

2023-2024 PE Long Term Plan

	Autumn 1 (8 wks)	Autumn 2 (7 wks)	Spring 1 (5 wks)	Spring 2 (5 wks)	Summer 1 (7 wks)	Summer 2 (7 wks)
EYFS/ Year 1	Multiskills Fundamentals- *agility: pace/direction *coordination:stopping / catching equipment.	Multiskills Fundamentals- *agility: pace/direction *coordination:stopping / catching equipment.	Multiskill Fundamentals (teamwork and communication)	*Dance	*Athletics (running and throwing)	Athletics (running and throwing)
End points	1. Students should be able to demonstrate fundamental locomotor skills, such as running, jumping, hopping, skipping, and galloping, with control and coordination. 2. Students should be able to show an increasing ability to throw and catch a range of objects with improved accuracy and coordination. 3. Students should be able to demonstrate the ability to strike or kick a ball with control and directional accuracy. 4. Students should be able to maintain basic balance and coordination during movements, both on the ground and on equipment.	1. Students should be able to demonstrate fundamental locomotor skills, such as running, jumping, hopping, skipping, and galloping, with control and coordination. 2. Students should be able to show an increasing ability to throw and catch a range of objects with improved accuracy and coordination. 3. Students should be able to demonstrate the ability to strike or kick a ball with control and directional accuracy. 4. Students should be able to maintain basic balance and coordination during movements, both on the ground and on equipment.	1. Students should begin to show an understanding of the importance of teamwork and cooperation by participating in group games and activities, taking turns, and following basic rules. 2. Students should start to develop an awareness of personal space and the space around others, showing consideration for the safety of themselves and their peers during physical activities.	1. Demonstrate an understanding of basic dance movements, such as jumping, hopping, skipping, and twirling. 2. Show control over different body parts, including arms, legs, and torso, to perform simple dance sequences. 3. Explore and identify different types of rhythms and beats in music to create simple dance routines. 4. Understand and replicate basic dance actions, such as stretching, bending, and twisting. 5. Experiment with different levels, directions, and pathways in movement to create variety in their dances.	1. Demonstrate basic running skills with coordination and control.. 2. Identify and understand the concepts of starting, stopping, and changing direction while running. 3. Develop the ability to jump off both feet and land safely. 4. Demonstrate techniques for throwing underarm and overarm accurately. 5.Show improved balance and coordination while participating in various athletics activities.	1. Demonstrate basic running skills with coordination and control.. 2. Identify and understand the concepts of starting, stopping, and changing direction while running. 3. Develop the ability to jump off both feet and land safely. 4. Demonstrate techniques for throwing underarm and overarm accurately. 5.Show improved balance and coordination while participating in various athletics activities.
Year 2/3	Swimming *Ball skills (Football)	Swimming Target games *Cross country	Swimming *Dance	Swimming Quicksticks Hockey	Swimming * Rounders	Swimming Athletics: running, throwing and jumping
End points	1. Demonstrate a range of ball control techniques, including throwing, catching, and dribbling a ball with increasing accuracy and consistency. 2. Show improved body awareness and coordination when manipulating a ball, adjusting their movements and positioning accordingly. 3. Display an understanding of passing techniques, including using different body parts and adapting the force for	1. Demonstrate basic understanding and control of a range of fundamental movement skills, such as running, hopping, skipping, and jumping. 2. Show improved coordination and balance while moving and playing different sports or games. 3. Begin to develop and apply simple tactics and strategies in different team games, considering the importance of teamwork and cooperation.	By the end of Year 2, students should be able to: 1. Perform basic movement sequences, exploring a variety of actions, space, and dynamics. 2. Demonstrate an understanding of different rhythms and be able to move in time to simple beats. 3. Create and refine their own dance sequences, using a range of movements and gestures. 4. Perform in small groups,	1.Develop basic hand-eye coordination and control while handling a hockey stick. 2. Demonstrate the ability to dribble the ball in different directions using both sides of the stick. 3. Show an understanding of passing the ball accurately to a partner using both push and hit techniques. 4. Develop basic shooting skills, attempting to hit the ball towards a specific target or goal.	By the end of Year 2, students should: 1. Understand the basic rules and objectives of rounders. 2. Demonstrate basic hand-eye coordination skills while batting and fielding. 3. Show an understanding of team collaboration and communicate effectively with teammates during the game. 4. Develop basic throwing and catching techniques. By the end of Year 3, students	By the end of Year 2, children should: 1. Run consistently and purposefully, building stamina and endurance. 2. Show competence in throwing and catching techniques, using the appropriate body movements. 3. Develop the skill to jump from a stationary position and to jump both vertically and horizontally. 4. Understand the concept of

