

PHYSICAL EDUCATION LONG TERM PLAN AND PROGRESSION MAP

Curriculum Elements and Values	<u>Physical</u> (Movement and control of their body)	<u>Resilience</u> (Overcoming barriers or difficulties within physical activities and games)	<u>Co-operation and teamwork</u> (Working together to achieve a collective goal successfully)	<u>Courage and respect</u> (Implementing courage and respect within themselves and their peers)	<u>Health and fitness</u> (Promoting a love of physical exercise and maintaining a healthy lifestyle both physically and mentally)
	Pupils will develop the confidence and independence to move in a range of ways so they are successful to take part in physical tasks and activities (balance, travel and object control skills; perform skills with changes to: space, relationships and effort)	Pupils will become adaptable and able to correct their skills by learning from their mistakes. They will ‘bounce back’ and improve their personal best by listening and using teaching points during their lesson. Their mind set during winning and losing will be formed to show resilience.	By working together, children will be open to new ways of working, respecting the different contributions that everyone has and take on roles and responsibilities in varying activity contexts (set team goals; sharing ideas; turn taking; listening; leading & following)	Pupils will develop courage to learn, practise and apply new skills outside of their comfort zone. They will respect others who are also learning new skills and help them where possible. This will have a lasting effect on the relationships they have with their peers and provide invaluable skill sets for later life.	Pupils will be respectful of their own and others bodies in safe and inclusive ways. They will show compassion to others though their actions and celebrate everyone’s achievements. (short & long term effects of physical activity on the body; warming up and cooling down; safety; participation; getting changed

Year Group	<u>Physical</u>	<u>Resilience</u>	<u>Co-operation and teamwork</u>	<u>Courage and respect</u>	<u>Health and fitness</u>
Year 1	<ul style="list-style-type: none"> • Pupils can perform basic movements in isolation and with control • Explore Agility, Balance, and Coordination 	<ul style="list-style-type: none"> • To try new activities confidently • To keep trying when things are becoming more challenging 	<ul style="list-style-type: none"> • To participate in team games • To work successfully in small groups • To communicate in turn with others 	<ul style="list-style-type: none"> • Have the courage to attempt new skills • Respect their peers by working in an inclusive team 	<ul style="list-style-type: none"> • To have a basic understanding on how to warm our bodies up • Children understand how to stay safe and the importance

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	<ul style="list-style-type: none"> • To use coordination to complete tasks 	<ul style="list-style-type: none"> • To manage their feelings in a context of a game and to keep trying when things are becoming more challenging. 		<ul style="list-style-type: none"> • Take turns in talking when working as a team • Listen to everyone's ideas 	<p>of wearing the correct clothing for the activity.</p>
Year 2	<ul style="list-style-type: none"> • Pupils can 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 • perform dances using simple movement patterns 	<ul style="list-style-type: none"> • Pupils will confidently work towards simple goals • learn by trial and error • Pupils will show motivation to take part in a range of games 	<ul style="list-style-type: none"> • Pupils will participate in team games, developing simple tactics for attacking and defending • Pupils will suggest their ideas to a team • Pupils will take on a number of different roles within a game, beginning to show a wider understanding of the activity • Pupils will compete in small sided games 	<ul style="list-style-type: none"> • Have the courage to attempt new skills • Respect their peers by working in an inclusive team • Respect the skill level of their peers and be able to suggest ways to improve as well as give praise • Take turns in talking when working as a team and listening to everyone's ideas 	<ul style="list-style-type: none"> • To understand the basic principles in the importance of a warm up • Children understand how to stay safe and the importance of wearing the correct clothing for the activity. • Understand the importance of being outdoors
Year 3	<ul style="list-style-type: none"> • Pupils will begin to apply fundamental movement skills to given games and scenarios • To use agility balance and 	<ul style="list-style-type: none"> • Pupils will confidently work towards goals • Show motivation to take part in a range of modified and formal games 	<ul style="list-style-type: none"> • confidently work towards a goal with others with a partner or in small groups • describe and evaluate the work 	<ul style="list-style-type: none"> • Have the courage to attempt new skills • Respect the skill level of their peers and be able to suggest ways to improve as well as give praise 	<ul style="list-style-type: none"> • Pupils can organise their own kit, equipment in a timely way • Know and describe what an effective warm up is and why we do it

