



## Federation of St. Cuthbert's and St. Sebastian's Catholic Primary Schools

### P.E : CURRICULUM : LONG TERM PLAN

#### RETURN AND REVIEW

Assessment of retained knowledge, understanding and skills (Summer Term)



	AUTUMN TERM	SPRING TERM	SUMMER TERM
<b>EYFS</b>	<p><b>Moving and handling</b></p> <ul style="list-style-type: none"> <li>• Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</li> <li>• Mounts stairs, steps or climbing equipment using alternate feet. (PD_30-50)</li> <li>• Experiments with different ways of moving.</li> <li>• Jumps off an object and lands appropriately.</li> <li>• Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (PD_40-60)</li> </ul> <p><b>Health and self-care</b></p> <ul style="list-style-type: none"> <li>• Can tell adults when hungry or tired or when they want to rest or play (PD_30-50)</li> <li>• Eats a healthy range of foodstuffs and understands need for variety in food. (PD_40-60)</li> </ul>	<p><b>Moving and handling</b></p> <ul style="list-style-type: none"> <li>• Can stand momentarily on one foot when shown.</li> <li>• Can catch a large ball. (PD_30-50)</li> <li>• Travels with confidence and skill around, under, over and through balancing and climbing equipment.</li> <li>• Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> <li>• Uses simple tools to effect changes to materials.</li> <li>• Handles tools, objects, construction and malleable materials safely and with increasing control. (PD_40-60)</li> </ul> <p><b>Health and self-care</b></p> <ul style="list-style-type: none"> <li>• Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. (PD_40-60)</li> </ul>	<p><b>Moving and handling</b></p> <ul style="list-style-type: none"> <li>• Shows a preference for a dominant hand.</li> <li>• Begins to use anticlockwise movement and retrace vertical lines.</li> <li>• Begins to form recognisable letters.</li> <li>• Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed. (PD_40-60)</li> <li>• Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. (PD_ELG)</li> </ul> <p><b>Health and self-care</b></p> <ul style="list-style-type: none"> <li>• Understands that equipment and tools must be used safely. (PD_30-50)</li> <li>• Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. (PD_ELG)</li> </ul>
<b>Year 1</b>	<p style="text-align: center;"><b>Games</b> (Ball Skills &amp; Games) <b>Indoor Athletics</b> <b>Gymnastics</b> (Flight – Bouncing, Jumping &amp; Landing)</p>	<p style="text-align: center;"><b>Games</b> (Throwing &amp; Catching) <b>Gymnastics</b> (Points and Patches) <b>Dance</b></p>	<p style="text-align: center;"><b>Dance</b> <b>Gymnastics</b> (Rocking and Rolling) <b>Outdoor Athletics</b></p>

<b>Year 2</b>	<b>Games</b> (Throwing & Catching) <b>Indoor Athletics</b> <b>Gymnastics</b> (Pathways – Straight/zig-zag/curving)	<b>Games</b> (Aiming, Hitting & Kicking) <b>Gymnastics</b> (Turning, Spinning & Twisting) <b>Dance</b>	<b>Dance</b> <b>Outdoor Athletics</b> <b>Gymnastics</b> (Linking Movements Together)
<b>Year 3</b>	<b>Indoor Athletics</b> <b>Games</b> (Invasion Games) <b>Gymnastics</b> (Stretching, Curling & Arching)	<b>Gymnastics</b> (Symmetry and Asymmetry) <b>Games</b> (Net, Court & Wall) <b>Dance</b>	<b>Outdoor Athletics</b> <b>Dance</b> <b>Games</b> (Striking & Fielding)
<b>Year 4</b>	<b>Indoor Athletics</b> <b>Games</b> (Invasion Games) <b>Gymnastics</b> (Balance)	<b>Gymnastics</b> (Balance / Travel / Direction) <b>Games</b> (Net, Court & Wall) <b>Dance</b>	<b>Summer Athletics</b> <b>Dance</b> <b>Games</b> (Striking & Fielding)
<b>Year 5</b>	<b>Indoor Athletics</b> <b>Gymnastics</b> (Flight/Spinning and Turning) <b>Games</b> (Invasion Games)	<b>Dance</b> <b>Games</b> (Striking & Fielding) <b>Gymnastics</b> (Bridges)	<b>Games</b> (Net, Court & Wall) <b>Summer Athletics</b> <b>Dance</b>
<b>Year 6</b>	<b>Swimming</b> <b>Indoor Athletics</b> <b>Problem Solving/Orienteering</b> <b>Dance</b>	<b>Gymnastics</b> (Synchronisation & Cannon) <b>Dance</b> <b>Games</b> (Invasion Games)	<b>Summer Athletics</b> <b>Games</b> (Striking & Fielding) <b>Gymnastics</b> (Counter-balance and counter-tension)