



Physical Education Long Term Plan

Class 1 (Reception/ Year 1)

PE	Autumn	Spring	Summer
Year A 2023-2024	<p>Fundamental movement skills (Running, jumping, throwing, catching agility, balance and coordination)</p> <p>Dance (simple movements, balances/body actions, dynamic qualities, link combinations and repetition – themed.) Miss Claire - Nativity</p>	<p>Gym (Working on balance, agility and coordination - body control, balancing on different body parts, travelling/change shape/level/direction and simple sequences).</p> <p>Team Games (sending and receiving with control and accuracy, use hands/feet/apparatus to control equipment whilst standing/travelling) Chance to shine – cricket</p>	<p>Athletics (running, jumping and throwing & catching)</p> <p>Swimming and water safety Thirsk Swimming Pool lessons (Class 1 Summer 2)</p>
Year B	<p>Fundamental movement skills (Running, jumping, throwing, catching agility, balance and coordination)</p> <p>Dance (simple movements, balances/body actions, dynamic qualities, link combinations and repetition – themed) Miss Claire - Nativity</p>	<p>Gym (Working on balance, agility and coordination - body control, balancing on different body parts, travelling/change shape/level/direction and simple sequences).</p> <p>Team Games (sending and receiving with control and accuracy, use hands/feet/apparatus to control equipment whilst standing/travelling.)</p>	<p>Athletics (running, jumping and throwing & catching)</p> <p>Swimming and water safety</p>
	<p>COMPETITIONS Thirsk Competition Calendar</p>	<p>In school 'house team' competitions</p>	<p>Thirsk Competition Calendar</p> <p>Sports Day</p>

Class 2 and 3

	Autumn	Spring	Summer
Year A 2023/2024	<p>Games – Invasion Football (1st half)/ Netball (2nd half) Sporting Influence</p> <p>Team games (1st half) Throwing, catching, competitive games) Skip 2B Fit launch day</p>	<p>Games – Striking & Fielding Cricket (1st half)/ Rounders (2nd half) Chance to shine- cricket coaching (6 weeks)</p> <p>Games – Net & Wall (body position, holding a racket/equipment, striking the ball, court play) Sporting Influence Spring 1</p>	<p>Dance (2nd half) (Perform dances using a range of movements patterns - explore range of actions, put weight on less usual/usual body parts, combine dynamics and space and perform/repeat slightly longer movement phrases – themed.) Miss Claire- summer production</p>



	<p>Gym (2nd half) (Develop flexibility, strength, technique and control - balance on a combination of body parts, travel in a range of different ways, change shape/direction/level, devise/repeat/perform short sequence with beginning, middle and end and mirroring partner.)</p>	<p>Outdoor and Adventurous (Navigation individually and within a team) Sporting Influence Spring 2</p>	<p>Athletics (running, jumping and throwing and catching in isolation and in combination) Sporting Influence</p> <p>Swimming and water safety (1st half) Thirsk swimming pool</p>
	<p>COMPETITIONS Thirsk Competition Calendar</p>	<p>In school 'house team' competitions</p>	<p>Thirsk Competition Calendar</p> <p>Sports Day</p>
Year B	<p>Games – Invasion Hockey/ Basketball Sporting Influence</p> <p>Team games (1st half) Sending, receiving and defending Skip2B Fit launch day</p> <p>Gym (2nd half) (Develop flexibility, strength, technique and control - balance on a combination of body parts, travel in a range of different ways, change shape/direction/level, devise/repeat/perform short sequence with beginning, middle and end and mirroring partner.)</p>	<p>Games – Net & Wall Tennis/ badminton (body position, holding a racket/equipment, striking the ball, court play) Sporting Influence</p> <p>Outdoor and Adventurous (Navigation individually and within a team) Sporting Influence</p> <p>Games – Striking & Fielding Rounders/ cricket (sending and receiving, running with a bat, defending, fielding, bowling, game situations)</p>	<p>Athletics (running, jumping and throwing and catching in isolation and in combination)</p> <p>Dance (Perform dances using a range of movements patterns - explore range of actions, put weight on less usual/usual body parts, combine dynamics and space and perform/repeat slightly longer movement phrases – themed.) Miss Claire –summer production</p> <p>Swimming and water safety Thirsk Swimming pool</p>
	<p>COMPETITIONS</p>		
Year C	<p>Games – Invasion Hockey/ Basketball Sporting Influence</p> <p>Team games (1st half) Sending, receiving and defending Skip2B Fit launch day</p> <p>Gym (2nd half) (Develop flexibility, strength, technique and control - balance on a combination of body parts, travel in a range of different ways, change shape/direction/level, devise/repeat/perform short sequence with beginning, middle and end and mirroring partner.)</p>	<p>Games – Net & Wall Tennis/ badminton (body position, holding a racket/equipment, striking the ball, court play) Sporting Influence</p> <p>Outdoor and Adventurous (Navigation individually and within a team) Sporting Influence</p> <p>Games – Striking & Fielding Rounders/ cricket (sending and receiving, running with a bat, defending, fielding, bowling, game situations)</p>	<p>Athletics (running, jumping and throwing and catching in isolation and in combination)</p> <p>Dance (Perform dances using a range of movements patterns - explore range of actions, put weight on less usual/usual body parts, combine dynamics and space and perform/repeat slightly longer movement phrases – themed.) Miss Claire –summer production</p> <p>Swimming and water safety Thirsk Swimming pool</p>



St Peter's Brafferton
C of E (VA) Primary School

Small school, big heart