

Flamborough CE Primary School PE Long Term Plan



EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Cycle A – 2022-2023</b>	<b>Multi-skills Ball skills</b>	<b>Gymnastics Dance</b>	<b>Yoga Dance</b>	<b>Gymnastics Multi-skills</b>	<b>Athletics Tennis/Golf</b>	<b>Athletics Rounders</b>
ELG PD – MH  PD - HSC	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.
Enrichment		Gym – Harry Sheader		Gym – Harry Sheader MS – Ali McClarron		
EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Cycle B – 2023-2024</b>	<b>Multi-skills Ball skills</b>	<b>Gymnastics Dance</b>	<b>Yoga Multi-skills</b>	<b>Gymnastics Dance</b>	<b>Athletics Tennis/Golf</b>	<b>Athletics Rounders</b>
ELG PD – MH  PD - HSC	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.
Enrichment						

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Year 1/2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Cycle A – 2022-2023</b>	<b>Gymnastics Dance</b>	<b>Boot Camp Badminton</b>	<b>Gymnastics Multi-skills</b>	<b>Mighty Movers Golf</b>	<b>Cricket Athletics</b>	<b>Athletics Rounders</b>
NC POS	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. Perform dances using simple movement patterns.	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. Participate in team games, developing simple tactics for attacking and defending.	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.	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. Participate in team games, developing simple tactics for attacking and defending.	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. Participate in team games, developing simple tactics for attacking and defending.	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. Participate in team games, developing simple tactics for attacking and defending.
Enrichment	Gym – Harry Sheader Extra-curricular clubs	Extra-curricular clubs	Gym – Harry Sheader MS – Ali McClarron Extra-curricular clubs	Extra-curricular clubs	Extra-curricular clubs	Extra-curricular clubs
<b>Year 1/2</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Cycle B – 2023-2024</b>	<b>Gymnastics Dance</b>	<b>Boot Camp Gymnastics</b>	<b>Badminton Multi-skills</b>	<b>Mighty Movers Golf</b>	<b>Cricket Athletics</b>	<b>Athletics Rounders</b>
NC POS	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. Perform dances using simple movement patterns.	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. Participate in team games, developing simple tactics for attacking and defending.	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.	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. Participate in team games, developing simple tactics for attacking and defending.	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. Participate in team games, developing simple tactics for attacking and defending.	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. Participate in team games, developing simple tactics for attacking and defending.
Enrichment	Extra-curricular clubs	Extra-curricular clubs	Extra-curricular clubs	Extra-curricular clubs	Extra-curricular clubs	Extra-curricular clubs



Year 3/4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Cycle A – 2022-2023</b>	<b>Dance Netball</b>	<b>Gymnastics Rugby</b>	<b>Swimming Gymnastics</b>	<b>Swimming Hockey</b>	<b>Orienteering Cricket/Rounders</b>	<b>Athletics Cricket/Rounders</b>
NC POS	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>perform dances using a range of movement patterns</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively</p> <p>perform safe self-rescue in different water-based situations</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively</p> <p>perform safe self-rescue in different water-based situations</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Enrichment	Netball – Ali McClarron Extra-curricular clubs SSP competitions and events	Gym – Harry Sheader Rugby – Ali McClarron Extra-curricular clubs SSP competitions and events	Gym – Harry Sheader SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events

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Year 3/4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Cycle B – 2023-2024</b>	<b>Gymnastics Football</b>	<b>Dance Badminton</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Orienteering Cricket/Rounders</b>	<b>Athletics Cricket/Rounders</b>
NC POS	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>perform dances using a range of movement patterns</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively</p> <p>perform safe self-rescue in different water-based situations</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively</p> <p>perform safe self-rescue in different water-based situations</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Enrichment	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events

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Year 5/6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Cycle A – 2022-2023</b>	<b>Rugby Gymnastics</b>	<b>Yoga Hockey</b>	<b>Netball Cricket</b>	<b>Orienteering Gymnastics</b>	<b>Dance Athletics</b>	<b>Rounders Athletics</b>
NC POS	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Enrichment	Rugby – Ali McClarron Gym – Harry Sheader Extra-curricular clubs SSP competitions and events	Hockey – Ali McClarron Extra-curricular clubs SSP competitions and events	Netball – Ali McClarron Extra-curricular clubs SSP competitions and events	Gym – Harry Sheader Hockey – Ali McClarron Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events

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Year 5/6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Cycle B – 2023-2024</b>	<b>Rugby Gymnastics</b>	<b>Yoga Hockey</b>	<b>Netball Cricket</b>	<b>Orienteering</b>	<b>Dance Athletics</b>	<b>Rounders Athletics</b>
NC POS	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Enrichment	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events