



# Pencoys PE Long Term Plan



P = Physical S = Social E = Emotional T = Thinking

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>F1</b>	<b>Introduction to PE 1</b>	<b>Fundamentals 1</b>	<b>Dance Unit 1</b>	<b>Gymnastics Unit 1</b>	<b>Games Unit 1</b>	<b>Ball Skills Unit 1</b>
<b>P</b>	Moving safely, running, jumping, throwing, catching, following a path	Balancing, running, jumping, changing direction, hopping, travelling	Travelling, copying and performing actions, co-ordination	Shapes, balances, jumps, rocking, rolling, travelling	Running, balancing, changing direction, striking a ball, throwing	Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball
<b>S</b>	Sharing, leadership	Working safely, responsibility, helping others	Respect, co-operating with others	Taking turns, co-operation, communication,	Communication, co-operation, taking turns, supporting and encouraging others	Co-operation, supporting others, sharing and taking turns
<b>E</b>	Perseverance, confidence	Honesty, challenging myself, determination	Working independently, determination	Confidence, determination	Honesty and fair play, managing emotions	Honesty, perseverance
<b>T</b>	Decision making, selecting and applying actions	Decision making, selecting and applying actions, using tactics	Counting, observing and providing feedback, selecting and applying actions	Selecting and applying skills, creating sequences	Using tactics, decision making	Using tactics, decision making
<b>F2</b>	<b>Introduction to PE 2</b>	<b>Fundamentals 2</b>	<b>Dance Unit 2</b>	<b>Gymnastics Unit 2</b>	<b>Games Unit 2</b>	<b>Ball Skill Unit 2</b>
<b>P</b>	Moving safely, running, jumping, throwing, catching, rolling	Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running	Travelling, copying and performing actions, co-ordination	Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll	Running, changing direction, striking a ball.	Rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball
<b>S</b>	Sharing and taking turns, encouraging and supporting others, responsibility	Working safely, responsibility, working with others	Respect, co-operating with others	Leadership, taking turns, helping others	Communication, co-operation, taking turns, respect, supporting and encouraging others	Co-operation, sharing and taking turns
<b>E</b>	Honesty and fair play, confidence, perseverance	Managing emotions, challenging myself	Working independently, determination	Determination	Honesty, managing emotions, perseverance	Determination
<b>T</b>	Decision making, understanding and using rules	Selecting and applying actions	Counting, observing and providing feedback, selecting and applying actions	Selecting and applying skills, creating sequences	Using tactics	Using tactics, decision making



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<b>Y1</b>	<b>Team Building</b>	<b>Sending and Receiving</b>	<b>Fundamentals</b>	<b>Ball Skills</b>	<b>Yoga</b>	<b>Athletics</b>	<b>Net and Wall (+Swimming)</b>
<b>P</b>	Balancing, travelling actions,	Rolling, kicking, throwing, catching, tracking	Balancing, sprinting, jogging, dodging, jumping, hopping, skipping	Rolling, kicking, throwing, catching, bouncing, dribbling, tracking	Breathing, relaxation, balance, flexibility, strength	Running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance	Throwing, catching, hitting a ball, tracking a ball
<b>S</b>	Communication, sharing ideas, inclusion, encouraging and supporting others	Taking turns, supporting and encouraging others, respect, communication	Taking turns, supporting and encouraging others, working safely, communication	Co-operation, communication, leadership, supporting others	Working safely, sharing ideas, leadership	Working safely, collaborating with others	Respect, communication
<b>E</b>	Confidence, trust, honesty	Perseverance, honesty, being happy to succeed	Challenging myself, perseverance, honesty	Honesty, perseverance, challenging myself	Calmness, patience, understanding, independence	Working independently, honesty and playing to the rules, determination	Honesty and fair play, determination
<b>T</b>	Decision making, using tactics, providing instructions, planning, problem solving	Transferring skills	Identifying strengths, listening and following instructions	Using tactics, exploring actions, comprehension	Selecting actions, comprehension, focus, providing feedback	Exploring ideas	Decision making, using simple tactics, recalling information, comprehension
<b>Y2</b>	<b>Ball Skills</b>	<b>Sending and receiving</b>		<b>Dance</b>	<b>Gymnastics</b>	<b>Swimming</b>	<b>Target Games</b>
<b>P</b>	Rolling, kicking, throwing, catching, bouncing, dribbling	Rolling, kicking, throwing, catching, tracking		Travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordination	Shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll	Float, travel, submerge, kick with legs,	Throwing, rolling, kicking, striking
							Running at different speeds, jumping for distance, throwing for distance



