



*The Best That You Can Be*

**Devonshire Primary Academy**

**PE Long Term Plan**



<b><u>Year 1</u></b>						
<b>Week</b>	<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
	<b>Indoor</b>	<b>Outdoor</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Indoor</b>	<b>Outdoor</b>
<b>1</b>	<b><u>FMS</u></b> Explore hopping.	<b><u>FMS</u></b> Explore running fast.	<b><u>Dance/Movement</u></b> Explore different ways of moving like a dinosaur e.g.- stomp.	<b><u>Object Manipulation</u></b> Explore rolling a ball accurately at a target. Use rolling skills in games.	<b><u>Health Related Fitness</u></b> Explore games/exercise that develop stamina.	<b><u>Team games</u></b> Explore throwing and catching in a game/activity.
<b>2</b>	<b><u>FMS</u></b> Explore skipping.	<b><u>FMS</u></b> Explore two handed strike.	<b><u>Dance/Movement</u></b> Explore different ways of moving like a dinosaur bite/snap etc. Explore the space.	<b><u>Object Manipulation</u></b> Practise underarm throwing and catching.	<b><u>Health Related Fitness</u></b> Explore games/exercise that develop agility.	<b><u>Team Games</u></b> Explore striking and fielding in a game/activity.
<b>3</b>	<b><u>FMS</u></b> Explore side gallop and jumping for distance.	<b><u>FMS</u></b> Explore over arm throw.	<b><u>Dance/Movement</u></b> Copy and repeat dance movements.	<b><u>Object Manipulation</u></b> Practise overarm throwing and catching.	<b><u>Health Related Fitness</u></b> Explore games/exercises that develop strength.	<b><u>Team Games</u></b> Communicate effectively with team mates and improve their knowledge of tactics.

4	<p><b><u>FMS</u></b></p> <p>Explore rolling a ball.</p>	<p><b><u>FMS</u></b></p> <p>Explore underarm throw.</p>	<p><b><u>Dance/Movement</u></b></p> <p>Copy and repeat dance movements.</p>	<p><b><u>Object Manipulation</u></b></p> <p>Practise accurate throwing and consistent catching.</p>	<p><b><u>Health Related Fitness</u></b></p> <p>Build strength, stamina and agility through participating in circuit training.</p>	<p><b><u>Team Games</u></b></p> <p>Explore games/activities that use the skills taught. Use the terms 'opponent', 'attacking', 'defending' and 'team-mate'.</p>
5	<p><b><u>FMS</u></b></p> <p>Explore bouncing and catching Assess FMS against tick sheet.</p>	<p><b><u>FMS</u></b></p> <p>Explore dodging and kicking. Assess FMS against tick sheet.</p>	<p><b><u>Dance/Movement</u></b></p> <p>Begin to perform with coordination and focus.</p>	<p><b><u>Object Manipulation</u></b></p> <p>Practise kicking/striking skills with increased accuracy.</p>	<p><b><u>Health Related Fitness</u></b></p> <p>participate in circuit training, setting personal targets for achieving own goal/s.</p>	<p><b><u>Team Games</u></b></p> <p>Lead others in a game/activity taking on different roles.</p>
6	<p><b><u>Yoga</u></b></p> <p>Explore yoga and mindfulness.</p>	<p><b><u>Gross Motor Skills</u></b></p> <p>Explore static balances. Take part in foot strengthening exercises.</p>	<p><b><u>Gymnastics</u></b></p> <p>Explore different ways of rolling forwards, backwards and sideways.</p> <p>Explore different rolls-</p> <ul style="list-style-type: none"> <li>• Egg roll</li> </ul>	<p><b><u>Small Team Games</u></b></p> <p>play a 1v1 game using any of the following in combination:</p> <ul style="list-style-type: none"> <li>• Rolling</li> <li>• Hitting</li> <li>• Running</li> <li>• Jumping</li> <li>• Catching</li> </ul>	<p><b><u>Dance/move in role as animals</u></b></p> <p>-Could link to a story) Respond to the music and explore/imitate a range of movements focusing on animal actions.</p>	<p><b><u>Athletics</u></b></p> <p>Explore running fast through games/activities.</p>

