

Atlas Community Primary Long Term Plan P.E													
		Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
		Concepts	Focus	Concepts	Focus	Concepts	Focus	Concepts	Focus	Concepts	Focus	Concepts	Focus
Reception	Key Learning	Moving safely in a free space	Intro to P.E	Listening to simple commands—running, jumping etc.	Intro to P.E	Movement, co-operation, thinking	Ball Games—space awareness	Movement, co-operation, thinking, competition	Ball games	Co-ordination, thinking, co-operation	Games	Movement, co-operation, thinking, competition	Games

Autumn Term

Intro to P.E—Children will be learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities, which will develop fundamental movement skills such as running, jumping, skipping.

Spring Term

Ball games—Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment.

Summer Term

Games— Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to regulate when winning or losing.

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		Concepts	Focus	Concepts	Focus	Concepts	Focus	Concepts	Focus	Concepts	Focus	Concepts	Focus
Year 1	Key Learning	Thinking, balance, movement, co-ordination	Fundamentals	Movement, love, co-operation, thinking	Movement through Gymnastics & Dance	Movement, co-operation, thinking	Ball Games—space awareness	Movement, co-operation, thinking, competition	Invasion Games	Co-ordination, thinking, co-operation	Striking and Feilding	Movement, co-operation, thinking, competition	Athletics
	Active Enrichment	Scrap shed, boom whackers, soft axe throwing, scooters, yoga, balancing stilts		Pom pom disco, playdough disco, yoga, gymnastics, balance bikes, minibeast hunting		Tennis, golf, frisbee, bean bag throw in hula hoops, cup & ball game, quits, basketball (team games)		Volleyball, badminton, hockey, golf, penalty shoot out, team building activity		Rounders/ cricket, soft axe throwing, archery, penalty, table tennis		Relay racing, frisbee, curling, bowling, javelin, assault course, Sports day activities.	
Year 2	Key Learning	Thinking, balance, movement, co-ordination	Fundamentals	Movement, love, co-operation, thinking	Movement through Gymnastics & Dance	Movement, co-operation, thinking	Invasion Games	Movement, co-operation, thinking, competition	Invasion Games	Co-ordination, thinking, co-operation	Striking and Feilding	Movement, co-operation, thinking, competition	Athletics
	Active Enrichment	Scrap shed, boom whackers, soft axe throwing, scooters, yoga, balancing stilts		Pom pom disco, playdough disco, yoga, gymnastics, balance bikes, minibeast hunting		Tennis, golf, frisbee, bean bag throw in hula hoops, cup & ball game, quits, basketball (team games) Introduce some basic rules		Volleyball, badminton, hockey, golf, penalty shoot out, team building activity		Rounders/ cricket, soft axe throwing, archery, penalty, table tennis		Relay racing, frisbee, curling, bowling, javelin, assault course, Sports day activities.	

Commando Joes—once per half-term (see PSHE link) to develop physical, psychological, cognitive and social skills.

Active Enrichment is selected specifically to allow children to revisit skills from P.E lessons and allow children to apply skills in different sports.

Year 3	Key Learning	Thinking, balance, movement, co-ordination	Fundamentals	Thinking, Movement, co-operation	Cricket	Movement, co-operation, thinking, competition	Invasion Games—hockey	Movement, co-operation, thinking, competition	Invasion Games—Netball	Movement, love, co-operation, thinking	Movement through Gymnastics & Dance	Movement, co-operation, thinking, competition	Athletics
	Active Enrichment	Scrap shed, boom whackers, soft axe throwing, scooters, yoga, balancing stilts		Rounders/ cricket, soft axe throwing, archery, penalty, table tennis		Tennis, golf, frisbee, bean bag throw in hula hoops, cup & ball game, quits, basketball (team games)		Volleyball, badminton, hockey, golf, penalty shoot out, team building activity		Pom pom disco, playdough disco, yoga, gymnastics, balance bikes, minibeast hunting		Relay racing, frisbee, curling, bowling, javelin, assault course, Sports day activities.	
Year 4	Key Learning	Thinking, balance, movement, co-ordination	Fundamentals	Thinking, Movement, co-operation	Cricket	Movement, co-operation, thinking, competition	Invasion Games—hockey	Movement, co-operation, thinking, competition	Invasion Games—Netball	Movement, love, co-operation, thinking	Movement through Gymnastics & Dance	Movement, co-operation, thinking, competition	Athletics
	Active Enrichment	Scrap shed, boom whackers, soft axe throwing, scooters, yoga, balancing stilts		Rounders/ cricket, soft axe throwing, archery, penalty, table tennis		Tennis, golf, frisbee, bean bag throw in hula hoops, cup & ball game, quits, basketball (team games)		Volleyball, badminton, hockey, golf, penalty shoot out, team building activity		Pom pom disco, playdough disco, yoga, gymnastics, balance bikes, minibeast hunting		Relay racing, frisbee, curling, bowling, javelin, assault course, Sports day activities.	
Year 5	Key Learning	Thinking, balance, movement, co-ordination	Fundamentals	Thinking, Movement, co-operation	Cricket	Movement, co-operation, thinking, competition	Invasion Games—tag rugby	Movement, co-operation, thinking, competition	Invasion Games—Basketball	Movement, love, co-operation, thinking	Movement through Gymnastics & Dance	Movement, co-operation, thinking, competition	Athletics
	Active Enrichment	Scrap shed, boom whackers, soft axe throwing, scooters, yoga, balancing stilts		Rounders/ cricket, soft axe throwing, archery, penalty, table tennis		Tennis, golf, frisbee, bean bag throw in hula hoops, cup & ball game, quits, basketball (team games)		Volleyball, badminton, hockey, golf, penalty shoot out, team building activity		Pom pom disco, playdough disco, yoga, gymnastics, balance bikes, minibeast hunting		Relay racing, frisbee, curling, bowling, javelin, assault course, Sports day activities.	
Year 6	Key Learning	Thinking, balance, movement, co-ordination	Fundamentals	Thinking, Movement, co-operation	Cricket	Movement, co-operation, thinking, competition	Invasion Games—tag rugby	Movement, co-operation, thinking, competition	Invasion Games—Basketball	Movement, love, co-operation, thinking	Movement through Gymnastics & Dance	Movement, co-operation, thinking, competition	Athletics
	Active Enrichment	Scrap shed, boom whackers, soft axe throwing, scooters, yoga, balancing stilts		Rounders/ cricket, soft axe throwing, archery, penalty, table tennis		Tennis, golf, frisbee, bean bag throw in hula hoops, cup & ball game, quits, basketball (team games)		Volleyball, badminton, hockey, golf, penalty shoot out, team building activity		Pom pom disco, playdough disco, yoga, gymnastics, balance bikes, minibeast hunting		Relay racing, frisbee, curling, bowling, javelin, assault course, Sports day activities.	

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