

Bush Hill Park Primary School Physical Education- Long term plan 2022-2023

KS1 NC links

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending (suggested by MO)
- Perform dances using simple movement patterns.

KS2 NC links

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Autumn	Spring	Summer
EYFS	<p><u>Autumn Term</u></p> <p>Basic Movement and skills</p>	<p><u>Spring Term</u></p> <p>Throwing and catching</p> <p>Gymnastics</p>	<p><u>Summer Term</u></p> <p>Basic movement and skills</p> <p>Sending and receiving</p>
Year 1	<p><u>Autumn 1</u></p> <p>Gymnastics: Travelling</p> <p>Games: Bouncing and catching</p> <p><u>Autumn 2</u></p> <p>Dance- Simple movements and patterns.</p>	<p><u>Spring 1</u></p> <p>Games- Sending, kicking and striking.</p> <p>Dance- Exploring gesture and formation. Creating short dances.</p> <p><u>Spring 2</u></p> <p>Dance- Exploring pattern and pathways. Developing a simple dance.</p>	<p><u>Summer 1</u></p> <p>Gymnastics -Transferring weight from one body part to another</p> <p>Games-Receiving with hands and feet.</p> <p><u>Summer 2</u></p> <p>Games - Creating games in pairs</p> <p>Dance-Telling a story through dance</p>

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	Games- Travelling with the ball	Gymnastics- Taking weight on different parts.	
Year 2	<p><u>Autumn 1</u> Games dribbling</p> <p>Gymnastics: Balance (learning about energy)</p> <p><u>Autumn 2</u> Dance- Communicate different moods and feelings and ideas.</p> <p>Games- Throwing and catching</p>	<p><u>Spring 1</u> Gymnastics-Parts high and low</p> <p>Dance- Using dynamics to develop the dance</p> <p><u>Spring 2</u> Games- Sending skills</p> <p>Gymnastics- Jumping and landing</p>	<p><u>Summer 1 -</u> Dance - Learning and performing different styles of cultural dance</p> <p>Games Hitting and striking</p> <p><u>Summer 2-</u> Gymnastics-Spinning and turning</p> <p>Games-Running, jumping and hopping</p>
Year 3	<p><u>Autumn 1</u> Dance: Linking dance actions</p> <p>Net/wall games: directing the ball</p> <p><u>Autumn 2</u></p>	<p><u>Spring 1</u> Gymnastics- stretching and curling</p> <p>Invasion games- Creating space (Netball, rugby and football)</p> <p><u>Spring 2</u></p>	<p><u>Summer 1</u> Athletics- Running, throwing, jumping</p> <p>Striking/Fielding Games- How to hit or strike the ball into space. Fielding as a team</p>

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	<p>Invasion games- Passing (Netball, rugby football).</p> <p>Gymnastics- Travelling with a change of direction (safe lifting and lowering)</p>	<p>Invasion games- Playing games (Netball rugby, football)</p> <p>Dance- Cultural dance</p>	<p><u>Summer 2</u> Striking/Fielding Games- How to hit or strike the ball into space. Fielding as a team</p> <p>Athletics- Running, throwing and jumping</p>
Year 4	<p><u>Autumn 1</u></p> <p>Net/Wall games- directing the ball</p> <p>Outdoor and adventurous activities</p> <p><u>Autumn 2</u></p> <p>Invasion games- controlling and receiving (netball rugby football)</p> <p>Dance- retelling a story</p>	<p><u>Spring 1</u></p> <p>Gymnastics- Balance</p> <p>Invasion games- Keeping possession of the ball (Netball rugby football)</p> <p><u>Spring 2</u></p> <p>Dance- Characterisation</p> <p>Invasion games- Marking and tackling</p>	<p><u>Summer 1</u></p> <p>Striking/Fielding Games- How to hit or strike the ball into space. Fielding as a team</p> <p>Gymnastics-Receiving Body Weight</p> <p><u>Summer 2-</u></p> <p>Athletics x 2 Developing good running, throwing and jumping techniques</p>

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<p>Year 5</p>	<p><u>Autumn 1</u></p> <p>Net/Wall games- develop individual shots</p> <p>Dance- Formations in historical dance</p> <p><u>Autumn 2</u></p> <p>Invasion games- support play, and formations (netball, basketball hockey rugby and football)</p> <p>Gymnastics- flight</p>	<p><u>Spring 1</u></p> <p>Gymnastics-Bridge</p> <p>Outdoor and adventurous activities</p> <p><u>Spring 2</u></p> <p>-Dance Communicating issues through dance</p> <p>-Invasion games- Shooting and keeping (netball, basketball, hockey football,rugby)</p>	<p><u>Summer 1</u></p> <p>Athletics-</p> <p>-Set targets & improve performance in running, jumping and throwing activities</p> <p>Striking/fielding Games-</p> <p>-Role of bowler, wicket keeper, backstop, fielder and batter</p> <p><u>Summer 2</u></p> <p>Striking/fielding Games -Role of bowler, wicket keeper, backstop, fielder and batter</p> <p>Athletics- Set targets & improve performance in running, jumping and throwing activities</p>
<p>Year 6</p>	<p><u>Autumn 1</u></p> <p>Net and wall games- Develop individual shots</p> <p>Gymnastics- counter balance/counter tension</p> <p><u>Autumn 2</u></p>	<p><u>Spring 1</u></p> <p>Gymnastics- Matching and mirroring core task.</p> <p>Invasion games- Tactics (netball, basketball, hockey football, rugby)</p> <p><u>Spring 2</u></p>	<p><u>Summer 1</u></p> <p>Striking/Fielding Games</p> <p>Role of bowler, wicket keeper, backstop, fielder and batter</p> <p>Athletics</p> <p>Set targets & improve performance in running, jumping and throwing activities</p>

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	<p>Dance-using visual media</p> <p>Invasion games- Attacking and defending play (netball, basketball, hockey, rugby and football)</p>	<p>Invasion games- Teamwork and formations (netball, basketball, hockey football, rugby)</p> <p>Dance- Putting on a dance performance</p>	<p><u>Summer 2</u></p> <p>Athletics x 2</p> <p>Develop technical understanding pf athletic activity</p>
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