Physical Education Long Term Plan
PE Vision - *For all pupils to participate and be active*

ASPIRE FEDERATION
WE ASPIRE TO INSPIRE

R/1

Key Vocabulary COPY TALK ABOUT	Autumn Term 1 Year R/1	Autumn Term 2 Year R/1	Spring Term 3 Year R/1	Spring Term 4 Year R/1	Summer Term 5 Year R/1	Summer Term 6 Year R/1
Assessment Vocabulary	Coordination	Repeat	Perform	Control	Explore	Accuracy
Year A Session 1	Agility EYFS GAS	Balance EYFS GAS	Coordination EYFS GAS	Jumping EYFS GAS	Play EYFS GAS	Target EYFS GAS
Year B Session 1	Write Dance	Ball Skills PES	Gym PES	Multi skills PES	Games PES	Athletics - field based TOPS
Year A Session 2	BEAM Blocks A-F	BEAM Ball work Blocks A-C	Dance Y1 GAS	Dance Linked to topic theme, music or picture stimulus	Games Tag Rugby Y1 GAS	Infant Agility Y1 GAS
Year B Session 2	BEAM Blocks A-F	BEAM Ball work D/E/F	Dance - TOPS	Gym - TOPS	Dance Linked to topic theme, music or picture stimulus	Athletics - track based TOPS
Skills YR	Line Walk	Skip Gallop Static Balance	Climb	Distance Jump	Run Overhand throw Underhand throw	Distance Jump
Skills Y1	Side Roll	Hop	Recap previous skills	Recap previous skills	Underhand throw Bounce and Catch Catch large ball	Recap previous skills

Year A - Greenacre SOW (GAS) **Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)**

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

Physical Education Long Term Plan
PE Vision - *For all pupils to participate and be active*

ASPIRE FEDERATION
WE ASPIRE TO INSPIRE

KINGSWOOD ONLY Yr1/2

Key Vocabulary *TALK ABOUT REMEMBER*	Autumn Term 1 Year 1/2	Autumn Term 2 Year 1/2	Spring Term 3 Year 1/2	Spring Term 4 Year 1/2	Summer Term 5 Year 1/2	Summer Term 6 Year 1/2
Assessment Vocabulary	Explore Rhythm	Observe Understanding	Sequence Repeat	Control Hand and eye	Direction Send	Speed Accuracy
Year A Session 1	Games Football GAS 1	Gym GAS 1	OAA	Games Tri Golf GAS	Dance TOPS	Infant Agility GAS1
Year B Session 1	Games PES	Gym TOPS	Games PES	OAA	Dance GAS 2	Athletics GAS2
Year A Session 2	Dance GAS 1	OAA	Gym GAS 2	Gym Wall bars	Games Tennis GAS 2	Athletics Track & Field
Year B Session 2	Dance Linked to topic theme, music or picture stimulus	OAA	Gym TOPS	Gym TOPS on Wall bars	Games GAS 2 Dodgeball/Handball/Volleyball (Teacher to pick)	Athletics Track & Field
Skills Y1	Side Roll Hop	Forward Roll	Underhand throw Bounce and Catch Catch large ball	Balance	Side Gallop Leap	Vertical Jump
Skills Y2	Two Handed Strike	Forward Roll	Overhand throw Bounce and Catch Catch small ball	Lift	Lofted soccer kick Pent –ball being released from hands and then kicked.	Standing Long Jump

Year A - Greenacre SOW (GAS) Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

Physical Education Long Term Plan
PE Vision - *For all pupils to participate and be active*

