

 Ranskill Primary School	PE Long Term Plan – EYFS ELG statements/National Curriculum statements					
	NB – dance may be taught in the Spring term to fit with topics that inspire movement					
Term	Autumn 1 2		Spring 1 2		Summer 1 2	
Nursery Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions	As a prime area in EYFS, children will be constantly working on their physical development. The Nursery staff will support them in both gross and fine motor skills through the activities children undertake everyday. The sessions below are delivered by the PE provider as a focussed lesson specifically to support and develop PE skills.					
	Spatial Awareness – self in the space Negotiate space and obstacles safely, with consideration for themselves and others Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Holding balances and using Co-ordination Demonstrate strength, balance and coordination when playing. Move energetically, such as jumping, dancing and climbing.	Working with beanbags Work and play cooperatively and take turns with others Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Rolling balls Work and play cooperatively and take turns with others Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Sending and receiving Work and play cooperatively and take turns with others Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Taking turns Work and play cooperatively and take turns with others Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Class 1 – Reception (EYFS) Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions	As a prime area in EYFS, children will be constantly working on their physical development. Class 1 staff will support them in both gross and fine motor skills through the activities children undertake everyday. The sessions below are delivered by the PE provider as a focussed lesson specifically to support and develop PE skills.					
	Spatial Awareness – self and others in the space Negotiate space and obstacles safely, with consideration for themselves and others Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Balance and agility – fundamental movements - dance Demonstrate strength, balance and coordination when playing Move energetically – dancing, skipping	Balance and agility – fundamental movements - gymnastics Demonstrate strength, balance and coordination when playing Move energetically, such as jumping, hopping, and climbing.	Multi-skill activities. Working with beanbags and balls – control and further skills Work and play cooperatively and take turns with others Negotiate space and obstacles safely, with consideration for themselves and others Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Sports Day Preparation Negotiate space and obstacles safely, with consideration for themselves and others Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Group games Work and play cooperatively and take turns with others Negotiate space and obstacles safely, with consideration for themselves and others Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Year 1 and Year 2	Fundamental Movement Skills master basic movements including running, jumping, throwing and catching, and	Dance perform dances using simple movement patterns	Balance, Agility and Co-ordination (Gymnastics) master basic movements including developing	Invasion Game skills participate in team games, developing simple tactics for attacking and defending	Striking and Fielding Game skills participate in team games master basic movements including throwing and	Multi Skills (esp. ball skills) – LTA tennis master basic movements including running, jumping, throwing and catching, as

	co-ordination, and begin to apply these in a range of activities		balance, agility and co-ordination	use skills learnt in fundamental movement skills lessons in games	catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
	Invasion Game skills participate in team games, developing simple tactics for attacking and defending use skills learnt in fundamental movement skills lessons in games	Multi Skills 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	Team Games participate in team games, developing simple tactics for attacking and defending retrieve skills learnt in fundamental movement skills lessons in games	Orienteering	Sports Day Prep – Athletics retrieval skills master basic movements including running, jumping, throwing and catching, and co-ordination, and begin to apply these in a range of activities	Team Games participate in team games, developing simple tactics for attacking and defending
Class 3 compare their performances with previous ones and demonstrate improvement to achieve their personal best	Fundamental Movement Skills use running, jumping and throwing in isolation	Dance perform dances using a range of movement patterns	Gymnastics develop flexibility, strength, technique, control and balance	Invasion Games play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Striking and Fielding Games play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Striking and Fielding Games play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
	Invasion Games 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	Orienteering take part in outdoor and adventurous activity challenges both individually and within a team OR Swimming 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.	Flexibility, Control and Balance (through yoga style activities) develop flexibility, strength, technique, control and balance	Fundamental Movement Skills use running, jumping and throwing in isolation	Sports Day Prep – Athletics retrieval skills use running, jumping and throwing in isolation retrieve skills learnt in fundamental movement skills whilst performing athletic activities	Net and Wall Games – LTA tennis play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Class 4 compare their performances with previous ones and demonstrate improvement to achieve their personal best	Fundamental Movement Skills use running, jumping and throwing in isolation and in combination (Preparation for sports hall athletics)	Dance – Country Dancing perform dances using a range of movement patterns	Gymnastics develop flexibility, strength, technique, control and balance	Invasion Games play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Striking and Fielding Games play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Striking and Fielding Games play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending

	Invasion Games 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	Orienteering take part in outdoor and adventurous activity challenges both individually and within a team OR Swimming 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.	Flexibility, Control and Balance (through yoga style activities) develop flexibility, strength, technique, control and balance	Fundamental Movement Skills use running, jumping and throwing in isolation	Sports Day Prep – Athletics retrieval skills use running, jumping and throwing in isolation retrieve skills learnt in fundamental movement skills whilst performing athletic activities	Net and Wall Games – LTA tennis play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Class 5 compare their performances with previous ones and demonstrate improvement to achieve their personal best	Fundamental Movement Skills use running, jumping and throwing in isolation and in combination (Preparation for sports hall athletics)	Dance perform dances using a range of movement patterns	Gymnastics develop flexibility, strength, technique, control and balance	Invasion Games play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Striking and Fielding Games play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Striking and Fielding Games play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
	Invasion Games 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	Aerobic activities develop flexibility, strength, technique, control and balance	Flexibility, Control and Balance (through yoga style activities) develop flexibility, strength, technique, control and balance	Orienteering take part in outdoor and adventurous activity challenges both individually and within a team	Sports Day Prep – Athletics retrieval skills use running, jumping and throwing in isolation retrieve skills learnt in fundamental movement skills whilst performing athletic activities	Net and Wall Games – LTA tennis play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending