

Physical Education Long Term Plan – 2 year cycle

St George's C of E Primary School



Overview



Physical Education Long Term Plan – 2 year cycle

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Nursery/EYFS	<p>Physical Development Our EYFS setting provides opportunities to develop gross and fine motor skills. Staff create games and provide opportunities for play both indoors and outdoors. We support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility through the use of varied equipment e.g. bikes, trikes, climbing apparatus, balancing equipment, balls, beanbags and building materials. Children also experience outdoor adventurous activities each Friday in our onsite forest school setting.</p> <p>Personal, Social and Emotional Development Through physical activity children are supported to manage emotions, develop a positive sense of self, set themselves simple goals and have confidence in their own abilities. Through adult modelling and guidance, they learn how to look after their bodies, including healthy eating. Through supported games and physical activities, opportunities are provided to work as a team, turn take and resolve conflicts.</p>					
Reception Cycle A	Fundamentals – Get Set 4 PE Unit 1		Dance – Get Set 4 PE Unit 1		Ball Skills – Get Set 4 PE Unit 1	
Reception Cycle B	Introduction to PE – Get Set 4 PE Unit 1		Gymnastics– Get Set 4 PE Unit 1		Games– Get Set 4 PE Unit 1	
Year 1/2 Cycle A	Forest Schools - Outdoor Adventurous Activities (OAA) Get Set 4 PE – Fundamentals Year 1			Forest Schools - Outdoor Adventurous Activities (OAA) Get Set 4 PE – Fundamentals Year 2		
	Dance – Get Set 4 PE Year 1	Dance – Get Set 4 PE Year 2	Athletics Get Set 4 PE Year 1	Athletics Get Set 4 PE Year 2	Striking and Fielding Get Set 4 PE Year 1	Striking and Fielding Get Set 4 PE Year 2
Year 1/2 Cycle B	Forest Schools - - Outdoor Adventurous Activities (OAA) Team Building – Year 1			Forest Schools - Outdoor Adventurous Activities (OAA) Team Building - Year 2		
	Invasion – Get Set for PE Year 1	Invasion - Get Set for PE Year 2	Gymnastics - Get Set for PE Year 1	Gymnastics - Get Set for PE Year 2	Net and Wall – Get Set for PE Year 1	Net and Wall - Get Set for PE Year 2
Year 3/4	Tennis – Get Set 4 PE Year 3	Tennis – Get Set 4 PE Year 4	OAA – Get Set 4 PE Year 3/4	Swimming	Swimming	Swimming

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Cycle A	Invasion (Football) – Get Set for PE – Year 3/4	Netball - Get Set for PE Year 3/4	Basketball – Get Set for PE Year 3/4	Fundamentals – Get Set 4 PE Year 3/4	Athletics – Get Set for PE year 3	Athletics – Get Set 4 PE year 4
Year 3/4	Gymnastics – Get Set for PE Year 3	Dance – Get Set for PE Year 3	Dance – Get Set for PE Year 4	Swimming	Swimming	Swimming
Cycle B	Invasion (Hockey) – Get Set for PE Year 3/4	Fitness – Get Set 4 PE Year 3/4	Gymnastics – Get Set for PE Year 4	Ball Skills – Get Set 4 PE Year 3/4	Dodgeball – Get Set 4 PE Year 3/4	Cricket – Get Set 4 PE Year 3/4
Year 5/6	Swimming	Swimming	Swimming	Dance Get Set 4 PE Year 5	Dance Get Set 4 PE Year 6	Gymnastics Get Set 4 PE Year 5
Cycle A	Fitness Get Set for PE Year 5/6	Athletics Get Set 4 PE Year 5	Athletics Get Set 4 PE Year 6	Gymnastics Get Set 4 PE Year 6	Invasion (Football) – Get Set 4 PE Year 5/6	Cricket – Get Set for PE Year 5/6
Year 5/6	Swimming	Swimming	Swimming	Badminton Get Set for PE Year 5/6	Tag Rugby – Get Set 4 PE Year 5/6	OAA – Get Set 4 PE Year 5/6
Cycle B	Invasion (Hockey) – Get Set 4 PE Year 5/6	Dodgeball - Get Set 4 PE Year 5/6	Volley Ball - Get Set 4 PE Year 5/6	Basketball - Get Set 4 PE Year 5/6	Netball - Get Set 4 PE Year 5/6	Rounders – Get Set for PE Year 5/6

Blue – PE Taught by UK Sport Coaches with staff shadowing with a focus on inclusion (SEND adaptations where appropriate and engaging less active/keen learners), improving behaviour, positively promoting PEPPSA.

Green – Forest Schools taught by Being Outdoors CIC.

Cycle A – 2023-24

Cycle B – 2024-25