

St George's Long Term KS1 PE Plan Synopsis

-	Year 1						Year 2					
Topic/Key Concept	Attack, Defend, Compete	Gymnastics	Dance	Send and Return	Hit, Catch, Run	Athletics Run, Jump, Throw	Attack, Defend Compete	Gymnastics	Dance	Send and Return	Hit, Catch, Run	Athletics Run, Jump, Throw
Key Learning Focus (big Picture	Take part in games that have some rules and include a ball	Remember and perform a simple sequence	Perform dances using simple movement patterns.	Send and return a ball with a partner	Intercept, retrieve and stop in isolation and in combination	Develop balance, agility and coordination	Use different skills to dribble, pass and control a ball	Develop a short routine involving different gymnastic components	Create a dance that is linked to the nativity	To use anticipation and agility to send a ball to a partner	Work in small groups to field and make decisions about there to strike ball	Develop power, agility, coordination and balance over a variety of activities.
National Curriculum Link	Participate in team games, developing simple tactics for attacking and defending	Pupils should develop fundamental movement skills, become increasingly competent and confident and use or officent and use opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive for adagainst against self and conjunities against self and conjunities against self and conjunities against self and conjunities against self and conjunities physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including as well as developing balance, agaility 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	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	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	Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of one control of the and coordination, individually and with others. They should be able to engage in competitive (both spainst self and eaglist, co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running and outhing, as well as developing balance, apility and co-ordination, and begin to apply these in a range of activities	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	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	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	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
Learning Outcome 1	Play a game and stay within a defined area	Identify and use simple gymnastic actions and shapes.	Recognise that dances can have themes and stories.	Sending and receiving a moving ball with hands and rackets	Catch a medium sized ball from a short distance.	Start and stop at speed, run in straight lines using a variety of speeds.	Kick or pass a ball using a suitable technique	Use different body parts to create basic gymnastic shapes	Use different parts of the body in isolation and combination.	Anticipate where a ball will bounce and move to that place	Practise bowling/feeding a ball to other players.	Use agility in running games.
Learning Outcome 2	Bounce a ball with some control individually and bounce to a partner	Recognise actions and link them together.	Perform basic body actions along with music.	Developing confidence in sending and receiving a ball using hands and rackets	Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency.	Participate as part of a team to compete in running relays.	Stop a rolling ball using a different part of the foot and pass the ball to a partner	Use the different shapes to create different balances	Explore and use basic choreography including levels, speed changes	Choose which is the dominant side for returning a ball (link slightly with forehand and backhand)	Develop hitting skills with a variety of bats.	Throw and handle a variety of objects including quoits, beanbags, balls, hoops.
Learning Outcome 3	Use throwing, catching and bouncing skills to score points in a game	Make your body tense, relaxed, stretched and curled.	Use different parts of the body and combine arm and leg actions	Connecting foot patterns with the ball bouncing and throws	Track balls and other equipment sent to them, moving in line with the ball to collect it.	Attempt a variety of jumps taking off and landing on different foot combinations e.g. 2 to 1, 1 to 2 etc.	Work as a team to keep a ball in a defined area (through kicking or throwing)	Explore some different travelling movements, using different directions and levels	Select movements that show a clear understanding of the theme/story/ide a of the dance	Use throwing and catching skills to place a game within a court that has boundaries	Run in a game to score points.	Negotiate obstacles showing increased control of body and limbs.
Learning Outcome 4	Follow some simple rules within a game and recognise when a rule has changed	Link actions and remember and perform a simple sequence.	Remember and repeat simple movement patterns.	Developing hand patterns and sequencing	Retrieve and return a ball to a base.	Handle and throw a variety of different objects and attempt to throw for distance.	To move with a ball and dribble using bouncing	Perform different basic rolls with control	Perform with control and balance and demonstrating coordination.	Develop agility skills to move with increased speed	Work in small groups to field.	Make choices about appropriate throws for different types of activity.
Learning Outcome 5	Choose where the best place is to stand to defend a goal (hoop)	Move on, off and over objects with confidence to perform in unison.	With help, compose a basic movement phrase.	Understanding a scoring system	Work collaboratively to restrict runs in a simple game scenario.	Copy and repeat basic movements for extended periods of time developing stamina.	Attempt to attack as a team to score points	Create a basic sequence using different shapes, balances and travelling movements	Attempt to work as part of a group to perform a dance.	Attempt to self serve to hit a ball to a partner (could be with hand)	Begin to make choices about where to hit the ball.	Apply skills in a variety of activities and identify areas of activities that need improvement e.g. power in throws to throw further.
Essential Vocabulary Learnt	Dribbling Throw Far Distance Partner Score Goal Attacking Defending	Action Jump Roll Level Direction Point Balance	Counts Body Posture Levels Speed of movement Balance	Ready Position Partner Net Underarm Score Points	Hit Points Target Throw Catch Score	Distance Aim Fast Slow Direction Travel Personal Best	Kick Control Inside Outside Accurate Team Points Receive Send Teammate Pass	Link Pathway Sequence Tuck Straddle Speed Star Pike	action direction sequence levels speed canon unison	Anticipate Boundary Collect Target Receive Defend Dominant	Fielding Batting Bowling Feeding Send Return	Sprint Jog Height Take Off Landing Overarm Underarm Compete
Enrichment for Cultural Capital and Deep Thinking												

