



Ings Farm Primary Long Term Plan  
**Physical Education**  
**2019-2020**

Skills &  
Processes

1	Physical Skills (Skills covered progressively throughout curriculum)
2	Thinking Skills (Focus in Gym, Dance, Athletics. OAA)
3	Social Skills(Focus in Team Games)
4	Healthy Skills (Skills covered progressively throughout curriculum)
5	
6	

Skills & Processes involved - Indicate by term or C for continuous

Year	Term 1	Term 2	Term 3	1	2	3	4	5	6
Nursery	<p><b>Fundamental Movements</b> (Travel, Balance)</p> <p><b>Gym</b> (Agility, Balance, Control)</p>	<p><b>Fundamental Movements</b> (Target, Accuracy)</p> <p><b>Dance</b> (Nursery Rhymes)</p>	<p><b>Fundamental Movements</b> (Sending, Receiving)</p> <p><b>Multi Skills</b> (Running, Jumping, Stopping, Turning, Throwing, Catching)</p>	C	C	C	C		
Reception	<p><b>Continuous Provision - Indoor &amp; Outdoor</b> (Kick, Run, Jump, Stopping, Turning)</p> <p><b>Fundamental Movements</b> (Agility, Balance, Control)</p>	<p><b>Fundamental Movements</b> (Agility, Balance, Control)</p> <p><b>Gym &amp; Dance</b> (Agility, Balance, Control)</p>	<p><b>Games</b> (Running, Jumping, Stopping, Turning, Throwing, Catching)</p> <p><b>Multi Skills</b> (Running, Jumping, Stopping, Turning, Throwing, Catching)</p>	C	C	C	C		
Year 1	<p><b>Gym</b> (Balance, Control, Rolling)</p> <p><b>Fundamental Movements</b> (Agility, Balance, Control)</p>	<p><b>Dance</b> (Flexibility, Balance, Agility, Control)</p> <p><b>Invasion Games</b> (Passing, Receiving, Movement)</p>	<p><b>Athletics</b> (Running, Skipping, Jumping, Hopping, Rolling, Throwing)</p> <p><b>Striking &amp; Fielding Games</b> (Running, Throwing, Catching)</p>	C	C	C	C		
Year 2	<p><b>Gym</b> (Balance, Control, Rolling, Jumping, Turning)</p> <p><b>Net &amp; Wall Games</b> (Stamina, Jumping, Speed, Stopping, Agility, Control, Running)</p>	<p><b>Dance</b> (Control, Balance, Stopping, Turning)</p> <p><b>Invasion Games</b> (Passing, Receiving, Movement)</p> <p><b>Swimming</b> (Strength, Stamina, Speed, Kicking)</p>	<p><b>Athletics</b> (Running, Skipping, Jumping, Hopping, Rolling, Throwing)</p> <p><b>Striking &amp; Fielding Games</b> (Running, Throwing, Catching)</p>	C	C	C	C		

Year 3	<p><b><u>Invasion Games / Gym</u></b> (Sequencing, Control, Balance, Rolling)</p> <p>(Throwing, Catching, Spatial awareness)</p> <p><b><u>Gym / SAQ</u></b> (Sequencing travelling, Rolling, Jumping Balance) (Speed, Agility, Spatial awareness)</p>	<p><b><u>Invasion Games / Dance</u></b> (Passing, Receiving, Predict, Anticipate) (Control, Balance. Movement)</p> <p><b><u>Dance / OAA</u></b> (Sequencing, Balance) (Stamina, Strength, Balance)</p> <p><b><u>Swimming</u></b> (Strength, Stamina, Speed, Kicking)</p>	<p><b><u>Athletics</u></b> (Speed, Throwing, Jumping, Running)</p> <p><b><u>Net &amp; Wall</u></b> (Power, Reaction time, Agility, Sending, Control)</p> <p><b><u>Striking &amp; Fielding</u></b> (Running, Throwing, Catching, Accuracy)</p>	C	C	C	C		
Year 4	<p><b><u>Gym / Dance</u></b> (Sequencing control, Balance, Rolling)</p> <p><b><u>Invasion Games</u></b> (Sending, Receiving, Stopping, Turning)</p>	<p><b><u>Invasion Games</u></b> (Sending, Receiving, Speed, )</p> <p><b><u>Dance</u></b> (Control, Balance. Movement)</p> <p><b><u>OAA</u></b> (Stamina, Strength, Balance)</p> <p><b><u>SAQ</u></b> (Agility, Speed, Stamina)</p> <p><b><u>Swimming</u></b> (Strength, Stamina, Speed, Kicking)</p>	<p><b><u>Athletics</u></b> (Speed, Throwing, Jumping, Running)</p> <p><b><u>Net &amp; Wall</u></b> (Sending, Receiving, Jumping)</p> <p><b><u>Striking &amp; Fielding</u></b> (Running, Throwing, Catching, Accuracy)</p>	C	C	C	C		
Year 5	<p><b><u>Gym</u></b> (Sequencing control, Balance, Rolling)</p> <p><b><u>Invasion Games</u></b> (Sending, Receiving, Speed, Tactical)</p>	<p><b><u>Dance - linked to Space topic</u></b> (creativity, sequencing movements)</p> <p><b><u>Invasion Games</u></b> (Throwing, Catching, Turning, Stamina, Tactical)</p>	<p><b><u>Athletics</u></b> (Speed, Throwing, Jumping, Running)</p> <p><b><u>Net &amp; Wall</u></b> (Sending, Receiving, Jumping)</p> <p><b><u>Striking &amp; Fielding</u></b> (Throwing, Catching, Coordination)</p>	C	C	C	C		
Year 6	<p><b><u>Invasion Games</u></b> (Sending, Receiving, Speed, Turning, Stamina, Tactical)</p> <p><b><u>OAA</u></b> (Stamina, Speed, Agility)</p> <p><b><u>Dance</u></b> (Flexibility, balance, Control)</p>	<p><b><u>SAQ Circuit Training</u></b> (Flexibility, balance, Control)</p> <p><b><u>Net &amp; Wall</u></b> (Sending, Receiving, Coordination, Reaction Time)</p>	<p><b><u>Athletics</u></b> (Throwing, Catching, Running)</p> <p><b><u>Striking &amp; Fielding</u></b> (Running, Throwing, Catching, Accuracy, Tactical)</p>	C	C	C	C		
Whole School	Daily Mile	Daily Mile Swimming	Daily Mile Sports Day Race for Life						
working context		KS1		KS2					