



Ings Farm Primary Long Term Plan  
**Physical Education**  
**2021-2022**

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
Year 1	<p><b>Fundamental Movements</b> (Agility, Balance, Control, Stabilisation)</p> <p><b>Gym</b> (Balance, Control, Rolling)</p>	<p><b>Dance</b> (Flexibility, Balance, Agility, Control)</p> <p><b>Fundamental Movements</b> (Manipulation, Locomotion)</p>	<p><b>Fundamental Movements</b> (Stabilisation, Locomotion, Manipulation)</p>	C	C	C	C		
Year 2	<p><b>Gym</b> (Balance, Control, Rolling, Jumping, Turning)</p> <p><b>Invasion Games</b> (Passing, Receiving, Movement)</p>	<p><b>Dance</b> (Control, Balance, Stopping, Turning)</p> <p><b>Net &amp; Wall Games</b> (Stamina, Jumping, Speed, Stopping, Agility, Control, Running)</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>Gym</b> (Sequencing, Control, Balance, Jumping, Rolling)</p> <p><b>Invasion Games</b> (Sending, Receiving, Stopping, Turning)</p>	<p><b>Dance</b> (Control, Balance, Movement, Sequencing)</p> <p><b>Net &amp; Wall</b> (Power, Reaction time, Agility, Sending, Control)</p> <p><b>Swimming</b> (Strength, Stamina, Speed, Kicking)</p>	<p><b>Athletics</b> (Speed, Throwing, Jumping, Running)</p> <p><b>Striking &amp; Fielding</b> (Running, Throwing, Catching, Accuracy)</p>	C	C	C	C		
Year 4	<p><b>Dance</b> (Control, Balance, Movement)</p> <p><b>Invasion Games</b> (Throwing, Catching, Spatial awareness, Predict, anticipate)</p>	<p><b>Gym</b> (Sequencing control, Balance, Rolling)</p> <p><b>OAA</b> (Speed, Stamina, Team Building, Problem solving, Creativity)</p> <p><b>Swimming</b></p>	<p><b>Athletics</b> (Speed, Throwing, Jumping, Running)</p> <p><b>Net &amp; Wall</b> (Sending, Receiving, Jumping)</p> <p><b>Striking &amp; Fielding</b></p>	C	C	C	C		

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