



St. Laurence CE Primary School

Physical Education Long Term Planning



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Gymnastics</p> <p>PE1 To be aware of their actions.</p> <p>PE1 To demonstrate different types of movement along the floor</p> <p>PE1 To be aware of their actions.</p> <p>PE1 To slide, spin, push and pull when working on the floor or on the apparatus</p> <p>PE1 To jump, hop and skip</p> <p>PE1 To use rotation</p> <p>PE1 To travel quickly or slowly</p> <p>PE1 To travel strongly or lightly</p> <p>PE3 perform using simple movement patterns.</p>	<p>Gymnastics</p> <p>PE1 To develop knowledge, understanding and use of jumping and turning actions</p> <p>PE1 To develop knowledge, understanding and use of quick and slow</p> <p>PE1 To develop knowledge, understanding and use of strong and light movements</p> <p>PE3 To develop knowledge, understanding and use of working in a small group</p> <p>PE3 perform dances using simple movement patterns.</p>	<p>Dance</p> <p>PE1 To respond to a different type of stimulus</p> <p>PE1 To use their understanding of the basic dance skills to select appropriate ones for the dance idea</p> <p>PE3 work co-operatively in pairs or small groups</p> <p>PE3 To change and vary actions</p> <p>PE3 To look critically at their own and others work to recognise what is good and what could be improved?</p> <p>PE3 To work in groups to create ideas for a dance</p> <p>PE3 To select movements from those they practise to create their dance and understand the structure of their dance?</p> <p>PE1 To use a variety of basic actions to create their dance, turning, jumping, gesture, shape, stillness and travelling?</p> <p>PE3 To copy and perform simple movements/rhythmic patterns</p> <p>PE1 To understand that dance plays an important in other cultures</p> <p>PE1 To recognise that dances have changed throughout history</p> <p>PE1 To understand that dance is active and that changes will occur in their bodies</p> <p>PE1 To change and vary their actions</p> <p>PE1 To take weight whilst moving</p> <p>PE1 To take weight whilst still</p> <p>PE1 To transfer weight from feet to hands</p>	<p>Multi skills</p> <p>PE1 To send with hands/receive with hands</p> <p>PE1 To jump, roll and thro</p> <p>safely</p> <p>PE1 To send/receive with feet</p> <p>PE1 To trap and pass with feet</p>	<p>Games</p> <p>PE1 To send with hands/receive with hand</p> <p>PE1 To jump, roll and throw safely</p> <p>PE1 To send/receive with feet</p> <p>PE1 To send/receive with hands and feet</p> <p>PE2 To introduce small group games</p>	<p>Games</p> <p>PE1 To trap and pass with feet</p> <p>PE2 To play games/plan and evaluate</p> <p>PE1 To bounce a ball and practise bat striking</p> <p>PE1 To strike and throw</p> <p>PE1 To receive through the air/hitting</p> <p>PE1 To throw through the air</p> <p>PE2 To play small group games?</p>
<p>PE1 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</p> <p>PE2 participate in team games, developing simple tactics for attacking and defending</p> <p>PE3 perform dances using simple movement patterns.</p>					



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