

PE Long Term Plan

Pupils in Key stages 2 and 3 will get the chance to work in similar ability groups. During the year, pupils will go swimming for two terms, this is an essential life skill that we feel deserves to be worked upon for an extended period of time. For the rest of the year, pupils will take part in the following - fine motor skills, where they will play games like table tennis, dance, fitness, Outdoor and Adventurous Activities (OAA) and invasion games such as; hockey, netball and football. Teachers will help students to gain an understanding of how their bodies move, and how important it is to play collaboratively, whilst including a sense of healthy competition.

Lower School	Swimming	Fine Motor Skills	Outdoor and Adventurous activities	Invasion Games	Dance/Fitness	Net/Wall
Curriculum Overview	Pupils will attend swimming lessons run by fully qualified swimming teachers. These lessons will cover all the essential swimming skills necessary to be competent in the water.	Lessons will focus on pupils improving pupils ability to involve small muscle groups working with the brain and nervous system. These will be achieved by completing activities such as throwing, catching, rolling and hitting with an object. Completing fine motor skills in PE can improve a pupils handwriting, fastening and manipulating objects, as well as getting dressed.	Lessons will take place in the school's forest school area. Pupils will take part in a range of activities that will require them to work collaboratively to achieve a goal. Pupils will also learn a range of forest school skills (firemaking, cutting wood, making shelters)	Lessons will be fast-paced, and focus on teamwork, keeping possession, attacking, and defending. Pupils will try versions of team games such as; hockey, netball, football and handball. Pupils will improve their; teamwork, friendships, hand/eye and foot/eye coordination and overall fitness.	Pupils will take part in split sessions where half the lesson will be dance, followed by fitness for the second half. The dance sessions will aim to improve pupils coordination, timing and fine motor skills whilst learning a routine. For the fitness sessions, pupils will work on improving cardiovascular fitness through completing HIIT (high-intensity interval training).	Lessons will involve pupils playing games such as; tennis, volleyball or badminton. Pupils will improve their movement and hand/eye coordination during these sessions.

A. Stackhouse
Leader of PE