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## **Mowbray School Long Term P.E. Plan KS1**

### Two Year rolling programme KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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 (covered through weekly dance lessons with E. Bowes)

#### **Year 1**

Term	Topic	What we are covering
Autumn Term	We're going on a journey	Development of Basic Skills (Agility, Balance and Coordination) through Gymnastics Activities
Spring Term	Humans 'v' Animals	Development of Basic Skills (Agility, Balance and Coordination) through Games Activities
Summer Term	Come and Listen to a story	Development of Basic Skills (Agility, Balance and Coordination) through Athletics Activities

#### **Year 2**

Term	Topic	What we are covering
Autumn Term	Around the world in 80 days	Development of Basic Skills (Agility, Balance and Coordination) through Gymnastics Activities
Spring Term	From farm to Plate	Development of Basic Skills (Agility, Balance and Coordination) through Games Activities
Summer Term	Hidden Treasure	Development of Basic Skills (Agility, Balance and Coordination) through Athletics Activities

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## **Mowbray School Long Term P.E. Plan Lower/Upper KS2**

### Two Year rolling programme

Pupils should continue to apply 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, throwing and catching 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 athletics and gymnastics]
- perform dances using a range of movement patterns (covered through weekly dance lessons with E. Bowes)
- take part in outdoor and adventurous activity challenges both individually and within a team (with B. Noble/J. Moran)
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### **Year 1**

<b>Term</b>	<b>Topic</b>	<b>What we are covering</b>
Autumn Term	We're going on a journey.	Gymnastics/Net & Wall Games
Spring Term	Humans 'v' Animals	Invasion Games/Striking & Fielding Games
Summer Term	Come and Listen to a story	#Invasion Games/Athletics

#Second Invasions Games unit may be changed to one that the teacher feels better meets the needs of the pupils in their class

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## **Year 2**

<b>Term</b>	<b>Topic</b>	<b>What we are covering</b>
Autumn Term	Around the world in 80 days	Gymnastics/Net & Wall Games
Spring Term	From farm to Plate	Invasion Games/Striking & Fielding Games
Summer Term	Hidden Treasure	#Invasion Games/Athletics

#Second Invasion Games unit may be changed to one that the teacher feels better meets the needs of the pupils in their class.

##KS1 and KS2 pupils will participate in weekly swimming lessons at Bedale Leisure Centre, on Friday mornings, organised on a termly rota.