



or actions. ELG: Building Relationships

Children at the expected level of development

Trimley St. Mary - PE Lang Term. Plan





to follow instructions involving several

ideas or actions. ELG: Building

Physical Education			The second secon	
	Autumn Term	Spring Term	Summer Term	
EYFS	Who do you think you are? Gymnastics / Dance	Prickly Plants and Awesame Animals Games (Ball Skills) Animal games	Everyday Heroes - Who are the Everyday Heroes in our community? Athletics Team Games	
Development Matters Links	Physical Development ELG: Gross Motor Skills Children at the expected level of development will: EYFS reforms early adopter framework 13 - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Personal, Social and Emotional Development ELG: Self-Regulation Children at the expected level of development will: - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to	Physical Development ELG: Gross Motor Skills Children at the expected level of development will: EYFS reforms early adopter framework 13 - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Personal, Social and Emotional Development ELG: Self-Regulation Children at the expected level of development will: - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to	Physical Development ELG: Gross Motor Skills Children at the expected level of development will: EYFS reforms early adopter framework 13 - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Personal, Social and Emotional Development ELG: Self-Regulation Children at the expected level of development will: - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give facused attention to what the teacher says, responding appropriately even when	

appropriately even when engaged in

activity, and show an ability to follow

	will: - Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs. ELG: Managing Self Children at the expected level of development will: - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for rules	instructions involving several ideas or actions. ELG: Building Relationships. Children at the expected level of development will: - Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs. ELG: Managing Self Children at the expected level of development will: - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for rules	Relationships Children at the expected level of development will: - Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs. ELG: Managing Self Children at the expected level of development will: - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for rules
Year One	Knowing Me, Knowing You - What makes me who I am? Gymnastics Dance	Food Glorious Food – Would you rather grow your own food, or buy your food from a shop? Games (Ball Skills) African Dance	Oh, we do like to be beside the Seaside - What makes our beach a special place? Athletics Team Games
National Curriculum Links	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.	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.	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.
Уеаг Тша	Landon Calling – Why is Landon the capital city of the United Kingdom? Games / Gymnastics Dance (Marching)	Medieval Mayhem - Would you rather live in your house or a castle? Gymnastics Dance (Medieval Theme)	The Enchanted Wood - Why are woodlands important? Games Athletics
National Curriculum Links	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and

Year Three/Four Cycle I National curriculum links	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. Enchanting Egyptains Egyptian dancing Invasion games. Can I show different levels within a dance? Can I move to a beat? Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.	begin to apply these in a range of activities. perform dances using simple movement patterns. Revalting Ramans Invasion games Gymnastics Can I complete a simple routine? Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.	co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Healthy Heraes Fielding games Outdoor and adventurous activities Gymnastics What are points and patches? Play competitive games, modified where appropriate, such as rounders, cricket, hockey, basketball, badmintan and tennis and apply basic principles suitable for attacking and defending. Take part in gymnastics activities.
	Perform dances.		Take part in athletics activities.
Year Three/Four	Stones and bones	Remarkable Rainforest	Our Place on Earth
Cycle 2	Invasion games Dance – The Rainbow Snake Can I interpret the music creatively?	Gymnastics Invasion games Dances – for the yr3/4 play Can I follow a simple routine?	Fielding and striking Athletics outdoor and adventurous activities Can I hit an implement consistently?
National curriculum links	Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending. Perform dances.	Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending. Take part in gymnastics activities. Perform dances	Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending. Take part in athletics activities Take part in outdoor and adventurous activity challenges both individually and within a team.

Year Five/Six Cycle I	Journey to the pales Basketball / football / tag rugby / swimming Swimming and water safety: take swimming instruction either in Key Stage I or Key Stage 2.	Travelling back through time Hockey / basketball / gymnastics / dance / swimming. Swimming and water safety: take swimming instruction either in Key Stage I ar Key Stage 2.	Journey to the Americas Rounders / cricket / athletics / swimming. Swimming and water safety: take swimming instruction either in Key Stage I or Key Stage 2.
National Curriculum Links	Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.	Perform dances. Take part in gymnastics activities.	Take part in athletics activities. Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.
Year Five/Six Cycle 2	Disaster Zones Basketball / football / tag rugby / swimming Swimming and water safety: take swimming instruction either in Key Stage I or Key Stage 2.	Intergalactic explorers Hockey / basketball / gymnastics / dance / swimming. Swimming and water safety: take swimming instruction either in Key Stage or Key Stage 2.	The war room Rounders / cricket / athletics / swimming. Swimming and water safety: take swimming instruction either in Key Stage I or Key Stage 2.
National Curriculum Links	Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.	Perform dances. Take part in gymnastics activities.	Take part in athletics activities. Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.