	<p>accuracy and distance.</p> <p>4. Apply spatial awareness skills to position themselves effectively during a game or activity involving a ball.</p> <p>5. Cooperate effectively with others, demonstrating teamwork and effective communication when participating in ball-based activities.</p>	<p>4. Show progress in throwing, catching, and striking a ball with increasing accuracy, using both hands and implements.</p> <p>5. Develop agility, speed, and flexibility through various movement activities and games.</p>	<p>showing cooperation and coordination with others.</p> <p>By the end of Year 3, students should be able to:</p> <ol style="list-style-type: none"> 1. Perform more complex movement sequences, incorporating a range of actions, levels, and directions. Perform independently and in groups 2. Demonstrate control and precision in executing their movements, showing awareness of space and timing. 3. Create and compose their own dance pieces, considering structure, form, and transitions between movements. 4. Reflect on their own and others' performance, providing constructive feedback and making improvements. 	<p>5. Engage in cooperative play and work effectively as part of a team during match situations.</p>	<p>should:</p> <ol style="list-style-type: none"> 1. Demonstrate a clear understanding of the rules, strategies, and tactics of rounders. 2. Display advanced hand-eye coordination skills, accuracy, and precision in batting and fielding. 3. Communicate effectively and collaborate with teammates to maximize team performance during a rounders match. 4. Show refinement in throwing and catching techniques, displaying accuracy and control. 	<p>sprinting and pacing oneself in a race, attempting to improve personal performance.</p> <p>By the end of Year 3, children should:</p> <ol style="list-style-type: none"> 1. Demonstrate an understanding of basic athletic techniques and apply them in a range of activities, such as running, jumping, and throwing. 2. Show improved coordination and control when participating in different athletic events. 3. Understand the concept of pacing and apply it in running activities, maintaining a consistent speed over short distances. 4. Develop accuracy and precision in throwing activities by using correct techniques and applying force effectively.
Year 4/5/6	<p>*Football</p> <p>*High 5 Netball</p>	<p>*Cross country</p> <p>Tag rugby</p>	<p>Volleyball (½ in hall ½ in classroom)</p> <p>*Dance</p>	<p>Basketball</p> <p>Hockey</p>	<p>* Kwik cricket</p> <p>Tennis</p>	<p>Athletics (running, throwing and jumping)</p>
End points	<ol style="list-style-type: none"> 1. Demonstrate effective ball control techniques, such as dribbling, passing, and receiving the ball. 2. Show competence in shooting and scoring goals, using both feet and hands. 3. Understand the different positions and roles within an invading team, including the goalkeeper, defenders, midfielders, and forwards. 4. Apply defending strategies, including marking opponents, intercepting passes, and making timely tackles. 5. Show good spatial awareness and positioning on the field, recognizing the importance of maintaining 	<ol style="list-style-type: none"> 1. Understand the basic rules and concepts of tag rugby, including the roles of attackers and defenders, passing, evasion, and scoring. 2. Demonstrate good hand-eye coordination while handling and passing the ball accurately and effectively. 3. Show awareness of the tactical aspects of the game, such as creating space, supporting teammates, and making decisions quickly. 4. Apply different strategies and techniques to maintain possession, evade opponents, and score tries. 5. Show an understanding of teamwork by communicating 	<ol style="list-style-type: none"> 1. Recognize and use a range of dance terminology, including actions, dynamics, shapes, and formations. 2. Perform sequences of movement with accuracy, fluency, and control, incorporating different levels, directions, and speeds. 3. Show creativity and originality in choreographing short dance sequences, taking into account the chosen style, musicality, and intent. 4. Work collaboratively with peers, showing respect for others' ideas and contributions, and develop effective communication and problem-solving skills through 	<ol style="list-style-type: none"> 1. Demonstrate a good understanding of the basic rules and techniques including dribbling, passing, and shooting. 2. Understand the importance of teamwork and communication, and apply these skills during game situations. 3. Display agility, coordination, and control while dribbling the ball around opponents. 4. Use tactics such as passing and switching play to create scoring opportunities for themselves and their teammates. 5. Understand the concept of 	<ol style="list-style-type: none"> 1. Understand and demonstrate the correct grip and stance. 2. Show proficiency in basic shots, with an ability to accurately control the ball's trajectory and direction. 3. Demonstrate the knowledge of different types of shots, such as volleys and lobs, and use them appropriately in game situations. 4. Understand the concept of positioning and movement on the tennis court, including maintaining a ready position and covering different areas of the court. 5. Competently rally with a 	<ol style="list-style-type: none"> 1. Demonstrate improved techniques in running, including maintaining speed and agility over short distances. 2. Exhibit confidence and accuracy in standing long jumps and develop the ability to extend their jumping distance. 3. Understand and use correct throwing techniques, such as underarm and overarm, for various objects (e.g., balls, javelins). 4. Show competence in relay races, including baton changeovers, and exhibit an understanding of teamwork and coordination.

