



Queenborough School and Nursery.



PE Long Term plan

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b><u>Year 1</u></b>	<p><b>Multi Skills</b></p> <p><b>Infant Agility</b></p> <p><u>Theme:</u> Multi Skills, spatial awareness.</p> <p><u>Coverage:</u> Agility, Balance, Co-Ordination. Fundamentals of Movement (FOM)</p>	<p><b>Multi Skills</b></p> <p><b>Infant Agility</b></p> <p><u>Theme:</u> Send, receive and retrieve</p> <p><u>Coverage:</u> Throwing, trapping, catching, bouncing various equipment</p> <p><b>OR</b></p> <p><u>Dance:</u> <u>Theme:</u> Short stories or story based theme</p> <p><u>Coverage:</u> Shapes and Patterns, travelling, change of speed/rhythm/level/direction (teacher led)</p>	<p><b>Team Games</b> <u>Gymnastics</u> Travelling &amp; balancing, linking actions.</p> <p><u>Coverage:</u> (FOM) Developing, travelling, balancing &amp; principles of finding space.</p> <p><b>OR</b></p> <p><u>Theme:</u> Send, receive, retrieve, teamwork</p> <p><u>Coverage:</u> Kicking, striking, catching (using various equipment) and working in teams, co-operation.</p> <p><b>Tag Rugby</b></p>	<p><b>Sport Enrichment Block</b></p> <p><b>Infant Games.</b></p> <p>Sport enrichment chosen year groups from the list below to enhance the curriculum.</p> <p>Tri-Golf Dodgeball Tag Rugby Cricket</p> <p>In school competitions.</p> <p><b>Cricket</b></p>	<p><b>Sports Day Athletics</b></p> <p><u>Theme:</u> Different ways of running, jumping &amp; throwing</p> <p><u>Coverage:</u> Developing fundamentals of movement skills (FOM) for athletics events. To include competition</p> <p><b>Rounders</b></p>	<p><b>Games</b></p> <p><u>Theme:</u> Striking, fielding related activities (linking skills from previous terms)</p> <p><u>Coverage:</u> Developing fundamental movement skills (FMS) for striking/fielding events. To include competition.</p> <p><b>Dodgeball</b></p>



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<b><u>Year 2</u></b>	<p><b>Multi Skills</b></p> <p><b>Infant Agility</b></p> <p><u>Theme:</u> Working as a team - send &amp; receive, partner work, team work.</p> <p><u>Coverage:</u> Consolidating fundamentals movement skills (FOS) from Year 1 to include, kicking, trapping, throwing, catching, bouncing, pushing, and rolling.</p>	<p><b>Infant Agility</b></p> <p><b>Games (Invasion)</b></p> <p><u>Theme:</u> Develop FMS. Introducing simple attacking &amp; defending skills for invasion sports (football)</p> <p><u>Coverage:</u> Working in pairs - send &amp; receive, team work, based on a 3 or 2 v 1 scenario.</p>	<p><b>Gymnastics</b></p> <p><b>Games (Invasion)</b></p> <p><u>Theme:</u> Develop FMS. Developing simple attacking and defending skills for invasion sports</p> <p><b>Tag Rugby</b></p> <p><u>Coverage:</u> Working in pairs - send, receive and score, based on a 2 v1 or 2v2 scenario.</p>	<p><b>Sport Enrichment Block</b></p> <p><b>Infant Games</b></p> <p>Sport enrichment chosen year groups from the list below to enhance the curriculum.</p> <p>Tri-Golf Dodgeball Tag Rugby Rounders</p> <p>In school competitions.</p> <p><b>Cricket</b></p>	<p><b>Sports Day Athletics</b></p> <p><u>Theme:</u> Running, jumping and throwing skills, setting personal targets</p> <p><u>Coverage:</u> Developing fundamentals of movement skills (FOM) for athletics events. To include competition</p> <p><b>Rounders</b></p>	<p><b>Games Striking and Fielding</b></p> <p><u>Theme:</u> Striking, fielding related activities (linking skills from previous terms)</p> <p><u>Coverage:</u> Developing fundamental sports skills (FMS) for cricket and playing simplified versions of the game.</p> <p><b>Dodgeball</b></p>

