

Long Term Plan - PE

Here at Bank End Academy we have PE at the heart of our learning. We are constantly striving to improve the children's physical education and physical literacy. Over the course of the year we offer a broad and wide range of activities and sports during curriculum time to help our children improve in every aspect of their PE journey from physical to emotional to social.

KS1	<p>Athletics -</p> <p>Exploring different and developing children's understanding of different ways to travel, speed, distance and direction.</p>	<p>Fundamental skills through modified Invasion Games</p> <p>(Football, Tag Rugby, Handball/ basketball) - Small sided games (1vs1, 2vs1), various ways of movement</p>	<p>Fundamental movements through Gymnastics and Dance</p> <p>Floor work, balance, control, travelling, rolls, basic sequences</p>	<p>Net and Wall –</p> <p>(Tennis) Use a range of equipment to support sending and receiving.</p>	<p>Striking and fielding –</p> <p>Develop hand-eye coordination, sending and catching skills. Variations of games from cricket and rounders.</p>	<p>Multi-skills –</p> <p>Object control and movement, throwing styles and accuracy.</p>
LKS2	<p>Athletics (Sportshall Athletics/ Cross Country/Quadkinds/Sports Day) - In isolation and</p>	<p>Invasion Games –</p> <p>(Hockey/Football/Tag Rugby/Handball and basketball) Small sided games (3vs3,4vs4)</p>	<p>Gymnastics and Dance –</p> <p>Create and perform sequences on the floor and apparatus. Include variations of</p>	<p>Net and wall –</p> <p>(Mini-Tennis) introducing rallies to improve hand-eye coordination using hands,</p>	<p>Striking and Fielding -</p> <p>(Tri-golf/Cricket) Building on striking and hand-eye coordination with</p>	<p>OAA -</p> <p>(orienteering) Take part in introductory games through different areas such as trust,</p>

	combination running at speed, various ways of jumping, throwing for distance and accuracy.	Improve knowledge of tactics and positional sense.	levels, speed and directions.	racquets/objects.	more of a competitive element. Play a range of small sided games using a range of bats/racquets.	cooperation, teamwork and exploring.
UKS2	Invasion Games (Football/Tag Rugby/ Netball/ Basketball/ Hockey) - Increased technical and tactical skills i.e defending and attacking. Small sided games more competitive and performed with accuracy and pace.	OAA - (orienteeing) Take part in complex games through different areas such as trust, cooperation, teamwork and exploring	Gymnastics and Dance – Refining more complex individual and group floor work skills and sequences. Building upon and displaying accuracy and consistency.	Net and Wall – (Tennis/Table Tennis) Volley/racket games. Focusing on stroke development, reaction, improved technique and maintaining competitive rallies.	Striking and Fielding (Kwik Cricket and rounders/ baseball) Perform with speed, accuracy, confidence and technique in small sided striking games showing increased competence with a range of equipment.	Athletics – (Athletics/Cross Country) - In isolation and combination perform running, throwing, jumping challenges with speed and accuracy demonstrating refined and confidence actions that are fluent, coordinated and efficient.