	shape and staying in the correct positions.	with teammates and collaborating effectively during matches.	dance activities. 5. Reflect on their own dance performances and identify areas for improvement, setting personal goals for future development in dance.	marking opponents and maintain effective defensive positions. 6. Demonstrate the use of effective strategies, such as changing lines of attack or creating space, to gain an advantage during matches.	partner, sustaining a rally with consistent shots and controlled bounces. 6. Apply tactical knowledge such as understanding of the scoring system and the importance of placement and spin in order to gain advantage in games.	5. Understand the concept of pacing and endurance, maintaining steady speed during longer runs.
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* Sporting Influence competition linked to these units

Boroughbridge 2 - Sporting Influence Primary School Festival Calendar

Date	Event	Venue	Notes
27 th September 2023	Y3/4 & Y5/6 Football	Boroughbridge High	7-a-side. No studded boots, shin pads are highly recommended.
25 th October 2023	Y5/6 Netball	Boroughbridge High	High 5 Netball.
29 th November 2023	EYFS, KS1 & KS2 Cross Country	Boroughbridge High	Mass Participation
7 th February 2024	KS2 Dance	Boroughbridge Primary	Theme of dance at discretion of school. Dance to last 2-3 minutes.
13 th March 2024	EYFS, KS1 Dance	Boroughbridge Primary	Theme of dance at discretion of school. Dance to last 2-3 minutes.
24 th April 2024	Y3/4 & Y5/6 Striking Games	Kirk Hammerton Primary	8-a-side
15 th May 2024	EYFS & KS1 Multi Skills	Staveley Primary	Mass Participation
19 th June 2024	Y3/4 & Y5/6 Athletics	Boroughbridge High	Mass Participation
10 th July 2024	Y1/2 & Y3/4 Dodgeball	Long Marston Primary	8-a-side
Finals -	Football – 14 th November 2023 Netball – 5 th December 2023 Cross Country – 6 th December 2023 Striking & Fielding – 22 nd May 2024		Venues - tbc