

**Ombersley Endowed First School
Long and Medium Term Plan for PE**



	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R Get Set 4 PE	• Introduction to PE	• Fundamentals	• Dance	• Gymnastics	• Ball Skills	• Games

Year 1	Unit	Objectives
Autumn 1	Introduction to PE	<ul style="list-style-type: none"> To move around safely in space. To follow instructions and stop safely. To stop safely and develop control when using equipment. To follow instructions and play safely as a group. To follow a path and take turns. To work co-operatively with a partner.
Autumn 2	Fundamentals	<ul style="list-style-type: none"> To develop balancing. To develop running and stopping. To develop changing direction. To develop jumping. To develop hopping. To explore different ways to travel using equipment.
Spring 1	Dance	<ul style="list-style-type: none"> To copy, repeat and explore actions in response to a theme. To explore and remember actions considering level, shape and direction. To explore movement using a prop with control and co-ordination. To move with control and co-ordination, expressing ideas through movement. To remember and repeat actions moving in time with the music. To explore actions in response to a theme and begin to use counts.
Spring 2	Gymnastics	<ul style="list-style-type: none"> To create short sequences using shapes, balances and travelling actions. To develop balancing and safely using apparatus. To develop jumping and landing safely from a height. To develop rocking and rolling. To explore travelling around, over and through apparatus. To create sequences using apparatus.
Summer 1	Ball Skills	<ul style="list-style-type: none"> To develop rolling and tracking a ball. To develop accuracy when throwing to a target. To develop dribbling with hands. To develop throwing and catching with a partner. To develop dribbling a ball with your feet. To develop kicking a ball to a target.
Summer 2	Games	<ul style="list-style-type: none"> To aim when throwing and practise keeping score. To follow instructions and move safely when play tagging games. To learn to play against a partner.

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		<ul style="list-style-type: none"> To develop co-ordination and play by the rules. To explore striking a ball and keeping score. To work co-operatively as a team.
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	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Get Set 4 PE	<ul style="list-style-type: none"> Ball skills Fundamentals 	<ul style="list-style-type: none"> Fitness Dance 	<ul style="list-style-type: none"> Yoga Sending and receiving 	<ul style="list-style-type: none"> Invasion Gymnastics 	<ul style="list-style-type: none"> Team Building Net and Wall 	<ul style="list-style-type: none"> Striking and fielding Athletics

Year 1	Unit	Objectives
Autumn 1	Ball Skills	<ul style="list-style-type: none"> To develop control and co-ordination when dribbling a ball with your hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. To explore catching with two hands. To explore control and co-ordination when dribbling a ball with your feet. To explore tracking a ball that is coming towards me.
	Fundamentals	<ul style="list-style-type: none"> To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To explore changing direction and dodging. To explore jumping, hopping and skipping actions. To explore co-ordination and combination jumps. To explore combination jumping and skipping in an individual rope.
Autumn 2	Fitness	<ul style="list-style-type: none"> To explore combination jumping and skipping in an individual rope. To develop knowledge about how exercise can make you strong and healthy. To develop knowledge about how exercise relates to breathing. To develop my understanding of how exercise helps my brain. To develop my understanding of how exercise helps my muscles. To begin to understand the importance of daily exercise.
	Dance	<ul style="list-style-type: none"> To explore pathways in my dance. To create my own dance using, actions, pathways and counts. To explore speeds and actions in dance. To copy, remember and repeat actions that represent the theme. To copy, repeat, create and perform actions that represent the theme.
Spring 1	Yoga	<ul style="list-style-type: none"> To explore yoga and mindfulness. To be able to copy and remember poses. To develop flexibility when holding poses.

