



Friars Primary School and Nursery

PE – Long Term Plan 2024-25

PE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b style="font-size: 2em;">Nursery (EYFS: Physical Development: Moving and Handling, Health and Self Care)	<p>Physical education is developed as children move and operate within a large indoor and outdoor environment, developing their strength, agility and coordination as they play as part of both child led and adult initiated activities. They learn how to keep themselves safe and develop their independence in terms of self care e.g., feeding, toileting and dressing. Healthy eating is promoted through snack times and cooking activities and exploring food e.g., at Harvest Festival or linked to stories and poems they are learning. Children also develop their fine motor skills inside and out as they use tools and small equipment to build their hand eye coordination, dexterity and essential pre writing skills. Throughout their time in nursery, children will be supported and encouraged to:</p>					
	Moving and handling <ul style="list-style-type: none"> Run safely on whole foot Jump up into the air with both feet leaving the floor and can jump forward a small distance Begin to walk, run and climb on different levels and surfaces Begin to understand and choose different ways of moving Use wheeled toys with increasing skill such as pedalling, balancing, holding handlebars and sitting astride May be beginning to show preference for dominant hand and/or leg/foot Show increasing control in holding, using and manipulating a range of tools and objects such as tambourines, jugs, hammers, and mark making tools <ul style="list-style-type: none"> Move across climbing equipment using alternate feet. Maintains balance using hands and body to stabilise Run with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles Can grasp and release with two hands to throw and catch a large ball, beanbag or an object Create lines and circles pivoting from the shoulder and elbow Manipulate a range of tools and equipment in one hand, tools include paintbrushes, scissors, hairbrushes, toothbrush, scarves or ribbons 			Health and Self-Care <ul style="list-style-type: none"> Feed self competently Develop some independence in self-care and shows an awareness of routines such as handwashing but still often needs adult support Develop increasing understanding of and control of the bowel and bladder urges and starts to communicate their need for the preferred choice of potty or toilet Able to help with and increasingly independently put on and take off simple clothing items such as hats, unzipped jackets, wellington boots <ul style="list-style-type: none"> Observe and can describe in words or actions the effects of physical activity on their bodies. Can name and identify different parts of the body Take practical action to reduce risk, showing their understanding that equipment and tools can be used safely Can wash and can dry hands effectively and understands why this is important Gain more bowel and bladder control and can attend to toileting needs most of the time themselves. Dress with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom 		



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					PE lessons begins PE Hub: Body Management Sports Day	PE Hub: Speed Direction and Travel Accessing OPAL on KS1 as part of transition
Reception (EYFS: Physical Development: Moving and Handling, Health and Self Care)	<i>Children operate within a spacious and resource rich, varied, expansive and challenging indoor and outdoor learning environment. Throughout their time in Reception they continue to develop both their large and fine motor skills. Children are taught to be independent in their self care and make healthy choices. Children learn to manage risks, develop resilience and persevere, understanding the need for safety. Children in Reception are learning to:</i>					
	Moving and Handling <ul style="list-style-type: none"> • Run with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles • Manipulate a range of tools and equipment in one hand, tools include paintbrushes, scissors, hairbrushes, toothbrush, scarves or ribbons • Choose to move in a range of ways, moving freely and with confidence making changes to body shape, position and pace of movement such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping • Jump off an object and lands appropriately using hands, arms and body to stabilise and balance • Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles • Travel with confidence and skill around, under, over and through balancing and climbing equipment • Show increasing control over an object in pushing, patting, throwing, catching or kicking it • Handle tools, objects, construction and malleable materials safely and with increasing control and intention • Show a preference for a dominant hand • Use a pencil and holds it effectively to form recognisable letters, most of which are correctly formed 			Health and Self-Care <ul style="list-style-type: none"> • Observe and can describe in words or actions the effects of physical activity on their bodies. • Can name and identify different parts of the body • Take practical action to reduce risk, showing their understanding that equipment and tools can be used safely • Can wash and can dry hands effectively and understands why this is important • Gain more bowel and bladder control and can attend to toileting needs most of the time themselves. • Describe physical changes to the body that can occur when feeling unwell, anxious, tired, angry or sad • Show some understanding that good practices with regard to exercise, eating, drinking water, sleeping and hygiene can contribute to good health • Show understanding of the need for safety when tackling new challenges, and considers and manages some risks by taking independent action or by giving a verbal warning to others • Show understanding of how to transport and store equipment safely • Practice some appropriate safety measures without direct supervision, considering both benefits and risk of a physical experience 		



