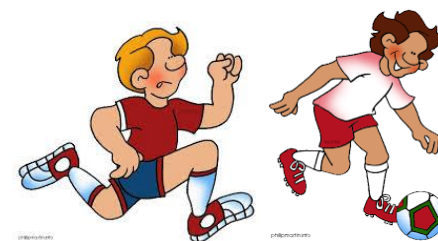




*Trimley St Mary - PE Long Term Plan*



	<p>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</p>	<p>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</p>	<p>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</p>
<b>Year One</b>	<p><u>Knowing Me, Knowing You - What makes me who I am?</u> Gymnastics Dance</p>	<p><u>Food Glorious Food - Would you rather grow your own food, or buy your food from a shop?</u> Games (Ball Skills) African Dance</p>	<p><u>Oh, we do like to be beside the Seaside - What makes our beach a special place?</u> Athletics Team Games</p>
<b>National Curriculum Links</b>	<p>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>	<p>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.</p>	<p>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.</p>
<b>Year Two</b>	<p><u>London Calling - Why is London the capital city of the United Kingdom?</u> Games / Gymnastics Dance (Marching)</p>	<p><u>Medieval Mayhem - Would you rather live in your house or a castle?</u> Gymnastics Dance (Medieval Theme)</p>	<p><u>The Enchanted Wood - Why are woodlands important?</u> Games Athletics</p>
<b>National Curriculum Links</b>	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-</p>	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</p>	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and</p>

	<p>ordination, and begin to apply these in a range of activities.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>perform dances using simple movement patterns.</p>	<p>begin to apply these in a range of activities.</p> <p>perform dances using simple movement patterns.</p>	<p>co-ordination, and begin to apply these in a range of activities.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>
<p><b><u>Year Three/Four</u></b> <b><u>Cycle 1</u></b></p>	<p><b><u>Enchanting Egyptains</u></b></p> <p>Egyptian dancing Invasion games. Can I show different levels within a dance? Can I move to a beat?</p>	<p><b><u>Revolting Romans</u></b></p> <p>Invasion games Gymnastics Can I complete a simple routine?</p>	<p><b><u>Healthy Heroes</u></b></p> <p>Fielding games Outdoor and adventurous activities Gymnastics What are points and patches?</p>
<p><b><u>National curriculum links</u></b></p>	<p>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.</p> <p>Perform dances.</p>	<p>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.</p>	<p>Play competitive games, modified where appropriate, such as rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.</p> <p>Take part in gymnastics activities.</p> <p>Take part in athletics activities.</p>
<p><b><u>Year Three/Four</u></b> <b><u>Cycle 2</u></b></p>	<p><b><u>Stones and bones</u></b></p> <p>Invasion games Dance - The Rainbow Snake Can I interpret the music creatively?</p>	<p><b><u>Remarkable Rainforest</u></b></p> <p>Gymnastics Invasion games Dances - for the yr3/4 play Can I follow a simple routine?</p>	<p><b><u>Our Place on Earth</u></b></p> <p>Fielding and striking Athletics outdoor and adventurous activities Can I hit an implement consistently?</p>
<p><b><u>National curriculum links</u></b></p>	<p>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.</p> <p>Perform dances.</p>	<p>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.</p> <p>Take part in gymnastics activities.</p> <p>Perform dances</p>	<p>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.</p> <p>Take part in athletics activities</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>

<p><u>Year Five/Six</u>  <u>Cycle 1</u></p>	<p><u>Journey to the poles</u> Basketball / football / tag rugby / swimming Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</p>	<p><u>Travelling back through time</u>  Hockey / basketball / gymnastics / dance / swimming. Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</p>	<p><u>Journey to the Americas</u> Rounders / cricket / athletics / swimming. Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</p>
<p><u>National Curriculum Links</u></p>	<p>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.</p>	<p>Perform dances. Take part in gymnastics activities.</p>	<p>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.</p>
<p><u>Year Five/Six</u>  <u>Cycle 2</u></p>	<p><u>Disaster Zones</u> Basketball / football / tag rugby / swimming Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</p>	<p><u>Intergalactic explorers</u>  Hockey / basketball / gymnastics / dance / swimming. Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</p>	<p><u>The war room</u> Rounders / cricket / athletics / swimming. Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</p>
<p><u>National Curriculum Links</u></p>	<p>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.</p>	<p>Perform dances. Take part in gymnastics activities.</p>	<p>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.</p>