



Long term plan

Unit delivered by sports coach

Unit delivered by teacher

	Autumn term		Spring term		Summer term	
EYFS	Multi-skills Yoga	Multi-skills Yoga	Gymnastics Dance	Gymnastics Fundamental movements	Athletics Multi-skills	Athletics Multi-skills
Year 1	Games Fundamental movements	Games Dance	Gymnastics Sending skills (rolling, trapping, bouncing, throwing & catching)	Gymnastics Fundamental movements	Athletics Multi-skills	Athletics Multi-skills
Year 2	Games Fundamental movements	Games Dance	Gymnastics Sending skills (rolling, trapping, bouncing, throwing & catching)	Gymnastics Fundamental movements	Athletics Multi-skills	Athletics Multi-skills
Year 3	Invasion games Speed, agility & movement	Invasion games Stamina & endurance	Gymnastics Alternative sports (fencing, boccia)	Net & wall games (volleyball, badminton) Dance	Athletics Athletics	Striking & fielding games (cricket) Orienteering & woodland
Year 4	Invasion games Speed, agility & movement	Invasion games Stamina & endurance	Gymnastics Alternative sports (fencing, boccia)	Net & wall games (volleyball, badminton) Dance	Athletics Athletics	Striking & fielding games (cricket) Orienteering & woodland
Year 5	Invasion games Speed, agility & movement	Invasion games Stamina & endurance	Gymnastics Alternative sports (dodgeball)	Net & wall games (volleyball, badminton) Dance	Athletics Athletics	Striking & fielding games (cricket) Orienteering & woodland
Year 6	Invasion games Speed, agility & movement	Invasion games Stamina & endurance	Gymnastics Alternative sports (dodgeball)	Net & wall games (volleyball, badminton) Dance	Athletics Athletics	Striking & fielding games (cricket) Orienteering & woodland



	Curriculum aims	Key Stage 1	Key Stage 2
	<p>Ensure that all pupils:</p> <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities; • are physically active for sustained periods of time; • engage in competitive sports and activities; • lead healthy, active lives. 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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. 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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.