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<b><u>Year 3</u></b>	<p><b>Team Games</b> <b>Tag Rugby</b></p> <p><u>Theme:</u> Attacking &amp; defending.</p> <p><u>Coverage:</u> Develop basic rules of these sports through attacking/defending based activities 3v1, 4v2, 5v3.</p> <p><b>Cross Country</b></p> <p><b>Sports Hall Athletics</b></p>	<p><b>Invasion Games</b></p> <p><b>Dodge Ball</b></p> <p><u>Theme:</u> Mark &amp; avoid</p> <p><u>Coverage:</u> Develop basic rules of these sports. To create and compete in their own attacking/defending based activities 3v2, 4v3, 5v4 using prior learnt FMS.</p> <p><b>Sports Hall Athletics</b></p>	<p><b><u>Gymnastics</u></b></p> <p><u>Theme:</u> Shapes &amp; jumping &amp; landing.</p> <p><u>Coverage:</u> Create a sequence using basic gymnastic floor elements in pairs and or small groups. Rolling, balancing, jumping and travelling. Vary direction and levels.</p> <p><b>Dance</b></p> <p><b>Tag Rugby</b></p>	<p><b>Sport Enrichment Block</b></p> <p><b>Infant Games</b></p> <p>Sport enrichment chosen year groups from the list below to enhance the curriculum.</p> <p>Tri-Golf Dodgeball Tag Rugby Rounders</p> <p>In school competitions.</p> <p><b>Cricket</b></p>	<p><b>Sports Day Athletics</b></p> <p><u>Theme:</u> Running, jumping and throwing skills, partner work</p> <p><u>Coverage:</u> Developing hurdle &amp; running events with a partner. Competing in pairs in throwing and jumping events.</p> <p><b>Tennis</b></p> <p><b>Rounders</b></p> <p><b>Golf</b></p> <p><b>Hockey</b></p>	<p><b>Games</b> <b>Striking and Fielding</b></p> <p><u>Theme:</u> Finding and closing down space.</p> <p><u>Coverage:</u> Create small sided and modified games of cricket and rounder's. Introduce basic rules of these sports.</p> <p><b>Tennis</b></p> <p><b>Football</b></p> <p><b>Dodgeball</b></p>



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<b><u>Year 4</u></b>	<p><b>Invasion Games</b></p> <p><b>Tag Rugby</b> <u>Theme:</u> Making choices &amp; decisions.</p> <p><u>Coverage:</u> Develop sports specific skills for Tag Rugby. Provide opportunities for children to apply tactics and strategies using 3v2, 4v3, 5v4 (FSS)</p> <p><b>Cross Country</b></p> <p><b>Sports Hall Athletics</b></p>	<p><b>Invasion Games Dodgeball</b></p> <p><u>Theme:</u> Making choices &amp; decisions</p> <p><u>Coverage:</u> Develop sport specific skills for Dodgeball. Providing opportunities for pupils to officiate and lead teams. Small sided 3v2, 4v3, 5v4 (FSS)</p> <p><b>Cricket</b></p> <p><b>Sports hall Athletics</b></p>	<p><b><u>Gymnastics</u></b></p> <p><u>Theme:</u> Transferring weight.</p> <p><u>Coverage:</u> Create a small group apparatus based sequence that includes balancing, jumping, rolling &amp; travelling. Introduce more complex sport specific skills that focus on transferring weight.</p> <p><b>Dance</b></p> <p><b>Hockey</b></p> <p><b>Tag Rugby</b></p>	<p><b>Sport Enrichment Block</b></p> <p><b>Games</b></p> <p>Sport enrichment chosen year groups from the list below to enhance the curriculum.</p> <p><b>Tri-Golf</b> <b>Rounders</b> <b>Hockey</b></p> <p>In school competitions.</p> <p><b>Cricket</b></p>	<p><b>Sports Day Athletics</b></p> <p><b>Tennis</b> <b>Football</b></p> <p><u>Theme:</u> Running, jumping and throwing. Time &amp; direction</p> <p><u>Coverage:</u> Competing against others, develop numeracy cross curricular links to focus on timing and direction to maximise performance in running, jumping and throwing events.</p> <p><b>Rounders</b></p>	<p><b>Games</b> <b>Striking and Fielding</b></p> <p><b>Football</b> <b>Cricket</b> <b>Tennis</b></p> <p><u>Theme:</u> Bowling and striking.</p> <p><u>Coverage:</u> Introduce basic rules of rounders and play competitive modified versions of the game. Introduce sport specific techniques for bowling and striking (FSS)</p> <p><b>Dodgeball</b></p>