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		<ul style="list-style-type: none"> To develop balance whilst holding poses. To create yoga poses using a hoop. To create a yoga flow with a partner.
	Sending and receiving	<ul style="list-style-type: none"> To develop rolling and throwing a ball towards a target. To develop receiving a rolling ball and tracking skills. To be able to send and receive a ball with your feet. To develop throwing and catching skills over a short distance. To develop throwing and catching skills over a longer distance. To apply sending and receiving skills to small games.
Spring 2	Invasion	<ul style="list-style-type: none"> To understand the role of defenders and attackers. To understand who to pass to and why when playing against a defender. To move towards a goal with the ball. To support a teammate when in possession. To move into space showing an awareness of defenders. To be able to stay with a player when defending.
	Gymnastics	<ul style="list-style-type: none"> To explore travelling movements. To develop quality when performing and linking shapes. To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To link gymnastic actions to create a sequence.
Summer 1	Team Building	<ul style="list-style-type: none"> To co-operate and communicate with a partner to solve challenges. To explore and develop teamwork skills. To develop communication skills. To use communication skills to lead a partner. To plan with a partner and small group to solve problems. To communicate with a group to solve challenges.
	Net and Wall	<ul style="list-style-type: none"> To defend space, using the ready position. To play against an opponent and keep the score. To develop control when handling a racket. To develop racket and ball skills. To develop sending a ball using a racket. To develop hitting over a net.
Summer 2	Striking and Fielding	<ul style="list-style-type: none"> To develop underarm throwing and catching and put this into small sided games. To develop overarm throwing. To develop striking a ball with my hand and equipment. To retrieve a ball when fielding. To understand how to get a batter out. To develop decision making and understand how to score points.
	Athletics	<ul style="list-style-type: none"> To move at different speeds over varying distances. To develop balance.

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		<ul style="list-style-type: none"> • To develop agility and co-ordination. • To develop agility and co-ordination. • To develop throwing for distance. • To develop throwing for accuracy.
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	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2 Get Set 4 PE	<ul style="list-style-type: none"> • Ball skills • Fundamentals 	<ul style="list-style-type: none"> • Fitness • Sending and Receiving 	<ul style="list-style-type: none"> • Yoga • Dance 	<ul style="list-style-type: none"> • Invasion • Gymnastics 	<ul style="list-style-type: none"> • Team Building • Net and Wall 	<ul style="list-style-type: none"> • Striking and fielding • Athletics

Year 2	Unit	Objectives
Autumn 1	Ball Skills	<ul style="list-style-type: none"> • To be able to roll a ball to hit a target. • To develop co-ordination and be able to stop a rolling ball. • To develop technique and control when dribbling a ball with your feet. • To develop control and technique when kicking a ball. • To develop co-ordination and technique when throwing and catching. • To develop control and co-ordination when dribbling a ball with your hands.
	Fundamentals	<ul style="list-style-type: none"> • To develop balance, stability and landing safely. • To explore how the body moves differently when running at different speeds. • To develop changing direction and dodging. • To develop and explore jumping, hopping and skipping actions. • To develop co-ordination and combining jumps. • To develop combination jumping and skipping in an individual rope.
Autumn 2	Fitness	<ul style="list-style-type: none"> • To understand how to run for longer periods of time without stopping. • To develop co-ordination and timing when jumping in a long rope. • To develop individual skipping. • To take part in a circuit to develop stamina and agility. • To explore exercises that use your own body weight. • To develop 'ABC,' agility, balance and co-ordination.
	Sending and receiving	<ul style="list-style-type: none"> • To roll a ball towards a target. • To be able to track and receive a rolling ball. • To be able to stop, send and receive a ball with your feet. • To develop throwing and catching skills. • To develop throwing and catching skills.

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Spring 1	Yoga	<ul style="list-style-type: none"> To send and receive a ball using a racket. To copy and repeat yoga poses. To develop an awareness of strength when completing yoga poses. To develop an awareness of flexibility when completing yoga poses. To copy and remember actions linking them into a flow. To create a flow and teach it to a partner. To explore poses and create a yoga flow.
	Dance	<ul style="list-style-type: none"> To remember, repeat and link actions to tell the story of my dance. To develop an understanding of dynamics and how they can show an idea. Use counts of 8 to help you stay in time with the music. To copy, remember and repeat actions using facial expressions to show different characters. To explore pathways and levels. To remember and rehearse our circus dance showing expression and character.
Spring 2	Invasion	<ul style="list-style-type: none"> To understand what being in possession means and support a teammate to do this. To use a variety of skills to score goals. To develop stopping goals. To learn how to gain possession of the ball. To develop an understanding of marking an opponent. To learn to apply simple tactics for attacking and defending.
	Gymnastics	<ul style="list-style-type: none"> To perform gymnastic shapes and link them together. To be able to use shapes to create balances. To be able to link travelling actions and balances using apparatus. To demonstrate different shapes, take off and landings when performing jumps. To develop rolling and sequence building. To develop sequence work on apparatus.
Summer 1	Team Building	<ul style="list-style-type: none"> To follow instructions and work with others. To co-operate and communicate in a small group to solve challenges. To create a plan with a group to solve the challenges. To communicate effectively and develop trust. To work as a group to solve problems. To work with a group to copy and create a basic map.
	Net and Wall	<ul style="list-style-type: none"> To develop racket familiarisation. To develop placing an object. To use the ready position to defend space on court. To develop returning a ball with hands. To develop returning a ball using a racket. To move an opponent to win a point.
Summer 2	Striking and Fielding	<ul style="list-style-type: none"> To be able to track a rolling ball and collect it. To develop accuracy in underarm throwing and consistency in catching when fielding a ball. To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score. To develop striking for distance and accuracy.

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		<ul style="list-style-type: none"> To develop decision making to get a batter out. To develop decision making when under pressure.
	Athletics	<ul style="list-style-type: none"> To develop the sprinting action. To develop jumping for distance. To develop technique when jumping for height. To develop throwing for distance. To develop throwing for accuracy. To develop technique when taking part in an athletics carousel.

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 Get Set 4 PE	<ul style="list-style-type: none"> Swimming Tennis Fundamentals 	<ul style="list-style-type: none"> Swimming Hockey 	<ul style="list-style-type: none"> Yoga Dance 	<ul style="list-style-type: none"> Tag Rugby Gymnastics 	<ul style="list-style-type: none"> Swimming Cricket 	<ul style="list-style-type: none"> Swimming Athletics OAA

Year 3	Unit	Objectives
Autumn 1	Swimming	<ul style="list-style-type: none"> To develop confidence when entering and moving in the water. To safely enter and exit the pool. To develop confidence in the water. To develop confidence when travelling in the water. To begin to develop floating. To develop confidence to submerge in the water. To develop confidence when submerging. To develop floating on front and back. To develop the kicking action on front. To develop the kicking action and introduce breathing. To develop the arm action of pulling. To develop the pulling arm action and begin to develop gliding on fronts. To develop the kicking on action on backs and gliding on backs. To consolidate skills learnt. To develop confidence and consistency in a range of skills.
	Tennis	<ul style="list-style-type: none"> To develop racket and ball control. To develop returning the ball using a forehand groundstroke. To be able to rally using a forehand. To develop the two handed backhand.

