

St Peter's Brafferton PE Long Term Plan

Guidance taken from: [Schools give enough time but need to focus on a broad PE curriculum - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/schools-give-enough-time-but-need-to-focus-on-a-broad-pe-curriculum)

- Our PE curriculum matches the breadth and ambition of the national curriculum for all pupils by including dance and outdoor and adventurous activities, as well as team games such as football.
- Time in PE lessons is spent on developing pupils' competence. Pupils practise, refine and revisit previous content before learning new or more complex knowledge, so that they can secure the prior learning and, importantly, build their confidence.
- We have chosen the most appropriate physical activities and sports, so that all pupils are well supported to meet ambitious outcomes. By making sure that specific sports and physical activities are sequenced coherently to broaden pupils' understanding from Early Years to Key Stage 1 to the end of Key Stage 2.
- We support pupils with special educational needs and/or disabilities (SEND) effectively so that they can access an ambitious curriculum and achieve well. Staff are well trained to provide precise support in different sports so that all pupils can meet clear and ambitious end points.

Year group	Year A			Year B		
Preschool	Daily Physical Development activities including: Trike and bike time (including 6 weeks of bike riding lessons) Throwing and catching indoors and outdoors Skipping (including Skip2Bfit) Obstacle courses Forest school (half term block of Forest School lessons)					
Reception/ Year 1	Autumn 1 EYFS/Y1 Fundamental movement skills EYFS/Y1 Themed lessons (multi skills) Autumn 2	Spring 1 EYFS/Y1 Movement to music <i>Miss Claire</i> Y1 Outdoor Adventurous Activities (Reception – physical development) Spring 2	Summer 1 EYFS/Y1 Athletics Y1 Tennis (net/wall games) Summer 2 Y1 Hoopla rounders	Autumn 1 EYFS/Y1 Fundamental movement skills EYFS/Y1 Themed lessons (multi skills) Autumn 2 EYFS/Y1 gymnastics	Spring 1 Y1 Outdoor Adventurous Activities (Reception – physical development) Spring 2	Summer 1 EYFS/Y1 Athletics Y1 Tennis (net/wall) Summer 2

	EYFS/Y1 Gymnastics Y1 Football (invasion games)	EYFS/Y1 Chance to Shine cricket (striking and fielding) Y1 multi skills	Swimming	Y1 Football (invasion games) Y1 multi skills	EYFS/Y1 Chance to Shine cricket EYFS/Y1 Movement to music	Y1 Hoopla rounders Swimming
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Class 2

Year 2/3	Autumn 1 Invasion games-Tag rugby Invasion games- hockey	Spring 1 Net/wall games- tennis Dance	Summer 1 Swimming Striking and fielding- cricket	Autumn 1 Invasion games – Football Invasion games- Netball	Spring 1 Net/wall- tennis Dance	Summer 1 Swimming Striking and fielding - rounders
Year A 23/24 Year B 24/25	Autumn 2 Gymnastics Dodgeball	Spring 2 OAA Multi skills/circuits indoors	Summer 2 Striking and fielding- rounders Athletics	Autumn 2 Gymnastics Handball	Spring 2 OAA Multi skills/circuits indoors	Summer 2 Striking and fielding – cricket Athletics

Class 3

Year 4/5/6	Autumn 1 Invasion games-Tag rugby	Spring 1 Net/wall games-tennis	Summer 1 Swimming	Autumn 1 Invasion games – Football	Spring 1 Net/wall-tennis	Summer 1 Swimming	Autumn 1 Invasion games-Tag rugby	Spring 1 Net/wall games-tennis	Summer 1 Swimming
	Invasion games-hockey	Dance	Striking and fielding-cricket	Invasion games-Netball	Dance	Striking and fielding-rounders	Invasion games-hockey	Dance	Striking and fielding-cricket
	Autumn 2 Gymnastics	Spring 2 OAA	Summer 2 Striking and fielding-rounders	Autumn 2 Gymnastics	Spring 2 OAA	Summer 2 Striking and fielding – cricket	Autumn 2 Gymnastics	Spring 2 OAA	Summer 2 Striking and fielding-rounders
	Dodgeball	Multi skills/circuits indoors	Athletics	Handball	Multi skills/circuits indoors	Athletics	Dodgeball	Multi skills/circuits indoors	Athletics

	Autumn	Spring	Summer
Enrichment Learning Opportunities	East Barnby Outdoor Education Centre (bi annually for Y5/6) Skip 2B Fit day	Learn to ride a bike R/Y1 (instructor led) Bikeability Y5/6 (bi annually) Learn to ride a bike	Helperby Hop (fun run)
School Sports Clubs	Multi Skills Dance Club	Multi Skills Dance Club	Multi Skills Dance Club Netball Club
Local Sports Club links	Easingwold Football Club York City Football Club Ripon Rugby Club Swimming lessons – Cundall, Ripon and Thirsk pool Evangelina Dance school (Miss Claire – Helperby) VX club (Helperby Village Hall)		

	Helperby Cricket club (linked to Chance to Shine)
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