

EYFS, KEY STAGE 1 PE LONG TERM PLAN						
	AUTUMN		SPRING		SUMMER	
1	People Who Help Me		Journeys		Me & My Body	
Social, Emotional, Mental and Physical Health	Making relationships or Connecting with others Understanding and following instructions	Decision Making Moving safely	Creative Skills Choose and show different ways of moving appropriately	Knowledge and Understanding (Healthy Active Lifestyles) Active travelling	Health and Well-being Recognise different parts of the body and how they can work together	Personal Challenge I can change my body shape and link different actions together
Physical Development	Explore basic fundamental movement skills – agility, balance and coordination plus throwing and catching skills		Explore different ways of moving and using your body through travelling, jumping, balancing, rocking and rolling activities linked to Gymnastics		Athletics and invasion games MYPB	
2	Weather & Seasons		Clothes		My Home & Family	
Personal, Social and Emotional Development	Creative Skills Unique movements and shapes	Personal Challenge I can throw, catch or move better than before	Decision Making Finding and moving to space	Health and Well-being Body temperature	Making relationships or Connecting with others Observing others	Knowledge and Understanding (Healthy Active Lifestyles) Keeping healthy as a family
Physical Development	Explore basic fundamental movement skills – agility, balance and coordination plus throwing and catching skills Fitness		Explore different ways of moving and using your body through travelling, jumping, balancing, rocking and rolling activities linked to Gymnastics		Athletics and invasion games MYPB	
3	Plants & Animals		My Town		Food & Drink	
Personal, Social and Emotional Development	Decision Making Choosing how to move	Health and Well-being Exercise safely	Personal Challenge Achieve a goal or target	Making relationships or Connecting with others Copying and repeating	Knowledge and Understanding (Healthy Active Lifestyles) Food sources	Creative Skills Farm (Farmer) to Fork (Customer)
Physical Development	Explore basic fundamental movement skills – agility, balance and coordination plus throwing and catching skills		Explore different ways of moving and using your body through travelling, jumping, balancing, rocking and rolling activities linked to Gymnastics		Athletics and invasion games MYPB	

	Fitness – My personal best		
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KEY STAGE 2 PE LONG TERM PLAN						
	AUTUMN		SPRING		SUMMER	
1	Festivals & Celebrations		Transport		Me & My Body	
	Creative Skills Expression and emotion in movement	Decision Making Linking actions together	Making relationships or Connecting with others Working with a partner	Knowledge and Understanding (Healthy Active Lifestyles) Healthy travel	Health and Well-being Exercise and the effects on my body	Personal Challenge Overcome a fear
Activities	Fundamental movement and skill acquisition		Gymnastics, Dance, Health and fitness		Health and fitness & Games plus OAA (as part of day visit)	
2	My City		Food & Drink		Materials	
	Creative Skills I can perform with control	Personal Challenge I can improve – body control or movement	Knowledge and Understanding (Healthy Active Lifestyles) A balanced diet	Health and Well-being Preparing for exercise	Making relationships or Connecting with others Helping my team	Decision Making Selecting appropriate equipment
Activities	Fundamental Movement Skills Gymnastics and Dance		Health & Fitness (Swimming)		Health and fitness & Games plus OAA (as part of day visit)	
3	Plants & Animals		Light & Dark		My School Community	
	Creative Skills Sequencing	Making relationships or Connecting with others Asking for help	Health and Well-being Sleep	Personal Challenge I can improve my physical fitness	Knowledge and Understanding (Healthy Active Lifestyles) How exercise helps me to keep healthy	Decision Making Using my skills and ideas
Activities	Fundamental Movement Skills plus Dance and Gymnastics		Health and Fitness & Trampolining (Swimming)		Health and fitness & Games plus OAA (as part of day visit)	
4	Weather & Climate		Caring for Animals		Buildings	
	Creative Skills	Knowledge and Understanding (Healthy Active Lifestyles)	Personal Challenge	Health and Well-being My heart during exercise	Decision Making Use basic tactics to help my team	Making relationships or Connecting with others Giving feedback

	Respond to a visual stimulus or music with movement	Exercise and hydration	I can improve – resilience (when a skill or movement is difficult)		
	Fundamental Movement Skills plus Gymnastics and Dance		Health and Fitness & Trampolining (Swimming)	Health and fitness & Games plus OAA (as part of day visit)	

