

LONG TERM FORECAST		Key Stage 1 PE	
	Autumn	Spring	Summer
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> <li>Perform dances using simple movement patterns.</li> </ul>			
<b>Year 1</b>	<b>Gymnastics:</b> Travelling, Jumping and Balancing <b>Games:</b> Agility, Coordination and throwing.	<b>Dance:</b> Topic Based <b>Health and Fitness</b> <b>Games:</b> Kicking and Striking.	<b>Gymnastics:</b> Rocking and developing rolls. <b>Athletics</b>
<b>Year 2</b>	<b>Gymnastics:</b> Shapes and travelling <b>Games:</b> Agility, Coordination and throwing.	<b>Dance:</b> Topic Based <b>Health and Fitness</b> <b>Games:</b> Kicking and Striking.	<b>Gymnastics:</b> Jumping, balancing and rolls. <b>Athletics</b>

**LONG TERM FORECAST**

**Lower Key Stage 2 PE**

Autumn	Spring	Summer
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**Pupils should be taught to:**

- use running, jumping, throwing and catching in isolation and in combination.
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- develop flexibility, strength, technique, control and balance.
- perform dances using a range of movement patterns.
- take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Swimming, pupils should be taught to:**

- swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

<b>Year 3</b>	<b>Dance:</b> Topic Based <b>Netball-</b> Keeping Possession	<b>Gymnastics:</b> Shapes, travelling and rolling. <b>Hockey-</b> Keeping Possession	<b>Health&amp; Fitness</b> <b>Basketball-</b> Linking actions	<b>Gymnastics/Yoga:</b> Agility and Balance <b>Tag Rugby-</b> Sending and Receiving	<b>OAA</b> <b>Tennis-</b> Sending & Receiving	<b>Dance:</b> Topic Based <b>Athletics</b>
<b>Year 4</b> <b>Swimming</b>	<b>Dance</b> <b>Football-</b> Keeping Possession	<b>Gymnastics:</b> Shapes, travelling and rolling <b>Basketball-</b> Keeping Possession	<b>Health &amp; Fitness</b> <b>Tag Rugby-</b> Linking actions	<b>Gymnastics/Yoga:</b> Agility, Balance and jumping. <b>Hockey-</b> Linking Action	<b>OAA</b> <b>Athletics</b>	<b>Dance:</b> Topic Based <b>Tennis-</b> Sending & Receiving

## LONG TERM FORECAST

## Upper Key Stage 2 PE

Autumn

Spring

Summer

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination.
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- develop flexibility, strength, technique, control and balance.
- perform dances using a range of movement patterns.
- take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

<b>Year 5</b>	<b>Gymnastics:</b> Shapes, traveling and jumping. <b>Hockey-</b> Tactics and Strategies	<b>Dance:</b> Topic Based <b>Tag Rugby-</b> Creating and Closing Space	<b>Gymnastics/Yoga:</b> Balance and rolling. <b>Netball-</b> Creating and Closing Space	<b>Health &amp; Fitness</b> <b>Football-</b> Linking Actions	<b>Dance:</b> Topic Based <b>Athletics</b>	<b>OAA</b> <b>Cricket-</b> Linking Actions
<b>Year 6</b>	<b>Gymnastics:</b> Shapes, jumping and rolling. <b>Tag Rugby-</b> Creating and Closing Space	<b>Dance:</b> Topic Based <b>Netball-</b> Tactics and Strategies	<b>Gymnastics/Yoga:</b> Balance <b>Football-</b> Creating and Closing Space	<b>Health &amp; Fitness</b> <b>Tennis-</b> Linking Actions.	<b>Dance:</b> Topic Based <b>Hockey-</b> Linking Actions.	<b>OAA</b> <b>Athletics</b>