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Send and Return 1 Attack, Defend, Shoot 1	Send and Return 2 Attack, Defend, Shoot 2	Dance 1 Gymnastics 1	Dance 2 Gymnastics 2	Hit, Catch Run 1 Run, Jump, Throw 1	Hit, Catch Run 2 Run, Jump, Throw 1
	<i>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</i>	<i>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</i>	<i>perform dances using simple movement patterns</i>	<i>perform dances using simple movement patterns</i>	<i>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</i>	<i>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</i>
	<i>participate in team games, developing simple tactics for attacking and defending</i>	<i>participate in team games, developing simple tactics for attacking and defending</i>	<i>master basic movements... developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<i>master basic movements... developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<i>participate in team games, developing simple tactics for attacking and defending</i>	<i>participate in team games, developing simple tactics for attacking and defending</i>
Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Send and Return 1 Attack, Defend, Shoot 1	Send and Return 2 Attack, Defend, Shoot 2	Dance 1 Gymnastics 1	Dance 2 Gymnastics 2	Hit, Catch Run 1 Run, Jump, Throw 1	Hit, Catch Run 2 Run, Jump, Throw 1
	<i>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</i>	<i>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</i>	<i>perform dances using simple movement patterns</i>	<i>perform dances using simple movement patterns</i>	<i>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</i>	<i>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</i>
	<i>participate in team games, developing simple tactics for attacking and defending</i>	<i>participate in team games, developing simple tactics for attacking and defending</i>	<i>master basic movements... developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<i>master basic movements... developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<i>participate in team games, developing simple tactics for attacking and defending</i>	<i>participate in team games, developing simple tactics for attacking and defending</i>



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Netball Tag Rugby	Hockey Dodgeball	Dance Badminton	Volleyball Gymnastics	Tennis Athletics 1	Football OAA
	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>perform dances using a range of movement patterns</i></p> <p><i>develop flexibility, strength, technique, control and balance</i></p>	<p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i></p> <p><i>develop flexibility, strength, technique, control and balance</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>take part in outdoor and adventurous activity challenges both individually and within a team</i></p>



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Hockey Volleyball	Basketball Football	Dodgeball Gymnastics	Handball Table Tennis	Rounders Athletics	OAA Tennis
	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p> <p><i>perform dances using a range of movement patterns</i></p> <p><i>develop flexibility, strength, technique, control and balance</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i></p> <p><i>develop flexibility, strength, technique, control and balance</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>take part in outdoor and adventurous activity challenges both individually and within a team</i></p>



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Netball Tag Rugby	Tennis Basketball	Gymnastics Dance	Badminton Table Tennis	Cricket Athletics	OAA Rounders
	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>develop flexibility, strength, technique, control and balance</i></p> <p><i>perform dances using a range of movement patterns</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p>	<p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p> <p><i>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i></p> <p><i>develop flexibility, strength, technique, control and balance</i></p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>take part in outdoor and adventurous activity challenges both individually and within a team</i></p> <p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p>



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Hockey Tag Rugby	Netball Basketball	Dodgeball Table Tennis	Handball Badminton	Rounders Athletics	OAA Cricket
	<i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>	<i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i> <i>use running, jumping, throwing and catching in isolation and in combination</i>	<i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>	<i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>	<i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>	<i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i> <i>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i> <i>develop flexibility, strength, technique, control and balance</i> <i>use running, jumping, throwing and catching in isolation and in combination</i>