

# Foston CE, Terrington CE VA & Stillington Primary Schools Subject Long Term Plan

## 'Love, Learn & Grow Together'



Subject: PE

**Golden Threads & Key Concepts:**

**Curriculum Enhancers:**

Diversity Sustainability Community Creativity

Progression	EYFS	KS1 A	KS1 B	KS2 A/C	KS2B/D
<b>Autumn 1</b>	multi-skills Movement Games (Agility, spatial awareness)	<b>Agility</b> Multi-skills (hurdles, ladders, running, jumping) (Teacher) <b>Basketball</b> (Bounce, catch, throw) (TS)	<b>Co-ordination Multi Skills</b> (Coordination focus) (Teacher) <b>Football</b> (Dribble, control) (TS)	Football 4 weeks Basketball 4 weeks	Football 4 weeks Netball 4 weeks.
<b>Autumn 2</b>	Multi-skills (Large Ball skills)	<b>Bat and ball</b> Multi-skills (hitting tennis/badminton, cricket) <b>Team Games</b> Multi-skills	<b>Throwing and Catching</b> multi-skills (throwing and catching, <b>Team games</b> multiskills	Health related exercise: Dance 4 weeks Netball 3 weeks	Tag rugby 3 weeks Basketball 4 weeks
<b>PE enhancement A</b>	Circus skills	Dodgeball & bench ball, archery, tai chi, kick boxing			
<b>PE enhancement B</b>					
<b>Spring 1</b> <i>Sports hall needed</i>	Gymnastics HRE (Agility, speed and balance)	<b>Swimming</b> HRE:(Agility and speed) Gymnastics	HRE: (Balance and coordination): Dance  Hockey skills (dribble, control)	<b>Swimming</b> Health related exercise: gymnastics	Indoor athletics Health related exercise: Dance
<b>Spring 2</b>	Dance Ball skills (Small ball skills)	<b>Swimming</b> HRE: (Balance and coordination):Dance	HRE:(Agility and speed) : Gymnastics Tennis (Small ball skills)	Hockey <b>Swimming</b>	Orienteering Striking and fielding (kick rounders &rounders)
<b>PE enhancement A</b>	gymnastics	Gymnastics with gymnastics coach/trip, golf , circus skills			
<b>PE enhancement B</b>		Volleyball			
<b>Summer 1</b>	Athletics Bats and small balls	Athletics Outdoor and adventurous activities (forest schools (F,S) / orienteering (T)	Athletics Outdoor and adventurous activities (forest schools (F)/ orienteering(T,S)	Cricket (4 weeks) Volley ball (3 weeks)	Terrington: Tennis (4 weeks) Badminton (3 weeks) Foston: Swimming Badminton  Stillington: Swimming Badminton
<b>Summer 2</b>	Striking and fielding (Bean bag rounders, kick rounders) Sports day prep	Striking and fielding (bean bag rounders, kick rounder, tri golf) Sports day prep (athletics)	Striking and fielding (bean bag rounders, kick rounder, tri golf) Sports day prep (athletics)	Forest School Athletics in prep for sports day	Terrington: Swimming Athletics in prep for sports day  Foston: Athletics Tennis  Stillington: Athletics

					Tennis (Athletics can be split across the whole term for this yr only as swimming has been pre-booked but should only be in summer 2 in future).
<b>Sports Day</b>	Multiskills am Racing pm				