**PROSPECT VALE KS2 LONG TERM PLAN – PE**

Pupils should continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

•use running, jumping, catching and throwing 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 gymnastics and athletics)

•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.

**Swimming and water safety**

All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

In particular, pupils should be taught to:

•swim competently, confidently and proficiently over a distance of at least 25 metres

•use a range of strokes effectively (for example front crawl, backstroke and breaststroke)

•perform safe self-rescue in different water-based situations.

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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Year 3 | OAA  Invasion games | Gymnastics  Dance | Gymnastics  Dance | Games  Striking/Fielding  Net/wall | Swimming  Athletics | Swimming  Athletics |
| Year 4 | Swimming  Invasion games | Swimming  Gymnastics | Dance  Gymnastics | OAA  Dance | Games  Net/wall  Athletics | Games  Striking/fielding  Athletics |
| Year 5 | Gymnastics  Indoor athletics | Dance  Gymnastics | Swimming  Gymnastics | Swimming  OAA | Games  Net/wall  Athletics | Games  Striking/fielding  Athletics |
| Year 6 | OAA  Indoor athletics | Dance  Gymnastics | Dance  Gymnastics | Games  Invasion  Net/wall | Games  Net/wall  Athletics | Games  Striking/fielding  Athletics |

\*Schemes of work – Rawmarsh, Val Sabin, Top dance, beginning athletics etc in PPA room

\*Games equipment in PE cupboards – cricket, lacrosse, football, hockey, rounders, rugby, golf, tennis, badminton, netball – athletics hurdles, javelins etc – sports day equipment