KEY STAGE 3 PE LONG TERM PLAN

	AUTUMN		SPRING		SUMMER	
1	Caring For Plants		Travel & Transport		Farms & Farming	
	Creative Skills Perform with a partner	Decision Making Recognise and copy high quality movements	Making relationships or Connecting with others Support and encourage a friend	Knowledge and Understanding (Healthy Active Lifestyles) How I can stay healthy in and out of school	Health and Well-being Leading a warm up routine	Personal Challenge Take the lead in a small group or team
Activities	Health and Fitness & Trampolining (Cycling)		Games (Invasion) and Health and Fitness		Invasion games (Hockey) & Athletic events. Young Leaders Award, OAA (as part of a day visit or residential visit, Swimming)	
2	Looking After Our World		Forces		Changes	
	Creative Skills Represent music or a theme with linked actions and movements	Personal Challenge Practice a skill or movement to help me improve	Making relationships or Connecting with others Watch/listen to a friend's ideas	Health and Well-being My muscles and their jobs	Knowledge and Understanding (Healthy Active Lifestyles) Making healthier eating choices	Decision Making Adapt an idea to match changes to an activity
	Health and Fitness & Trampolining (Cycling)		Health and Fitness and Panathlon – (Boccia / Dodge ball)		Invasion games (Hockey) & Athletic events. Young Leaders Award, OAA (as part of a day visit or residential visit, Swimming)	
3	Making Things		Healthy Eating / Lifestyles		Finding Our Way Around	
	Creative Skills Perform in different styles with recognised techniques	Making relationships or Connecting with others Tell or show a friend what they could do to improve	Knowledge and Understanding (Healthy Active Lifestyles) My interests	Personal Challenge Follow and adapt rules	Health and Well-being My body – fatigue and recovery	Decision Making Select tactics to help my team

KEY STAGE 4 PE LONG TERM PLAN

	AUTUMN	SPRING	SUMMER
1	Martial Arts	Cycling	OAA (Climbing wall, zip-line, hiking)
	Junior Award Scheme for Schools/Duke of Edinburgh		
2	Fitness (Gym based or fitness classes)	Swimming	OAA (Canoeing, Rafting)
	Junior Award Scheme for Schools/Duke of Edinburgh		
<p>Further opportunities Mile a day or fun/sponsored run activities Bowling Badminton Winter Sports Horse Riding Swimming Golf</p> <p>Please note: This should be used for guidance only. The activities available for pupils at KS4 and KS5 should be adapted and adjusted to meet the interests and needs of the individual pupils. An interest in a particular activity may result in that activity running for a longer period of time, possibly alongside other activities. For example, if pupils take a keen interest in Martial Arts this could continue to be offered in addition to cycling and swimming in year 1.</p>			
	Health and Fitness & Trampolining (Cycling)	Panathlon and Health and Fitness	Invasion games (Hockey) & Athletic events. Young Leaders Award, OAA (as part of a day visit or residential visit, Swimming)
<p>Further opportunities: Martial Arts Yoga Climbing Cycling – Bikeability and /or Wheels for All</p>			

Sixth Form (16-19 years) PE LONG TERM PLAN			
	AUTUMN	SPRING	SUMMER
1	Bowling (Crown Green, Tenpin Bowling)	Winter Sports (Skiing/Snowboarding)	OAA (Climbing, Abseiling, High-Ropes)
	Junior Award Scheme for Schools / Duke of Edinburgh		
2	Fitness (Gym, Circuit Training, Cycling, Fitness Class)	Running (Treadmill, Road, Track)	OAA (Kayaking, Rowing)
	Junior Award Scheme for Schools / Duke of Edinburgh		
3	One of: Fitness, Martial Arts, Tenpin bowling	One of Cycling, running, swimming	One of Rowing, Kayaking, Climbing
	Junior Award Scheme for Schools / Duke of Edinburgh		
<p>Please note: This should be used for guidance only. The activities available for pupils at KS4 and Sixth Form should be adapted and adjusted to meet the interests, needs and personal choices of the individual pupils. A particular interest in an activity may result in that activity running for a longer period of time, possibly alongside other activities. For example, if pupils take a keen interest in Martial Arts this could continue to be offered in addition to cycling and swimming in year 1.</p>			