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<b><u>Year 5</u></b>	<p><b>Invasion Games</b> <b>Tag Rugby</b> <u>Theme:</u> Attacking play.</p> <p><u>Coverage:</u> Develop sports specific skills for tag rugby so that pupils can apply skills and strategies in competitive games (FSS_SSS)</p> <p><b>Cross Country</b></p> <p><b>Sports Hall Athletics.</b></p>	<p><b>Invasion Games</b> <b>Dodgeball/Basketball</b></p> <p><u>Theme:</u> Attacking play</p> <p><u>Coverage:</u> Focus on developing attacking principles Further develop sports specific skills and rules. Matches of 3v3, 4v4 (SSS)</p> <p><b>Sports Hall Athletics</b></p> <p><b>Gymnastics</b></p>	<p><b><u>Invasion Games</u></b> <b><u>Dodgeball</u></b></p> <p><u>Theme:</u> Attacking play.</p> <p><u>Coverage:</u> Develop sport specific skills and rules for dodgeball. Apply these to small sided matches of 3v3, 4v4 (FSS)</p> <p><b>OR</b> <b><u>Gymnastics</u></b></p> <p><b>Dance</b></p> <p><b>Tag Rugby</b></p>	<p><b>Sport Enrichment Block</b></p> <p>Sport enrichment chosen year groups from the list below to enhance the curriculum.</p> <p>Handball Tri-Golf Netball Rounders Cricket</p> <p>In school competitions.</p> <p><b>Cricket</b></p>	<p><b>Sports Day Athletics</b></p> <p><u>Theme:</u> Running, jumping and throwing. Achieving personal best.</p> <p><u>Coverage:</u> Practice a variety of athletics events from prior learning, developing event specific techniques for pupils to be able to achieve their personal best. Competition to be included.</p> <p><b>Hockey</b> <b>Golf</b></p> <p><b>Rounders</b></p>	<p><b>Games</b> <b>Striking and Fielding (Cricket)</b> <b>Tennis</b> <b>Athletics</b></p> <p><u>Theme:</u> Batting &amp; fielding tactics and strategies.</p> <p><u>Coverage:</u> Develop rules of cricket and play competitive modified versions of the game. Introduce sport specific techniques for fielding &amp; batting (FSS)</p> <p><b>Dodgeball</b></p>



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<b><u>Year 6</u></b>	<p><b>Net &amp; Wall Games</b> <b>Tag Rugby</b></p> <p><u>Theme:</u> Teamwork &amp; Tactics.</p> <p><u>Coverage:</u> Consolidate FSS for tag rugby and develop understanding of rules for the sport. Take part in competitive matches. 1v1 &amp; 2v2 (FSS_SSS)</p> <p><b>Cross Country</b></p> <p><b>Sports Hall Athletics</b></p>	<p><b>Invasion Games</b> <b>Dodgeball</b></p> <p><u>Theme:</u> Teamwork &amp; Tactics</p> <p><u>Coverage:</u> Consolidate FSS and compete in matches using clear tactics and sport specific techniques 4v4, 5v5, 6v6 (SSS)</p> <p><b>Sports hall Athletics.</b></p>	<p><b>Invasion Games</b> <b><u>Handball</u></b> <b><u>Netball</u></b></p> <p><u>Theme:</u> Teamwork &amp; Tactics</p> <p><u>Coverage:</u> Consolidate FSS and compete in matches using clear tactics and sport specific techniques 4v4, 5v5, 6v6 (SSS)</p> <p><b>Gymnastics</b></p> <p><b>Dance</b></p> <p><b>Tag Rugby</b></p>	<p><b>Sport Enrichment Block</b></p> <p>Sport enrichment chosen year groups from the list below to enhance the curriculum.</p> <p><b>Tri-Golf</b> <b>Rounders</b> <b>Hockey</b></p> <p>In school competitions.</p> <p><b>Cricket</b></p>	<p><b>Sports Day Athletics</b></p> <p><u>Theme:</u> Running, jumping and throwing. Achieving personal best. Team events.</p> <p><b>Tennis</b> <b>Cricket</b> <b>Football</b></p> <p><b>Rounders</b></p>	<p><b>Games Striking and Fielding (Cricket &amp; Rounders)</b></p> <p><u>Theme:</u> Teamwork &amp; Tactics.</p> <p><u>Coverage:</u> Pupils to organise and compete in full cricket and rounder's games as well as developing skills as captains and officiators (SSS)</p> <p>PGL Orienteering</p> <p><b>Dodgeball</b></p>



