



## Oaklands Primary School PE Long Term Curriculum Plan

		Autumn	Spring	Summer
		Key Stage 1	Y E A R  O N E	<p><b>Gymnastics</b> - To master and develop basic movements including balance, agility and co-ordination, and begin to apply these.</p> <p><b>Games - Invasion</b> - To master basic movements including running, jumping, throwing and catching -To participate in team games, developing simple tactics for attacking and defending.</p>
Y E A R  T W O	<p><b>Gymnastics</b> - To master and develop basic movements including balance, agility and co-ordination, and begin to apply these.</p> <p><b>Games - Invasion</b> - To master basic movements including running, jumping, throwing and catching -To participate in team games, developing simple tactics for attacking and defending.</p>		<p><b>Dance</b> - To perform dances using simple movement patterns.</p> <p><b>Games - Racket</b> - To master basic movements, develop balance, agility and co-ordination and begin to apply these in a range of hitting activities.</p>	<p><b>Games – Strike &amp; Field</b> - To master basic movements, develop balance, agility and co-ordination and begin to apply these in a range of striking and fielding activities.</p> <p><b>Athletics</b> - To master basic movements including running, jumping, throwing and catching.</p>



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		Autumn 1	Spring 1	Summer 1
		Lower Key Stage 2	YEAR THREE	<p><b>Gymnastics</b> - Develop flexibility, strength, technique, control and balance.</p> <p><b>Games - Invasion</b> - Play competitive invasion games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
YEAR FOUR	<p><b>Gymnastics</b> - Develop flexibility, strength, technique, control and balance.</p> <p><b>Games - Invasion</b> - Play competitive invasion games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>		<p><b>Games - Racket</b> - Play competitive racket games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Dance</b> - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Swimming</b> - Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke). - Perform safe self-rescue in different water-based situations.</p>	<p><b>Games – Strike &amp; Field</b> - Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Athletics</b> - Use running, jumping, throwing and catching in isolation and in combination. -Develop flexibility, strength, technique, control and balance. -Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p>



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		Autumn	Spring	Summer
Upper Key Stage 2	Y E A R  F I V E	<p><b>Gymnastics</b> - Develop flexibility, strength, technique, control and balance.</p> <p><b>Games - Invasion</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Swimming</b> - Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke). - Perform safe self-rescue in different water-based situations.</p>	<p><b>Games - Racket</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Dance</b> - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Games – Strike &amp; Field</b> - Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Athletics</b> - Use running, jumping, throwing and catching in isolation and in combination. -Develop flexibility, strength, technique, control and balance. -Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p>
	Y E A R  S I X	<p><b>Gymnastics</b> - Develop flexibility, strength, technique, control and balance.</p> <p><b>Dance</b> - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Swimming</b> - Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breast stroke). - Perform safe self-rescue in different water-based situations.</p>	<p><b>Games - Invasion</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Games - Racket</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Games – Strike &amp; Field</b> - Play competitive striking and fielding games, modified where appropriate and apply basic principles suitable for attacking and defending. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Athletics</b> - Use running, jumping, throwing and catching in isolation and in combination. -Develop flexibility, strength, technique, control and balance. -Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p>