

**Welbourn C of E Primary School**

‘Believe, Excite, Succeed, Together’

PE Long Term Plan

Intent

For children to access a range of different sports and activities regardless of their ability and for children to enjoy being physically active in school, at home and in preparation for secondary school. Staff will share the same enthusiasm and act as role models.

Implementation

* Enjoyable and highly effective learning is promoted through excellent relationships, regular praise and feedback.
* Teachers enthuse, motivate and inspire pupils to achieve their very best.
* Pupils secure outstanding progress because teachers and coaches are organised and well-planned.
* Teachers use their extensive subject knowledge and expertise to show pupils the step-by-step stages of learning new skills, and how to apply skills in different activities and situations.
* Teachers question pupils to check their understanding and provide expert advice on how to attain exceptionally high levels of performance.
* Expectations of all pupils are consistently high.
* Pupils are challenged to work their hardest, even when they begin to tire and are encouraged to find their own ways of improving their performance.
* The pace of learning is rapid.
* Time in lessons is maximised to engage all pupils in vigorous, physical activity.
* Pupils are physically active for sustained periods of time.
* A wide range of equipment and resources, including computers and video technology, is used to enable pupils to enhance their learning and performance.
* Pupils’ progress is systematically checked.
* Assessment data is used by teachers and coaches to plan further challenges for more able pupils and provide additional support for the less able.

Impact

We aim to ensure that our pupil’s attainment is in line with or exceeds their potential. We measure this through:

* Pupil discussions about their learning
* Fitness Data
* Termly summative assessments on PE tracker
* Ongoing formative assessments to inform teacher planning
* Learning walks
* Governor monitoring
* Subject Leader monitoring
* Swimming Data

Through a valued partnership with Carre's Outreach we are able to offer our children a range of competitive sport both in school and out of school from EYFS through to year 6.

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|  NC Coverage | **EYFS Physical Development Early Learning Goal (Gross Motor Skills)**Children at the expected level of development will:* Negotiate space and obstacles safely, with consideration for themselves and others
* Demonstrate strength, balance and coordination when playing
* Move energetically, such as running, jumping, dancing, hopping, skipping and climbing**.**

**KS1**Pupils should develop;* fundamental movement skills
* become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
* They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to;* 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
* perform dances using simple movement patterns

**KS2**Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: * use running, jumping, throwing and catching in isolation and in combination
* play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
* develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
* perform dances using a range of movement patterns
* take part in outdoor and adventurous activity challenges both individually and within a team
* compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safetyPupils should be taught to* 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 breaststroke]
* perform safe self-rescue in different water-based situations.
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| **Autumn****PE Lesson- Harry** **PPA or Teacher Taught- Haydn** |
| Term | Year R/1/2 | Year 3/4 | Year 5/6 |
| Term 1 | **Competitive Games**Working Together | **Physical Education- OAA**Orienteering  | **Physical Education** Netball |
| **Fundamental Skills** Throwing and Catching  | **Competitive Games**Basketball | **Physical Education**Football |
| Term 2 | **Physical Education** Dance | **Physical Education** Gymnastics | **Competitive Games**Gymnastics |
| **Physical Education** Gymnastics | **Competitive Games**Dance | **Physical Education** Dance |
| **Spring****PE Lesson- Harry** **PPA- Haydn** |
| Term 3 | **Physical Education** Ball skills | **Physical Education**Tchoukball | **Physical Education**Tchoukball |
| **Competitive Games**Football  | **Competitive Games**Football | **Competitive Games**Basketball |
| Term 4 | **Physical Education** Fun & Games | **Physical Education** Cricket | **Physical Education** Cricket |
| **Multi Skills/Fundamental Skill Focus**Sending and receiving with equipment | **Competitive Games**Badminton  | **Competitive Games**Tennis |
| **Summer****PPA****PE Lesson** |
| Term 5 | **Physical Education** Net & Wall Games | **Physical Education**Golf | **Physical Education**Golf |
| **Multi Skills/Fundamental Skills**Running and Jumping | **Competitive Games**Cricket | **Competitive Games**Rounders |
| Term 6 | **Physical Education**Athletics  | **Physical Education** Athletics | **Physical Education**Athletics |
| **Multi Skills/Fundamental Skills** | **Physical Education**Rounders | **Physical Education**Hockey |

Swimming will be inputted onto the LTP once we have decided when and where it will be taught.