

**KS2 PE**  
**Long Term Plan**

**Objectives**

**I am learning to:**

- 1. use running, jumping, throwing and catching in isolation and in combination**
- 2. play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]**
- 3. apply basic principles suitable for attacking and defending**
- 4. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]**
- 5. perform dances using a range of movement patterns**
- 6. compare my performances with previous ones and demonstrate improvement to achieve their personal best**
- 7. take part in outdoor and adventurous activity challenges both individually and within a team**

**Swimming and water safety**

- 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**

<b>Term</b>	<b>Topic</b>
<b>Autumn 1</b>	Year 3 Swimming  Year 4,5 & 6 Tag rugby Objectives covered – 1, 2, 3 & 4
<b>Autumn 2</b>	Year 3 swimming  Year 4, 5 & 6 Cross county, Gymnastics and Dance Objectives covered – 1, 4, 5 & 6
<b>Spring 1</b>	Year 3 swimming  Year 4, 5 & 6 – Hockey Objectives covered - 1, 2, 3 & 4

<b>Spring 2</b>	Year 4 swimming  Year 3 - Gymnastics and Dance Objectives covered – 1, 4, 5 & 6  Year 5 & 6 – Netball Objectives covered - 1, 2, 3 & 4
<b>Summer 1</b>	Year 4 swimming  Year 3, 5 & 6 – Athletics Objectives covered - 1, 2, 3 & 4
<b>Summer 2</b>	Year 4 swimming  Year 3, 5 & 6 – Athletics and Treasure hunt Obs - 7