

PHYSICAL EDUCATION TERMLY PLAN

Year Group	Hour	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	1	Physical -Locomotion Walking 1 Thinking- Spatial Awareness Social- Curiosity ↓	Physical -Locomotion Jumping 1 – Thinking- Spatial Awareness Social - Courage ↓	Physical – Pushing, Rolling Hands Ball Skills 1 Thinking- Imagination Social -Self belief / Taking Turns	Physical – Movements, Dance Ourselves Thinking- Generate ideas Social – Enthuse through congratulating.	Physical – Throwing, Hands Ball Skills 2 Thinking- Investigate Social – Self-belief / taking turns	Physical – Movements, Dance Nursery Rhymes Thinking- creativity Social – Patience
	2	Due to the impacts of Covid19 these lessons will be covered over 2 hours to go at the pace of the children and to be able to embed skills.	Due to the impacts of Covid19 these lessons will be covered over 2 hours to go at the pace of the children and to be able to embed skills.	Physical – Gymnastics, High, Low, Over, Under Thinking- Imagination Social - Concentration	Physical – Kicking Ball Skills Feet 1 Thinking- Spatial Awareness Social - Courage	Physical – Balance, Gymnastics Moving Thinking- Self belief Social – Curiosity	Physical – Running Games for Understanding* Thinking- Concentration Social - Fairness
YEAR 1	1	Physical – Locomotion Running 1 Thinking- Concentration Social – Self-belief	Physical – Throwing, Hands Ball Skills 1 Thinking- Imagination Social -Fairness	Physical – Control / Kicking Ball Skills Feet Thinking- Curiosity Social – Courage	Physical – Stopping, Hands Ball Skills 2 Thinking- Concentration Social – Honesty	Physical – Locomotion Jumping 1 Thinking- Generate ideas Social - Empathy	Physical – Balance, agility: Health and well-being Unit Thinking- Imagination Social -Self-belief
	2	Physical – Balance Gymnastics, Wide, Narrow, Curled Thinking- Curiosity Social - Determination	Physical – Balance Gymnastics, Body Parts Thinking- Concentration Social – Self-Belief	Physical – Control Dance, Growing Thinking- Generate Ideas Social - Respect	Physical – Rhythm Dance, The Zoo Thinking- Imagination Social – Self-belief	Physical – Games for Understanding* Thinking- Memory Social - Honesty	Physical – Spatial Awareness Teamwork Thinking- Problem Solving Social – Listen to others

*Only to be covered if the children are ready for this unit.

*Either Foundation Stage or Year 1 depending on if unit was covered previous year.

YEAR 2	1	Physical – Locomotion dodging 1 Thinking- Problem Solving Social - Respect	Physical – Control, Hands Ball Skills 1 Thinking- Language to Communicate Social – Self-Belief	Physical – Stopping, Dance, Explorers Thinking- Curiosity Social – Encouragement	Physical – Spatial awareness, Team building Thinking- Reasoned Decisions Social - Teamwork	Physical – Variety of physical skills balance, agility, co- ordination: Health and well-being Unit Thinking- Question / Investigate Social – Take Turns	Physical – Swimming unit / catch up areas of where children have struggled.
	2	Physical – Control, Dance, Water Thinking- Imagination Social – Listen to others	Physical – Balance, Gymnastics, Pathways Thinking- Curiosity Social - Courage	Physical – Sending and Receiving, Ball skills feet Thinking- Predict and Anticipate Social - Respect	Physical – Throwing, Ball Skills Hands 2 Thinking- Concentration Social - Determination	Physical – Locomotion, Jumping Thinking- Curiosity Social - Honesty	Physical – Games for Understanding* Thinking- Reasoned Decisions Social - Fairness
YEAR 3	1	Physical – Control (moving with equipment) Invasion. Netball. Thinking- Problem Solving Social -Resilience	Physical – Rhythm Dance, Weather Thinking- Problem Solving Social - Respect	Physical – Agility, Dance Wild animals Thinking- Imagination Social - Communication	Physical –Hitting Net, wall, Tennis Thinking- Self and Peer evaluation Social – Encouragement	Physical – Athletics Running, Speed Thinking- Suggest improvements Social - Determination	Physical – Swimming unit / catch up areas of where children have struggled.
	2	Physical – Control, Gymnastics Linking Y2 Thinking- Creativity Social – Encouragement	Physical – Balance, Gymnastics Symmetry and Asymmetry Thinking- Evaluation Social - Enthuse	Physical – Speed, OAA Orienteering Thinking- Plan Social – Team work	Physical – Turning, Invasion, Basketball Thinking- Problem Solving Social - Respect	Physical – Catching, Games Striking and Fielding cricket, Thinking- Self- assessment Social - cooperation	Physical – Rolling, Games Striking and Fielding Rounders, Thinking- Set own Targets Social - Passion

