

Appendix 1 Long Term Planning

PHYSICAL EDUCATION YEARLY PLAN

FOUNDATION

AUTUMN	SPRING	SUMMER
Dance/Balance Bikes	Dance	Dance
Gymnastics	Gymnastics	Gymnastics
Multi Skills (Games)	Multi Skills (Games)	Multi Skills/Sports Day (Games)

KEY STAGE 1

AUTUMN	SPRING	SUMMER
Gymnastics (Aut 1)	Multi Skills (Games)	Multi Skill (Games) & Athletics
Dance (Aut 2)	Various hand/eye & foot eye activities	Multi Skills Leading to Mini games
Multi Skill (Games) (when necessary)		Sports Day Skills

Various other Physical Activities will take place on a daily basis e.g. structured Playtimes, Huff and Puff Lunchtimes and Take 10 (Brain Gym/Mindfulness/Well Being/Cosmic Yoga).

Children within EYFS and Key Stage 1 will also take part in various other Term time Physical Activities e.g. Outside play (Play Trail/ Tyre Park), Walks, Enrichment sessions, House competitions and 1 mile challenge on a daily basis depending on restrictions.

Out of hours School Learning (OHSL)

Various activities/see clubs termly.

All children will also participate half termly in Enrichment PE sessions and Forest School Sessions as well as Nutritional sessions throughout the year through Science/PE/Topic & RSE.

KEY STAGE 2

YEAR 3 & 4

AUTUMN	SPRING	SUMMER
<p><u>GYMNASTICS</u> (Aut 1)</p> <p><u>DANCE</u> (Aut 2)</p> <p>Multi Skill (Games) (when necessary)</p>	<p><u>GAMES (Y3)</u> Football/Tag Rugby Skittleball/High 5 Netball/Hockey/ Basketball Games/Multi Skills (Option available)</p> <p>(Poor weather: Cross Country/Orienteering/ Indoor multi skills (Games)</p>	<p><u>GAMES (Y3)</u> Cricket/Tri Golf Rounders Softball Short Tennis (Option Available) (Poor weather: Cross Country/Orienteering/ Indoor multi skills) Athletics Multi Skill/Sports Day (Option: see coordinator)</p>
<p><u>SWIMMING</u> (Y4)</p>	<p><u>SWIMMING</u> (Y4)</p>	<p><u>SWIMMING</u> (Y4)</p>

Various other Physical Activities will take place on a daily basis e.g. structured Playtimes, Huff and Puff Lunchtimes and Take 10 (Brain Gym/Mindfulness/Well Being).

Children within Key Stage 2 will also take part in various other Term time Physical Activities e.g. Outside play (Play Trail/Tyre Park), Walks, Enrichment sessions, House competitions and the 1 mile challenge daily depending on restrictions.

Outdoor Adventure Activities (OAA)

Various activities/Orienteering/Map work/walking
Residential if available/Outdoor Adventure Programme

Out of hours School Learning (OHSL)

Various activities/see clubs termly.

All children will also participate half termly in Enrichment PE sessions and Forest School Sessions as well as Nutritional sessions throughout the year through Science/PE/Topic & RSE.

KEY STAGE 2

YEAR 5 & 6

AUTUMN	SPRING	SUMMER
<p><u>GYMNASTICS</u> (Aut 1)</p> <p><u>DANCE</u> (Aut 2)</p> <p>Multi Skill (Games) (when necessary)</p>	<p><u>GAMES</u> Football/Tag-Rugby High 5 Netball Hockey/Basketball Games/Multi Skills (Option available)</p> <p>(Poor weather: Cross Country/Orienteering/ Indoor Multi skills (Games)</p>	<p><u>GAMES</u> Cricket/Tri Golf Rounders Softball Short Tennis Badminton (Option Available)</p> <p>(Poor weather: Cross Country/Orienteering/ Indoor Multi skills) Athletics/Sports Day Multi Skill (Option: see coordinator)</p> <p>Various children can be also chosen for swimming during this term.</p>

Various other Physical Activities will take place on a daily basis e.g. structured Playtimes, Huff and Puff Lunchtimes and Take 10 (Brain Gym/Mindfulness/Well Being).

Children within Key Stage 2 will also take part in various other Term time Physical Activities e.g. Outside play (Play Trail/Tyre Park), Walks, Enrichment Sessions, House competitions and the 1 mile challenge daily depending on restrictions.

Outdoor Adventure Activities (OAA)

Various activities/Map working skills: school grounds/Other venues
Orienteering/Map work/Hike walking (When available)
OEC Residential (when available)/Outdoor Adventure Programme

Out of hours School Learning (OHSL)

Various activities/see clubs termly.

All children will also participate half termly in Enrichment PE sessions and Forest School Sessions as well as Nutritional sessions throughout the year through Science/PE/Topic & RSE