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Personal, Social & Emotional Development	<p>A) Children play co-operatively and take turns with others.</p> <p>B) Children are confident to try new activities and say why they like some activities more than others</p> <p>C) Children work as part of a group or class and understand the rules they are to follow</p>
Communication & language	<p>A) Children listen attentively in a range of situations</p> <p>B) Children follow instructions involving several ideas and actions.</p>
Physical Development	<p>A) Children show good control and co-ordination in large and small movements</p> <p>B) Children move confidently and in a range of different ways.</p> <p>C) Children handle equipment effectively</p> <p>D) Children know the importance for good health and physical exercise.</p>

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<b>Reception</b>	<p><b>Fundamentals of Movement</b></p> <p>Agility, balance, co-ordination.</p> <p><u>Theme:</u> Travelling &amp; moving confidently.</p> <p><u>Coverage:</u> (FOM) - stillness, jumping, running, changing direction, shape, hopping. Using apparatus</p>	<p><b>Fundamentals of Movement</b></p> <p>Agility, balance, co-ordination.</p> <p><u>Theme:</u> Handling equipment with control.</p> <p><u>Coverage:</u> (FOM) rolling, pushing, throwing, striking, kicking, bouncing.</p>	<p><b>Fundamentals of Movement</b></p> <p>Agility, balance, co-ordination.</p> <p><u>Theme:</u> Combining travelling and handling equipment</p> <p><u>Coverage:</u> Send, receive, negotiate space confidently and improve ABC's</p>	<p><b>Sport Enrichment Block</b></p> <p>Sport enrichment chosen year groups from the list below to enhance the curriculum.</p> <p>Tri-Golf Dodgeball Tag Rugby Rounders</p> <p>In school competitions.</p>	<p><b>Sports Day Preparation</b></p> <p><u>Theme:</u> Running, jumping &amp; throwing</p> <p><u>Coverage:</u> Developing fundamentals of movement skills (FOM) for running, throwing and jumping.</p>	<p><b>Team Games</b></p> <p><u>Theme:</u> Co-operating, sharing, listening, taking turns</p> <p><u>Coverage:</u> A variety of fundamental movement skills introduced through team activities.</p>



# Competition Calendar



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b><u>Competitions</u></b>	Cross Country Years 3,4,5,6	Infant Agility , Key Stage 1	Dodgeball Years 5,6	Infant Games, Key Stage 1	Tri-Golf Years 3,4	Mini Red Tennis Years 3,4
	Tag Rugby Years 5,6	Football Years 5,6	Key Steps Gymnastics, All years	Hi 5 netball Years 5,6	Rounders Years 5,6	Kwik Cricket years 3,4,5,6
	Basketball Years 5,6	Sports hall Athletics Year 3,4,5,6	Swimming Gala, Years 5,6	Cricket Festival Key Stage 1	Hockey, Years 3,4,5,6	Football Years 3,4
			Dance Competition Years 3,4,5,6	Handball Years 5,6		Athletics Years 5,6
			<b>Intra School Competition</b>	<b>Intra School Competition</b>	<b>Intra School Competition</b>	<b>Intra School Competition</b>
			<b>Tag Rugby</b>	<b>Cricket</b>	<b>Rounders</b>	<b>Dodgeball</b>