

PE			
	Autumn	Spring	Summer
EYFS	<p style="text-align: center;"><u>Physical Development</u> <u>ELG: Gross Motor Skills</u></p> <p>Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p style="text-align: center;"><u>3 and 4-year-olds will be learning to:</u></p> <p>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.</p> <p>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.</p> <p>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing</p> <p style="text-align: center;"><u>Children in reception will be learning to:</u></p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>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.</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Combine different movements with ease and fluency.</p> <p>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.</p> <p>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.</p>		

St Alban's Catholic Primary School
Long term Plan

Indoor Outdoor	Autumn	Spring	Summer
Year 1	Gymnastics Games	Gymnastics Games	Gymnastics Athletics
	Dance Games	Dance Athletics	Health & Fitness Athletics
Year 2	Gymnastics Games	Gymnastics Games	Gymnastics Games
	Dance Health & Fitness	Dance Athletics	Dance Athletics
Year 3	Gymnastics Sending & Receiving: Tennis	Gymnastics Keeping possession: Netball	Athletics Linking actions: Cricket
	Health & Fitness Sending & Receiving: Rugby	Dance Keeping possession: Hockey	Linking actions: Basketball Athletics
Year 4	Gymnastics Sending & Receiving: Rounders	Gymnastics Keeping possession: Basketball	Athletics Linking actions: Tag Rugby 1 week swimming - catch up
	Health & Fitness Sending & Receiving: Tennis	Dance Keeping possession: Football 1 week swimming per class	Linking actions: Hockey Athletics/ OAA
Year 5	Gymnastics Creating & closing space: Tag Rugby	Gymnastics Tactics & Strategies: Basketball	Athletics Linking actions: Football 1 week swimming - catch up
	Health & Fitness Creating & closing space: Netball 1 week swimming per class	Dance Tactics & Strategies: Hockey	Athletics Linking actions: Cricket
Year 6	Gymnastics Creating & closing space: Tag Rugby OAA - Residential Trip	Gymnastics Tactics & Strategies: Basketball	Athletics Linking actions: Tennis
	Health & Fitness Creating & closing space: Football 1 week swimming - Non swimmers	Dance Tactics & Strategies: Netball	Athletics Linking actions: Hockey

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Swimming:

Autumn Term (3 weeks)

1. Year 6 non-swimmers
2. Year 5 class 1
3. Year 5 class 2

Spring Term (2 weeks)

1. Year 4 class 1
2. Year 4 class 2

Summer Term

1. Year 5 catch up
2. Year 4 catch up (Year 5 may need this week too).