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					pull with arms, glide		
<b>S</b>	Co-operation, communication, leadership, supporting others	Co-operation, communication, keeping others safe	Respect, consideration, sharing ideas, decision making with others	Sharing, working safely	Co-operation, supporting and encouraging others	Communication, collaboration, kindness, support	Working safely, collaborating with others
<b>E</b>	Honesty, perseverance, challenging myself	Perseverance, challenging myself	Acceptance, confidence	Confidence, independence	Confidence, determination, challenging myself	Honesty, perseverance, independence, manage emotions	Working independently, determination
<b>T</b>	Using tactics, exploring actions	Identifying how to improve, transferring skills	Selecting and applying actions, counting, observing and providing feedback, creating	Observing and providing feedback, selecting and applying actions	Using tactics, creating actions	Select and apply, using tactics, decision making, provide feedback, problem solving	Observing and providing feedback, exploring ideas
<b>Y3</b>	<b>Hockey</b>	<b>Fundamentals</b>	<b>Dance</b>	<b>Gymnastics (+ Swimming)</b>	<b>Cricket / Rounders</b>	<b>Athletics</b>	
<b>P</b>	Ball control, throwing and catching, moving with the ball, dribbling, shooting	Balancing, running, hopping, jumping, dodging, skipping	Using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance,	Individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics	Underarm and overarm throwing, catching, over and underarm bowling, batting	Sprinting, jumping for a distance, push and pull throwing for a distance	
<b>S</b>	Working safely, communication, respect,	Supporting and encouraging others, respect, communication, taking turns	Sharing ideas, respect, inclusion of others, leadership, working safely	Collaboration, communication, respect	Collaboration and communication, respect	Working collaboratively, working safely	
<b>E</b>	Honesty and fair play, perseverance	Challenging myself, perseverance, honesty	Confidence, acceptance	Confidence	Perseverance, honesty	Perseverance, determination	



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<b>T</b>	Planning strategies, observing and providing feedback	Selecting and applying skills, observing others and providing feedback, identifying strengths and areas for development	Selecting and applying actions, creating, observing and providing feedback	Observing and providing feedback, selecting and applying actions, evaluating and improving	Observing and providing feedback, applying strategies	Observing and providing feedback	
<b>Y4</b>	<b>OOA</b>	<b>Netball</b>	<b>Dance (+Swimming)</b>	<b>Gymnastics</b>	<b>Tennis</b>	<b>Athletics</b>	
<b>P</b>	Balance, running	Passing, catching, footwork, intercepting, shooting	Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique,	Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand	Underarm throwing, catching, forehand, backhand, ready position	Pacing, sprinting technique, jumping for distance, throwing for distance	
<b>S</b>	Communication, teamwork, trust, inclusion, listening	Working safely, communication, collaboration	Collaboration, consideration, inclusion, respect	Collaboration, communication, respect, responsibility	Collaboration, respect, supporting others	Working collaboratively, working safely	
<b>E</b>	Confidence	Honesty and fair play, perseverance	Empathy, confidence	Confidence	Honesty, perseverance	Perseverance, determination	
<b>T</b>	Planning, map reading, decision making, problem solving	Planning strategies and using tactics, observing and providing feedback	Observing and providing feedback, selecting and applying actions	Observing and providing feedback, selecting and applying skills, evaluating and improving	Decision making, understanding rules, selecting and applying skills and tactics	Observing and providing feedback, exploring ideas	
<b>Y5</b>	<b>Football</b>	<b>Yoga (+ Swimming)</b>	<b>Gymnastics</b>	<b>Tag Rugby</b>	<b>Dance</b>	<b>Cricket</b>	<b>Athletics</b>
<b>P</b>	Dribbling, passing, ball control, tracking/jockeying, turning, goalkeeping, receiving	Balance, flexibility, strength, coordination	Symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand	Throwing, catching, running, dodging, scoring	canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions	Underarm and overarm throwing, catching, over and underarm bowling, long and short barrier, batting	Pacing, sprinting technique, relay changeovers, jumping for distance, push and pull throwing for distance



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<b>S</b>	Communication, collaboration, cooperation, respect	Leadership, sharing ideas, working safely	Responsibility, collaboration, communication, respect	Communication, collaboration	Social Collaboration, consideration and awareness of others, inclusion, respect, leadership	Collaboration and communication, respect	Collaborating with others, supporting others
<b>E</b>	Honesty, perseverance	Confidence, working independently	Confidence	Perseverance, confidence, honesty and fair play	Empathy, confidence	Honesty	Perseverance, determination
<b>T</b>	Selecting and applying tactics, decision making	Creating, selecting and applying actions, observing and providing feedback	Observing and providing feedback, selecting and applying actions, evaluating and improving sequences	Planning strategies and using tactics, observing and providing feedback, decision making	Creating, observing and providing feedback, using feedback to improve, selecting and applying skills	Observing and providing feedback, selecting and applying strategies	Observing and providing feedback
<b>Y6</b>	<b>Basketball (+Swimming)</b>	<b>OAA</b>	<b>Gymnastics</b>	<b>Tag Rugby</b>	<b>Tennis</b>	<b>Dance</b>	<b>Athletics</b>
<b>P</b>	Throwing and catching, dribbling, intercepting, shooting	Stamina, running	Straddle roll, forward roll, backward roll, counterbalance, countertension, bridge, shoulder stand, handstand, cartwheel, headstand, vault	Throwing, catching, running, dodging, scoring	Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve	Performing a variety of dance actions, using canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring	Pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance
<b>S</b>	Communication, collaboration	Communication, teamwork, trust, inclusion, listening	Responsibility, collaboration, communication, respect	Communication, collaboration	Collaboration, communication, respect	Sharing ideas, consideration of others, inclusion, respect, leadership, supporting others	Negotiating, collaborating with others



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<b>E</b>	Perseverance, honesty and fair play	Confidence	Confidence	Perseverance, confidence, honesty and fair play	Honesty, perseverance	Empathy, confidence	Perseverance, determination
<b>T</b>	Planning strategies and using tactics, observing and providing feedback	Planning, map reading, decision making, problem solving	Observing and providing feedback, selecting and applying skills, evaluating and improving sequences	Planning strategies and using tactics, observing and providing feedback, decision making	Decision making, selecting and applying tactics, evaluating and improving	Observing & providing feedback, using feedback to improve, selecting & applying skills	Observing and providing feedback