ASPIRE FEDERATION
WE ASPIRE TO INSPIRE

Yr 2/3

Key Vocabulary DESCRIBE, REMEMBER, SEQUENCE	Autumn Term 1 Year 2/3	Autumn Term 2 Year 2/3	Spring Term 3 Year 2/3	Spring Term 4 Year 2/3	Summer Term 5 Year 2/3	Summer Term 6 Year 2/3
Assessment Vocabulary	Contrast Recognise	Strength Compare	Team work Organisation	Communication Hand and eye coordination	Develop Adapt	Variation Quality
Year A Session 1	Games GAS 2 Tag Rugby	Gym GAS 2	OAA	Games GAS 3 Hockey	Dance TOPS	Athletics Track GAS 3
Year B Session 1	Games PES	Gym TOPS	Games GAS 3 Football	Games GAS 2 Handball	Dance PES	Athletics Track PES
Year A Session 2	Dance GAS 2	OAA	Gym GAS 3	Games GAS 2 Tennis/ Swimming	Mystery sport - Lacrosse/ Swimming	Athletics Field GAS 3 /Swimming
Year B Session 2	Dance Linked to topic theme, music or picture stimulus	OAA	OAA	Dance GAS 3	OAA GAS 3	Athletics / swimming
Skills Y2	Two Handed Strike	Forward Roll	Lofted soccer kick Pent –ball being released from hands and then kicked.	Side Gallop Leap	Recap previous skills	Standing Jump
Skills Y3	Foot dribble Hand dribble	Backward roll	Dodge One handed strike	One handed strike	Recap previous skills	Long Jump
Assessed on swimming scheme – Swim England ASA	Swimming – • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations.					

Year A - Greenacre SOW (GAS) Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

Physical Education Long Term Plan
PE Vision - *For all pupils to participate and be active*

ASPIRE FEDERATION
WE ASPIRE TO INSPIRE

Yr 2/3/4

Key Vocabulary DESCRIBE, REMEMBER, SEQUENCE	Autumn Term 1 Year 2/3/4	Autumn Term 2 Year 2/3/4	Spring Term 3 Year 2/3/4	Spring Term 4 Year 2/3/4	Summer Term 5 Year 2/3/4	Summer Term 6 Year 2/3/4
Assessment Vocabulary	Contrast Recognise	Strength Compare	Team work Organisation	Communication Hand and eye coordination	Develop Adapt	Variation Quality
Year A Session 1	Games GAS 3 Tag Rugby	Gym GAS 2	OAA Gas 4	Games GAS 3 Hockey	Dance TOPS	Athletics GAS 3
Year B Session 1	Games PES	Gym TOPS/Apparatus	Games GAS 3 Football	OAA GAS 3	Dance PES	Athletics Track PES
Year A Session 2	Dance GAS 3	OAA	Gym GAS 3/Apparatus	Games GAS 2 Tennis/ Swimming	Mystery sport - Lacrosse/ Swimming	Athletics GAS 4 /Swimming
Year B Session 2	Dance Linked to topic theme, music or picture stimulus	OAA	Games GAS 3 Handball	Dance GAS 4	OAA GAS 4	Athletics / swimming
Skills Y2	Two Handed Strike	Forward Roll	Lofted soccer kick Pent –ball being released from hands and then kicked.	Side Gallop Leap	Recap previous skills	Standing Jump
Skills Y3	Foot dribble Hand dribble	Backward roll	Dodge One handed strike	One handed strike	Recap previous skills	Long Jump
Skills Y4	Perform gym skills	Movements from different cultures Consistency of skills	Team work	Variety of throws Consistency of skills	Technique in swimming strokes	Striking with a variety of bats and balls Consistency of skills
Assessed on swimming scheme – Swim England ASA	Swimming – • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations.					

Year A - Greenacre SOW (GAS) Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

Physical Education Long Term Plan
PE Vision - *For all pupils to participate and be active*

ASPIRE FEDERATION
WE ASPIRE TO INSPIRE

KINGSWOOD ONLY Yr3/4

Key Vocabulary DESCRIBE, REMEMBER, SEQUENCE	Autumn Term 1 Year 3/4	Autumn Term 2 Year 3/4	Spring Term 3 Year 3/4	Spring Term 4 Year 3/4	Summer Term 5 Year 3/4	Summer Term 6 Year 3/4
Assessment Vocabulary	Contrast Recognise	Strength Compare	Team work Organisation	Communication Hand and eye coordination	Develop Adapt	Variation Quality
Year A Session 1	Games GAS 3 Netball	Gym GAS 3	OAA	Games GAS 3 Hockey	Dance GAS 3	Athletics Track GAS 3
Year B Session 1	Games PES	Gym TOPS	Games GAS 3 Football	OAA GAS 3	Dance PES	Athletics Track PES
Year A Session 2	Dance TOPS	OAA GAS 4	Gym GAS 4	Games GAS 3 Tennis/ Swimming	Mystery sport! Swimming	Athletics Field GAS 3 /Swimming
Year B Session 2	Dance Linked to topic theme, music or picture stimulus	OAA	Games GAS 4 Handball	Dance GAS 4	OAA GAS 4	Athletics / swimming
Skills Y3	Foot dribble Hand dribble	Backward roll	Dodge One handed strike	One handed strike	Recap previous skills	Long Jump
Skills Y4	Perform gym skills	Movements from different cultures Consistency of skills	Team work	Variety of throws Consistency of skills	Technique in swimming strokes	Striking with a variety of bats and balls Consistency of skills
Assessed on swimming scheme – Swim England ASA	Swimming – • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • p erform safe self-rescue in different water-based situations.					