			<ul style="list-style-type: none"> <li>rocking on back</li> <li>Teddy bear roll</li> <li>Pencil rolls</li> <li>Dish roll</li> </ul>	<ul style="list-style-type: none"> <li>Kicking</li> </ul>		
<b>7</b>	<p><b><u>Yoga</u></b></p> <p>Copy and repeat yoga poses.</p>	<p><b><u>Gross Motor Skills</u></b></p> <p>Explore kicking/striking.</p>	<p><b><u>Gymnastics</u></b></p> <p>Exploring jumping and balancing in a variety of ways.</p>	<p><b><u>Small Team Games</u></b></p> <p>play a 2v1 game using any of the following in combination:</p> <ul style="list-style-type: none"> <li>Rolling</li> <li>Hitting</li> <li>Running</li> <li>Jumping</li> <li>Catching</li> <li>Kicking</li> </ul> <p>Gain knowledge of tactics.</p>	<p><b><u>Dance/move in role as animals</u></b></p> <p>Explore coordination through copying a short sequence with travelling movements e.g.- slithering, crawling, rolling, stomping, jumping etc.</p>	<p><b><u>Athletics</u></b></p> <p>Explore jumping for distance through games/activities.</p>
<b>8</b>	<p><b><u>Yoga</u></b></p> <p>Develop an awareness of strength and flexibility when completing yoga poses.</p>	<p><b><u>Gross Motor Skills</u></b></p> <p>Explore understanding of left and right. Explore hand to eye coordination through activities.</p>	<p><b><u>Gymnastics</u></b></p> <p>Explore balancing on points.</p> <p>Imitate basic stretches to develop flexibility.</p>	<p><b><u>Small Team Games</u></b></p> <p>Play a 2v2 game using any of the following in combination:</p> <ul style="list-style-type: none"> <li>Rolling</li> <li>Hitting</li> <li>Running</li> <li>Jumping</li> </ul>	<p><b><u>Dance/move in role as animals</u></b></p> <p>Copy and repeat basic actions and include a starting and finishing position.</p>	<p><b><u>Athletics</u></b></p> <p>Explore throwing for distance through games/activities.</p>

				<ul style="list-style-type: none"> <li>• Catching</li> <li>• Kicking</li> </ul> Gain knowledge of tactics.		
<b>9</b>	<p><b><u>Yoga</u></b></p> <p>Copy and remember actions linking them into a flow.</p>	<p><b><u>Gross Motor Skills</u></b></p> <p>Explore throwing and catching with large foam balls moving on to balls of different sizes/materials.</p>	<p><b><u>Gymnastics</u></b></p> <p>Copy and remember 2 or more actions moving with control and an awareness of space.</p> <p>Imitate contrasts such as small/tall, straight/curved and wide/narrow.</p>	<p><b><u>Small Team Games</u></b></p> <p>Play a 2v2 game using any of the following in combination:</p> <ul style="list-style-type: none"> <li>• Rolling</li> <li>• Hitting</li> <li>• Running</li> <li>• Jumping</li> <li>• Catching</li> <li>• Kicking</li> </ul> <p>Use the terms 'opponent', 'attacking', 'defending' and 'team-mate'.</p>	<p><b><u>Dance/move in role as animals</u></b></p> <p>Rehearse sequence in small groups responding to the music and performing with some expression.</p>	<p><b><u>Athletics</u></b></p> <p>Explore throwing for accuracy through games/activities.</p>
<b>10</b>	<p><b><u>Yoga</u></b></p> <p>Create a flow and teach it to a partner.</p>	<p><b><u>Gross Motor Skills</u></b></p> <p>Explore spatial awareness. Identify any areas of FMS weakness and address.</p>	<p><b><u>Gymnastics</u></b></p> <p>Perform a short sequence with a partner and evaluate own strengths and weaknesses.</p>	<p><b><u>Small Team Games</u></b></p> <p>Play a 5v2 game using any of the following in combination:</p> <ul style="list-style-type: none"> <li>• Rolling</li> <li>• Hitting</li> <li>• Running</li> </ul>	<p><b><u>Dance/move in role as animals</u></b></p> <p>Begin to perform for their peers. Describe using simple dance vocabulary the movements used in</p>	<p><b><u>Athletics</u></b></p> <p>Explore running, throwing and jumping in combination and set a personal goal. Can you beat your score?</p>

				<ul style="list-style-type: none"> <li>• Jumping</li> <li>• Catching</li> <li>• Kicking</li> </ul> Lead others where appropriate.	other performances.	
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(FMS) Fundamental Movement Skills

**All children should-**

- Understand the importance of wearing PE kit, removing jewellery and tying hair up and know how it keeps them safe.
- Show an awareness of safety e.g.- bare feet in gymnastics and dance, carrying equipment safely etc.
- Know that exercise makes their heart beat faster, feel warmer and makes their cheeks turn red.
- Know that to stay fit and healthy they need to exercise for 60 mins a day.
- Work cooperatively as part of a team, managing their feelings and behaviour in order to become a good sportsperson.
- Be taught how to share resources and equipment.
- Know how to work as part of a team managing their own feelings and behaviour.
- Develop resilience and a growth mindset.