

St Mark's Elm Tree Primary School

KS1 PE

Long Term Plan

Objectives

I am learning to:

- master basic movements including running, jumping, throwing and catching
- develop balance, agility and co-ordination
- participate in team games
- develop simple tactics for attacking and defending
- perform dances using simple movement patterns

Term	Topic
Autumn 1	Games (use of balls and other equipment) <ul style="list-style-type: none">• master basic movements including running, jumping, throwing and catching• develop balance, agility and co-ordination
Autumn 2	Dance/Gymnastics – Val Sabin <ul style="list-style-type: none">• master basic movements including running, jumping• develop balance, agility and co-ordination• perform dances using simple movement patterns
Spring 1	Dance/Gymnastics – Val Sabin <ul style="list-style-type: none">• master basic movements including running, jumping• develop balance, agility and co-ordination• perform dances using simple movement patterns
Spring 2	Games (attacking and defending) <p>Year 1 – develop skills learnt in Autumn 1 further Year 2 - sports specific (using skills from Autumn 1 to participate in specific games –netball, football)</p> <ul style="list-style-type: none">• master basic movements including running, jumping, throwing and catching• develop simple tactics for attacking and defending

	<ul style="list-style-type: none"> • participate in team games
Summer 1	<p>Striking and Fielding</p> <ul style="list-style-type: none"> • develop simple tactics for attacking and defending • participate in team games (rounders, cricket, tennis)
Summer 2	<p>Athletics</p> <p>Use skills taught in Games to participate in athletic competitions – long jump, javelin, sprinting, hurdles</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching