

KS1 P.E. Long Term Planning

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
MULTISKILLS	GAMES	GYMNASTICS	DANCE	GAMES	ATHLETICS
<ul style="list-style-type: none"> • Moving at speed in straight lines • Moving at speed with directional changes of own choice • Moving at speed with directional changes in response to others • Changing speed with instant control • Maintaining balance with varying levels of support and difficulty • Using full body to maintain balance • Combining movements of different body parts effectively • Controlling and manipulating various pieces of equipment whilst moving 	<p style="text-align: center;">TEAM GAMES: BASKETBALL-BASED</p> <ul style="list-style-type: none"> • Bouncing the ball, using both or one hand whilst stationary • Bouncing the ball whilst in motion, progressing from catching to constant • Coordinating movements of body to the travel pathway and speed of the ball • Sending and receiving the ball with a partner in a variety of ways. • Combining skills to achieve a more complex task, both individually and in a group • Experiencing a modified and scaled-down game, understand and obeying rules. 	<ul style="list-style-type: none"> • Developing a sense of spatial awareness and using space safely • Show control and coordination • Perform basic shapes and balances, being able to maintain them for a sustained period. • Introduction to simple technical terms and subsequent performance • Link some of these skills together to perform a short routine • Explore and use equipment safely • Be able to perform some of the previous shapes, balances and actions on the apparatus. 	<ul style="list-style-type: none"> • Responding to a range of stimuli • Listen to pieces of music and respond to the rhythm • Copy and explore basic actions led by a teacher • Perform movements involving a range of body parts • Link these together to form a movement phrase • Move on different levels to change the movement phrase • Demonstrate basic actions and expressions that represent an emotion 	<p style="text-align: center;">CRICKET-BASED</p> <ul style="list-style-type: none"> • Develop individual catching skills exploring throws upwards, bounces downward, two hands, one hand. • Throw underarm with correct technique and increasing accuracy • Fundamental introduction to overarm throwing, experiencing the coordination of the movement • Handling and controlling a bat in response to situational-demands of a ball or beanbag • Striking the ball in different ways, using bats with large surface areas • Experiencing a modified game. 	<ul style="list-style-type: none"> • How to run with correct technique • Applying correct technique at full speed in race situations • Attempt some slightly longer distances, adjusting speed slightly to achieve this • Experiment with jumping and landing in a variety of ways • Jump to achieve height and distance • Throw a number of differing projectiles • Working effectively as a team to complete relays • Measure and record scores for other pupils