Sports Day

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Year 2	Gymnastics: Shape	Multiskills – bat and ball	Skipping	Invasion games	Dance: Plants	Throwing and catching
	<p>Children will learn to make the basic body shapes in gymnastics. The children will make static shapes, shapes in the air, symmetrical shapes and shapes incorporating rhythmic gymnastics apparatus. They will put together sequences involving body shapes and other gymnastic movement such as jumping.</p>	<p>Children will develop their skills using a tennis racket and a cricket bat. They will develop their striking skills from hitting a stationary ball to one that has been thrown or rolled by a partner. Children will learn to use simple tactics in tennis and cricket and apply them in small-sided games.</p>	<p>Children will learn individual skipping skills before progressing on to learn partner moves and long rope skipping skills. Children will have the opportunity to practise these skills in order to improve speed and execution.</p>	<p>Children will further develop their understanding of the basic and fundamental principles of invasion games such as attacking, defending, scoring and teamwork. They will learn how to dribble with a football and to pass and receive the ball.</p>	<p>Children will explore movements based on working in the garden, different types of seeds and how plants grow. Throughout the unit, children will dance on their own, with partners and in groups. This unit also teaches children the importance of determination, teamwork and respect.</p>	<p>Children will learn to throw and catch while moving both in isolation and with a partner. They will learn to roll a ball with the right amount of force to hit a target and to stop it dead with their hands. They learn to bounce a ball whilst running.</p>
NC statements	<p>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</p>	<p>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</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>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</p>	<p>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</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>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</p> <p>Perform dances using simple movement patterns.</p>	<p>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</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>
Competition				<p>Year 2 multiskills – 10th March Year 2 skipping festival (MAR)</p>		

Year 3	Year 3 Athletics	Gymnastics: Movement	Invasion games	Dance: Extreme Earth	Outdoor Adventures	Striking and Fielding: Fundamentals
	<p>Children will learn about effective sprint and throwing techniques, including over-arm and under-arm examples and optimal methods for sprinting over obstacles. They will also learn the best way to throw a shot-put (push throw) and how to do a standing long jump.</p>	<p>The children will learn pike jumps, straight jump half-turns, cat leaps, forward rolls from standing, tucked backward rolls, and chassis steps while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully.</p>	<p>Children will learn fundamentals of invasion games such as how to pass, receive and travel with the ball as well as tackle and shoot. They will develop their understanding of the principles of attacking and defending in a variety of invasion games.</p>	<p>Children will expand their range of skills linked to the art of dance, producing an interesting dance phrase to represent a montage of natural disasters. The children will learn to use improvisation; design their own dance moves; link and combine movements; perform with expression; and create a dance phrase applying their newly developed skills.</p>	<p>Children will be introduced to the fundamental principles of outdoor adventurous activities, such as teamwork, problem-solving and understanding maps. The children will work as part of a team to solve a range of problems and will learn how to give and receive directions using appropriate directional language. They will develop their understanding of maps by using symbols and a key as well as learning how to orientate a map.</p>	<p>Children will learn the skills needed to play striking and fielding games. They will learn how to catch and throw across different distances. They will develop their cooperation skills, exploring how team work helps to prevent the opposition from scoring points.</p>
<p>NC statements</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p>	<p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] .</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders</p>	<p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Perform dances using a range of movement patterns.</p>	<p>Take part in outdoor and adventurous activity challenges.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders</p>

	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		and tennis], and apply basic principles suitable for attacking and defending.			and tennis], and apply basic principles suitable for attacking and defending.
Competition	Year 3 Athletics 22 nd October					Whole School Sports Day
Year 4	Tag Rugby	Gymnastics: Movement	Skipping	Dance: Romans	Year 4 Athletics	Outdoor Adventurous Activities
	Children will learn the skills needed to play both defensively and offensively as a tag rugby player. The children will learn how to catch and throw while both stationary and on the move. They will develop their skills of tagging and sidestepping as well as making tactical decisions about when to make passes and tags.	Children will learn how to perform a variety of floor and vault movements. The children will learn straight jump full turns, cat leap half turns, straddle rolls, and lunges into cartwheels while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully.	Children will revisit the skills they learnt in year 2 and focus on improving the speed and refining their execution of each skipping skill. Children will learn to combine the skills they have been taught into a skip dance which they will perform at an inter school competition.	Children will learn a variety of dance techniques, taking inspiration from the topic of the Romans. Children will use dance techniques and styles to represent and communicate ideas about the Roman time period.	Children will have the opportunity to develop their existing running, jumping and throwing skills. They will be refining their sprint technique, working as a relay team and practising an effective baton changeover. They will learn the technique for throwing the javelin (pull throw) and how to do the standing triple jump. The unit culminates in a class pentathlon that the children will compete in.	Children will develop their problem-solving skills whilst working in small teams and acquiring new leadership skills. Whilst taking part in these OAA PE lessons children will learn how to navigate around both a familiar and unfamiliar space, whilst developing basic map-reading skills.
NC statements	Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Use running, jumping, throwing and catching in isolation and in combination.	Take part in outdoor and adventurous activity challenges

	where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.		Perform dances using a range of movement patterns	Perform dances using a range of movement patterns	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.	
Competition			Year 4 skipping festival (FEB)		Year 4 Athletics 6 th May	Whole School Sports Day
Year 5	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Children will attend weekly swimming lessons provided by Wakefield council. These sessions follow their School Swimming Programme which is a bespoke programme which is divided into ability categories. Each stage has been developed covering the core elements of aquatic fundamentals, swimming stroke development and Sport England's movement literacy guidelines.					
NC statements	Pupils will swim competently, confidently and proficiently over a distance of at least 25 metres. Pupils will use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Pupils will perform safe self-rescue in different water-based situations.					
Competition	Year 5 fun run (1 st October)					Whole School Sports Day

Year 6	Invasion Games	Gymnastics: Movement	Tag Rugby	Dance: Haka	Athletics	Striking and Fielding: Rounders
	<p>Children will revisit the fundamental skills needed to play a range of invasion games, such as dribbling with the ball, passing and keeping possession. They will also learn: Attacking skills, such as shooting and changing direction with the ball. Defending skills such as shadowing and tackling are also covered.</p>	<p>Children will learn stag leaps, dive forward rolls, hurdle steps into cartwheels, and round-offs while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully.</p>	<p>Children will revisit the skills needed to play both defensively and offensively as a tag rugby player. They will develop their skills of tagging and sidestepping as well as making tactical decisions about when to make passes and tags. Children will apply their skills in an inter-school tag rugby competition.</p>	<p>Children will learn about the origins of the Haka in Maori culture. They will perform some original movements including movement in cannon and in unison. They will develop their own movements to create an original dance which will be performed to others.</p>	<p>Children will revisit a range of athletic disciplines and events including the sprint technique and relay running, hurdling technique and the standing long jump and triple jump. They will learn techniques to improve middle and long distance running and the heave throw technique. Children will be given an opportunity to lead different activities as well as evaluating their own and others' performances.</p>	<p>Children will learn the skills players need to play striking and fielding games and apply these in games such as rounders. They will develop tactical skills, understanding effective ways to 'run the points'. Children will have the opportunity to take part in a skills circuit.</p>
<p>NC statements</p>	<p>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</p>	<p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p>	<p>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</p>	<p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Perform dances using a range of movement patterns</p>	<p>Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Compare their performances with previous ones and demonstrate</p>	<p>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</p>

	for attacking and defending.		for attacking and defending.		improvement to achieve their personal best.	
Competition				Tag rugby (MAR) team of 10		Year 5/6 rounders 23 rd June Whole School Sports Day