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		<ul style="list-style-type: none"> To learn how to score. To develop playing against an opponent. To work collaboratively with a partner and compete against others.
	Fundamentals	<ul style="list-style-type: none"> To develop balancing and understand the importance of this skill. To understand how to change speed and be able to demonstrate good technique when running at different speeds. To demonstrate a change of speed and direction to outwit others. To develop technique and control when jumping, hopping and landing. To develop skipping in a rope. To apply fundamental skills to a variety of challenges.
Autumn 2	Swimming	<ul style="list-style-type: none"> See Autumn 1
	Hockey	<ul style="list-style-type: none"> To develop sending the ball with a push pass. To develop receiving the ball. To develop dribbling using the reverse stick (Indian dribble). To develop moving into space after passing the ball. To use an open stick tackle to gain possession. To apply defending and attacking principles and skills in a hockey tournament.
Spring 1	Yoga	<ul style="list-style-type: none"> To explore connecting breath and movement. To explore new yoga poses and begin to connect them. To explore gratitude when remembering and repeating a yoga flow. To develop flexibility and strength in a positive summer flow. To develop flexibility in an individual yoga flow. To develop confidence and strength in arm balances.
	Dance	<ul style="list-style-type: none"> To create actions in response to a stimulus and move in unison with a partner. To create actions to move in contact with a partner or interact with a partner. To select and link appropriate actions and dynamics to show our dance idea. To remember, repeat and create actions to represent an idea. To share ideas of actions and dynamics to create a dance that shows a location. To use choreographing ideas to develop our dance.
Spring 2	Football	<ul style="list-style-type: none"> To develop controlling the ball and dribbling under pressure. To develop passing to a teammate. To be able to control the ball with different parts of the body. To develop changing direction with the ball using an inside and outside hook. To track an opponent. To be able to apply the rules and tactics you have learnt to play in a football tournament.
	Gymnastics	<ul style="list-style-type: none"> To be able to create interesting point and patch balances. To develop stepping into shape jumps with control. To develop the straight, barrel, and forward roll. To be able to transition smoothly into and out of balances. To create a sequence with matching and contrasting actions and shapes. To create a partner sequence incorporating equipment.
Summer 1	Swimming	<ul style="list-style-type: none"> To develop confidence when entering and moving in the water.

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		<ul style="list-style-type: none"> To safely enter and exit the pool. To develop confidence in the water. To develop confidence when travelling in the water. To begin to develop floating. To develop confidence to submerge in the water. To develop confidence when submerging. To develop floating on front and back. To develop the kicking action on front. To develop the kicking action and introduce breathing. To develop the arm action of pulling. To develop the pulling arm action and begin to develop gliding on fronts. To develop the kicking on action on backs and gliding on backs. To consolidate skills learnt. To develop confidence and consistency in a range of skills.
	Cricket	<ul style="list-style-type: none"> To develop overarm throwing and catching. To develop underarm bowling. To learn how to grip the bat and develop batting technique. To be able to field a ball using a two handed pick up and a short barrier. To develop overarm bowling technique. To play apply skills learnt to mini cricket.
Summer 2	Swimming	<ul style="list-style-type: none"> See Summer 1
	Athletics	<ul style="list-style-type: none"> To develop the sprinting technique and improve on your personal best. To develop changeover in relay events. To develop jumping technique in a range of approaches and take off positions. To develop throwing for distance and accuracy. To develop throwing for distance in a pull throw. To develop officiating and performing skills.
	OAA	<ul style="list-style-type: none"> To develop co-operation and teamwork skills. To develop trust and team work. To involve all team members in an activity and work towards a collective goal. To develop trust whilst listening to others and following instructions. To be able to identify objects on a map, draw and follow a simple map. To draw a route using directions. To be able to orientate a map and navigate around a grid.

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4 Get Set 4 PE	<ul style="list-style-type: none"> Swimming Tennis 	<ul style="list-style-type: none"> Swimming Hockey 	<ul style="list-style-type: none"> Yoga Dance 	<ul style="list-style-type: none"> Tag Rugby Gymnastics 	<ul style="list-style-type: none"> Swimming OAA 	<ul style="list-style-type: none"> Swimming Athletics

