

Physical Education
Long Term Plan 2018-2019

Aims of the National Curriculum: The National Curriculum in PE aims to ensure that all pupils:

- **Develop competence to excel in a broad range of physical activity**
- **Are physically active for sustained periods of time**
- **Engage in competitive sports and activities**
- **Lead healthy, active lives**

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
KS1	<p>Fundamental movement skills (ABC)</p> <p>Ball skills (Throwing and Catching)</p>	<p>Ball skills</p> <p>Running, throwing, jumping</p>	<p>Invasion games (Football/Tag Rugby/Netball (variation of)/Hockey)</p> <p>Dance</p>	<p>Running, jumping and throwing (Athletics)</p> <p>Gymnastics</p>	<p>Running, throwing and jumping (Athletics)</p> <p>Ball skills (throwing and catching)</p>	<p>Striking and Fielding</p> <p>Ball skills (Net games)</p>
KS2	<p>Health Related Fitness (HRF)</p>	<p>Target Sports</p> <p>Sports Hall athletics/Invasion games (Football/Netball)</p>	<p>Dance</p> <p>Invasion games (Hockey/Tag rugby)</p>	<p>Gymnastics</p> <p>Athletics</p>	<p>Athletics</p> <p>Net games/Striking and Fielding(Cricket and rounders)</p>	<p>Striking and Fielding (Cricket and rounders)</p> <p>Orienteering</p>

