

Physical Education Long Term Plan

If you would like more information about the Physical Education curriculum we offer at Marshland Primary Academy, then please contact the school office.

Year Group	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rising Threes	<p><u>Physical Development</u> Development Matters – birth to three</p> <ul style="list-style-type: none"> - Enjoy moving when outdoors and inside - Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them. - Enjoy starting to kick, throw and catch balls. - Walk, run, jump and climb – and start to use the stairs independently. - Clap and stamp to music. - Spin, roll and independently use ropes and swings. - Sit on a push-along wheeled toy, use a scooter or ride a tricycle. - Use large and small motor skills to do things independently, 					
Nursery	<p><u>Physical Development</u> Development Matters – 3 and 4-year-olds</p> <ul style="list-style-type: none"> - Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. - Go up steps and stairs, or climb up apparatus, using alternate feet. - Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. - Start taking part in some group activities which they make up for themselves, or in teams. - Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. - Match their developing physical skills to tasks and activities in the setting. - Choose the right resources to carry out their own plan. - Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. 					
	<p><u>Physical Development</u> Development Matters – Reception</p> <ul style="list-style-type: none"> - Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. - Progress towards a more fluent style of moving, with developing control and grace. - Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. - Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. - Combine different movements with ease and fluency. - Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. - Develop overall body-strength, balance, co-ordination and agility. - Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. - Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 					

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Key Stage One	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.					
Year 1	<p>Unit Title - Ball Control Focus – Invasion Sports – Various</p> <p>- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, 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>Unit Title - Partner Games Focus – Strike and field Sports – Rounders and cricket</p> <p>- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, 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>Unit Title – ‘Jump’ into the past Focus – Gymnastics</p> <p>- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</p> <p>- Perform dances using simple movement patterns.</p>	<p>Unit Title – Fictional characters, Traditional tales Focus – Dance</p> <p>- Perform dances using simple movement patterns.</p>	<p>Unit Title – Creative Play Focus – Outdoor Adventure</p> <p>- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</p>	<p>Unit Title – Running and Jumping Focus – Athletics</p> <p>- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</p> <p>- Participate in team games, developing simple tactics for attacking and defending.</p>
Year 2	<p>Unit Title – Kicking and Dribbling Focus – Invasion Sports – Hockey and Football</p> <p>- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and</p>	<p>Unit Title – Striking for accuracy Focus – Net games Sports – Badminton and volleyball</p> <p>- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination,</p>	<p>Unit Title – Balance and co-ordination Focus – Gymnastics</p> <p>- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin</p>	<p>Unit Title – Dance the UK, Traditional dances Focus – Dance</p> <p>- Perform dances using simple movement patterns.</p>	<p>Unit Title – Rule making Focus – Outdoor adventure</p> <p>- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin</p>	<p>Topic Title - Movements Focus – Athletics</p> <p>- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</p>

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	<p>coordination, 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>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>to apply these in a range of activities.</p> <p>- Perform dances using simple movement patterns.</p>		<p>to apply these in a range of activities.</p>	<p>- Participate in team games, developing simple tactics for attacking and defending.</p>
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<p>Year 3</p>	<p>Unit Title – Passing for possession Focus – Invasion Sports – Basketball and football</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<p>Unit Title – Striking and exploring Focus – Strike and field</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<p>Unit Title – Symmetrical shapes Focus – Gymnastics</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<p>Unit Title –Ancient Egypt Focus – Dance</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance. - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<p>Unit Title – Thinking aloud Focus – Outdoor adventure Sports – orienteering</p> <ul style="list-style-type: none"> - Take part in outdoor and adventurous activity challenges both individually and within a team. 	<p>Unit Title – Being an athlete Focus – Athletics</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team.
<p>Year 4</p>	<p>Unit Title – Passing and moving Focus – invasion Sports – Netball and basketball</p>	<p>Unit Title – Returning Focus – Net games Sports – Volleyball</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in 	<p>Unit Title – Perfecting sequencing, ‘The water Cycle’ Focus – Gym</p>	<p>Unit Title –Electricity Focus – Dance</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance. 	<p>Unit Title – Decisions Focus – Outdoor adventure</p> <ul style="list-style-type: none"> - Take part in outdoor and adventurous activity challenges both 	<p>Unit Title –Record breaking Focus – Athletics</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in

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	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<ul style="list-style-type: none"> isolation and in combination. - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<ul style="list-style-type: none"> - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<ul style="list-style-type: none"> individually and within a team. 	<ul style="list-style-type: none"> isolation and in combination. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team.
Year 5	<p>Swimming</p> <ul style="list-style-type: none"> - Swim competently, confidently and proficiently over a distance of at least 25m - Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) - Perform safe self-rescue in different water-based situations. 	<p>Unit Title – Balance Focus – Gymnastics</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<p>Unit Title – Dance style Rock and roll Focus – Dance</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics). 	<p>Unit Title – Leadership Focus – Outdoor adventure</p> <ul style="list-style-type: none"> - Take part in outdoor and adventurous activity challenges both individually and within a team. 	<p>Unit Title – Olympic Training Focus – Athletics</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - Develop flexibility, strength, technique, control and balance. 	

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				<ul style="list-style-type: none"> - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement and within a team. 		<ul style="list-style-type: none"> - Compare their performances with previous ones and demonstrate improvement and within a team.
Year 6	<p>Unit Title – Competitive Focus – Invasion Sports – Netball and Basketball</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate 	<p>Unit Title –Teamwork Focus – Striking and fielding Sports – Rounders</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<p>Unit Title – ‘Travelling’ in WW2 Focus – Gymnastics</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<p>Unit Title – Dance Style ‘Street dance’ Focus – Dance</p> <ul style="list-style-type: none"> - Develop flexibility, strength, technique, control and balance. - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement and within a team. 	<p>Unit Title – Finding success Focus – outdoor adventure</p> <ul style="list-style-type: none"> - Take part in outdoor and adventurous activity challenges both individually and within a team. 	<p>Unit Title – Going for Gold Focus – Athletics</p> <ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement and within a team.
						<p>Swimming – Will be available for those children who did not achieve 25m.</p>



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