*Either Year 1 or 2 depending on if unit was covered previous year.

YEAR 4	1	Physical – Dribbling, Invasion Hockey Thinking- Decision Making Social - Respect	Physical – Spatial Awareness, Dance, Cats Thinking- Imagination Social - Communication	Physical – Control, Dance, Space Thinking- Problem Solving Social – Honesty	Physical – Passing, Invasion, Handball Thinking- Self-Evaluate Social - Passion	Physical – Batting, Games Striking and Fielding cricket, Thinking- Take Turns Social - Support	Physical – Swimming unit / catch up areas of where children have struggled.
	2	Physical – Running, Athletics Thinking- Set own Targets Social - Resilience	Physical – Balance, Gymnastics, Bridges Thinking- Creativity Social – Encouragement	Physical – Agility OAA Problem Solving Thinking- Problem Solving Social – Team Work	Physical – Control, Net, wall, Tennis Thinking- Predict and Anticipate Social – Encouragement	Physical – Throwing, Athletics Thinking- Problem Solving Social -Listen to others	Physical – Catching, Games Striking and Fielding Rounders, Thinking- Reasoned Decisions Social -co-operation
YEAR 5	1	Physical – Sending and Receiving, Invasion, Hockey Thinking- Reasoned Decisions Social - Communication	Physical – Passing, Invasion Tag Rugby Thinking- Problem solving Social - Encouragement	Physical – Speed / Balance, Dance, The circus Thinking- Creativity Social - Praise	Physical – Turning, Invasion, football Thinking- Predict and Anticipate Social - Respect	Physical – Agility, Games Striking and Fielding Rounders, Thinking- Reasoned Decisions Social – co-operation	Physical – Stopping, Games Striking and Fielding cricket, Thinking- Peer and self-evaluate Social - Honesty
	2	Physical – Balance, Gymnastics, Counter balance and counter tension Thinking- Suggest improvements Social – Listen to others.	Physical – Strength/ Flexibility Health related exercise Thinking- Set Own Targets Social – Self-Belief	Physical – Reaction Times/ Speed, OAA Communicating Thinking- Precise Language Social - Communicating	Physical – Throwing, Invasion, Netball Thinking- Share Learning Outcomes Social - Collaborate	Physical – Control, Net, wall Tennis Thinking- Judgement Social – Teamwork	Physical- Running / Jumping/ Throwing Athletics Thinking- Investigate Social - Determination

YEAR 6	1	Physical – Kicking, Turning, Invasion, Football Thinking- Predict and Anticipate Social - Integrity	Physical – Balance, Dance, Titanic Thinking- Problem Solving Social - Communication	Physical – Sending, Invasion Hockey Thinking- Share previous knowledge Social - Respect	Physical – Throwing, Invasion, Basketball Thinking- Reasoned Decisions Social - Honesty	Physical – Games Striking and Fielding Rounders, Thinking- Reasoned Decisions Social - Communication	Physical – Throwing, Hopping Athletics Thinking - Suggest Improvements Social – Listen to others
	2	Physical – Body Control, Gymnastics, Matching and Mirroring Thinking-Self-Assess/ Set Own Targets Social – cooperation	Physical – Flexibility / Reaction Times, Health related exercise Thinking- Evaluation Social – Self-motivation	Physical – Agility, OAA Orienteering Thinking- problem solving Social - Encouragement	Physical – Control, Net/wall Tennis Thinking- Problem solving Social - responsibility	Physical – Running Speed, Athletics Thinking- Suggest Improvements Social – Support Others	Physical – Batting, Games Striking and Fielding cricket / Transition Thinking- Reflection Social - Respect