**Ombersley Endowed First School
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	• Ball Skills		• Cricket	• Rounders
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Year 4	Unit	Objectives
Autumn 1	Swimming	<ul style="list-style-type: none"> To develop an understanding of buoyancy and balance in the water. To develop independent movement and submersion. To develop gliding and crawl legs. To develop front crawl breathing. To develop gliding and backstroke. To develop rotation, sculling and treading water. To develop surface dives, submersion and handstands. To develop head above water breaststroke technique. To develop head above water breaststroke technique. To develop basic skills in water safety and floating. To learn techniques for personal survival. To develop water safety skills and an understanding of personal survival.
	Tennis	<ul style="list-style-type: none"> To develop racket and ball control. To develop returning the ball using a forehand groundstroke. To be able to rally using a forehand. To develop the two handed backhand. To learn how to score. To develop playing against an opponent. To work collaboratively with a partner and compete against others.
	Ball Skills	<ul style="list-style-type: none"> To develop confidence and accuracy when tracking a ball. To develop confidence and accuracy when tracking a ball. To explore and develop a variety of throwing techniques. To develop catching skills using one and two hands. To develop dribbling a ball with hands. To use tracking, sending and dribbling skills with feet.
Autumn 2	Swimming	<ul style="list-style-type: none"> See Autumn 1
	Hockey	<ul style="list-style-type: none"> To develop sending the ball with a push pass. To develop receiving the ball. To develop dribbling using the reverse stick (Indian dribble). To develop moving into space after passing the ball. To use an open stick tackle to gain possession. To apply defending and attacking principles and skills in a hockey tournament.
Spring 1	Yoga	<ul style="list-style-type: none"> To explore connecting breath and movement. To explore new yoga poses and begin to connect them.

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		<ul style="list-style-type: none"> To explore gratitude when remembering and repeating a yoga flow. To develop flexibility and strength in a positive summer flow. To develop flexibility in an individual yoga flow. To develop confidence and strength in arm balances.
	Dance	<ul style="list-style-type: none"> To copy and create actions in response to an idea and be able to adapt this using changes of space. To choose actions which relate to the theme. To develop a dance using matching and mirroring. To learn and create dance moves in the theme of carnival. To develop a carnival dance using formations, canon and unison. To develop a dance phrase and perform as part of a class performance.
Spring 2	Football	<ul style="list-style-type: none"> To develop controlling the ball and dribbling under pressure. To develop passing to a teammate. To be able to control the ball with different parts of the body. To develop changing direction with the ball using an inside and outside hook. To track an opponent. To be able to apply the rules and tactics you have learnt to play in a football tournament.
	Gymnastics	<ul style="list-style-type: none"> To develop individual and partner balances. To develop control in performing and landing rotation jumps. To develop the straight, barrel, forward and straddle roll. To develop the straight, barrel, forward and straddle roll. To develop strength in inverted movements. To be able to create a partner sequence to include apparatus.
Summer 1	Swimming	<ul style="list-style-type: none"> To develop an understanding of buoyancy and balance in the water. To develop independent movement and submersion. To develop gliding and crawl legs. To develop front crawl breathing. To develop gliding and backstroke. To develop rotation, sculling and treading water. To develop surface dives, submersion and handstands. To develop head above water breaststroke technique. To develop head above water breaststroke technique. To develop basic skills in water safety and floating. To learn techniques for personal survival. To develop water safety skills and an understanding of personal survival.
	OAA	<ul style="list-style-type: none"> To develop co-operation and teamwork skills. To develop trust and team work. To involve all team members in an activity and work towards a collective goal. To develop trust whilst listening to others and following instructions. To be able to identify objects on a map, draw and follow a simple map. To draw a route using directions. To be able to orientate a map and navigate around a grid.

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	Cricket	<ul style="list-style-type: none"> • To develop overarm throwing and catching. • To develop underarm bowling. • To learn how to grip the bat and develop batting technique. • To be able to field a ball using a two handed pick up and a short barrier. • To develop overarm bowling technique. • To play apply skills learnt to mini cricket.
Summer 2	Swimming	<ul style="list-style-type: none"> • See Summer 1
	Athletics	<ul style="list-style-type: none"> • To develop stamina and an understanding of speed and pace in relation to distance. • To develop power and speed in the sprinting technique. • To develop technique when jumping for distance. • To develop power and technique when throwing for distance. • To develop a pull throw for distance and accuracy. • To develop officiating and performing skills.
	Rounders	<ul style="list-style-type: none"> • To play different roles in a game and begin to think tactically about each role. • To develop the bowling action and learn the rules of bowling. • To run around the outside of the bases and make decisions about when to stop and when to run. • To field a ball using a two handed pick up and a short barrier. • To develop batting technique and an understanding of where to hit the ball. • To apply skills and rules learnt to play rounders.