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	<p>coordination competently to move</p> <ul style="list-style-type: none"> To begin to apply adapt running, jumping, kicking and catching in context 	<p>(invasion, net and wall and striking and fielding game situations).</p> <ul style="list-style-type: none"> To learn from mistakes with support 	<p>completed by others</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team confidently work towards a goal with others with a partner or in small groups 	<ul style="list-style-type: none"> To have the courage to put themselves in pressurised situations Take turns in talking when working as a team and listening to everyone's ideas 	<ul style="list-style-type: none"> Know that different activities will affect the body in different ways Know and describe the short term effects of different exercise activities on the body
Year 4	<ul style="list-style-type: none"> Pupils will independently apply fundamental movement skills to given games and scenarios To use agility balance and coordination competently to move To competently adapt running, jumping, kicking and catching in context 	<ul style="list-style-type: none"> Pupils will begin use achievable goals within lessons Children will continue when they find a challenge difficult Compare their performances with their peers and use this to strive for better To understand that winning and losing are a part of life and we must adapt and overcome with both 	<ul style="list-style-type: none"> Working together in small groups, children will develop and practise skills as well as performing and evaluating them To develop understanding and cooperation with others Begin to increase pupil's levels of communication with others 	<ul style="list-style-type: none"> Have the courage to attempt new skills Respect the skills level or ability of others and assist them in improving Ensure everyone is able to be included in the activity by respecting their thoughts and ability To have the courage to put themselves in pressurised situations 	<ul style="list-style-type: none"> Know and describe what an effective warm up is and why we do it To know why physically exercise is important to both our physical and mental health To understand how our health and fitness can affect us in other areas of our lives such as our education

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					<ul style="list-style-type: none"> • Regularly participate in physical activities which they enjoy and promote this through our extra-curricular activities
Year 5	<ul style="list-style-type: none"> • Selection of appropriate movement skills begins to become autonomous • Children can demonstrate all movement skills with confidence and know how to utilise them to their benefit within games 	<ul style="list-style-type: none"> • Pupils will have achievable team and individual (where appropriate) goals within lessons and begin to consider how to adapt to meet these • Children will continue when they find a challenge difficult • Accept compliments and constructive criticism from their peers 	<ul style="list-style-type: none"> • Working together in small groups, children will develop and practise skills as well as performing and evaluating them • To develop understanding and cooperation with others • Communicate with others to achieve a united goal 	<ul style="list-style-type: none"> • Have the courage to attempt new skills and help others achieve new skills • Respect the skills level or ability of others and assist them in improving • Ensure everyone is able to be included in the activity by respecting their thoughts and ability • To have the courage to put themselves in pressurised 	<ul style="list-style-type: none"> • To know and be able to lead an effective warm up • To know why physically exercise is important to both our physical and mental health • To understand how we can use physical exercise to improve other areas of our lives • Regularly participate in physical activities which they enjoy and promote this

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		<ul style="list-style-type: none"> • To begin to understand how physical activity can help us mentally when wanting to achieve • To understand that winning and losing are a part of life and we must adapt and overcome with both 		situations and adapt to them	through our extra-curricular activities
Year 6	<ul style="list-style-type: none"> • Children independently and autonomously know how to move and control their body to achieve their goal • Children can demonstrate all movement skills with confidence and know how to utilise them to their benefit and also relate these to specific sports 	<ul style="list-style-type: none"> • Children will adapt to meet individual and team goals and remain focused on achieving these • Children will continue when they find a challenge difficult • Children will be introduced to the idea of personal bests and how to improve these (Eg: Athletics) 	<ul style="list-style-type: none"> • Working together in small groups, children will develop and practise skills as well as performing and evaluating them • To develop understanding and cooperation with others • To communicate effectively with others to 	<ul style="list-style-type: none"> • Have the courage to attempt new skills and help others achieve new skills • Respect the skills level or ability of others and assist them in improving • Ensure everyone is able to be included in the activity by respecting their thoughts and ability 	<ul style="list-style-type: none"> • To know and be able to lead an effective warm up and tailor this to be sport specific where necessary • To know why physically exercise is important to both our physical and mental health • To understand how we can use physical exercise to improve other

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	<ul style="list-style-type: none"> • Children will develop strength, coordination and flexibility to allow them to have complete control of their body movements 	<ul style="list-style-type: none"> • To use physical activity to help us mentally when wanting to achieve. Set physical goals and achieve them to overcome obstacles • Adapt gameplay to make it more achievable or more challenging • To be able to operate and cope under pressure • To understand that winning and losing are a part of life and we must adapt and overcome with both 	<p>encourage and achieve</p>	<ul style="list-style-type: none"> • To have the courage to put themselves in pressurised situations and successfully achieve their goal 	<p>areas of our lives</p> <ul style="list-style-type: none"> • Regularly participate in physical activities which they enjoy and promote this through our extra-curricular activities
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