Year A - Greenacre SOW (GAS) Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

Physical Education Long Term Plan
PE Vision - *For all pupils to participate and be active*

ASPIRE FEDERATION
WE ASPIRE TO INSPIRE

Yr 4/5/6

Key Vocabulary VOCABULARY FLUENCY COMBINE EVALUATE	Autumn Term 1 Yrs 4/5/6	Autumn Term 2 Yrs 4/5/6	Spring Term 3 Yrs 4/5/6	Spring Term 4 Yrs 4/5/6	Summer Term 5 Yrs 4/5/6	Summer Term 6 Yrs 4/5/6
Assessment Vocabulary	Level Pace	Stimuli Effect	Identify Consolidate	Strategy Variation	Health & Wellbeing Suppleness	Effectiveness Preparation
Year A Session 1	Games GAS 4	Dance GAS 4	OAA GAS	Games – Invasion GAS 5 Basketball	Athletics Field GAS 4 Swimming	Rounders GAS 5 Swimming
Year B Session 1	Mystery sport	Dance Linked to topic theme, music or picture stimulus	OAA	Striking and Fielding GAS 5 Cricket	Athletics Track Gas 5 Swimming	TRI Golf GAS 5 Swimming
Year A session 2	Gym GAS 4	Mystery sport	Gym GAS 5	Dance GAS 5	Athletics Track GAS 4 Swimming	Athletics Track
Year B session 2	Invasion Games GAS 6 Netball	Games Badminton GAS 5	Gym GAS 6	Games GAS 5 Handball	Athletics Field GAS 5	Athletics Track
Skills Yr 4	Perform gym skills	Movements from different cultures Consistency of skills	Team work	Variety of throws Consistency of skills	Technique in swimming strokes	Striking with a variety of bats and balls Consistency of skills

Year A - Greenacre SOW (GAS) Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

Physical Education Long Term Plan
PE Vision - *For all pupils to participate and be active*

Key Vocabulary VOCABULARY FLUENCY COMBINE EVALUATE	Autumn Term 1 Yrs 4/5/6	Autumn Term 2 Yrs 4/5/6	Spring Term 3 Yrs 4/5/6	Spring Term 4 Yrs 4/5/6	Summer Term 5 Yrs 4/5/6	Summer Term 6 Yrs 4/5/6
Skills Y5	Perform repeated gym skills	Explore dances from different cultures	Develop orienteering skills and team work	Variety of throws and 1 and 2 handed catch	Increase stamina	Striking with a variety of bats and balls for distance Consistency of skills
Skills Y6	Perform gym skills fluently	Explore and create dances from different cultures	Develop map work and team work	Accuracy of throws	Pace and technique in swimming strokes	Striking with a variety of bats and balls for speed Consistency of skills
Assessed on swimming scheme – Swim England ASA	Swimming – • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations.					

Year A - Greenacre SOW (GAS) Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

Physical Education Long Term Plan
PE Vision - *For all pupils to participate and be active*

ASPIRE FEDERATION
WE ASPIRE TO INSPIRE

KINGSWOOD ONLY Yr4/5

Key Vocabulary VOCABULARY FLUENCY COMBINE EVALUATE	Autumn Term 1 Yrs 4/5	Autumn Term 2 Yrs 4/5	Spring Term 3 Yrs 4/5	Spring Term 4 Yrs 4/5	Summer Term 5 Yrs 4/5	Summer Term 6 Yrs 4/5
Assessment Vocabulary	Level Pace	Stimuli Effect	Identify Consolidate	Strategy Variation	Health & Wellbeing Suppleness	Effectiveness Preparation
Year A Session 1	Games GAS 5	Dance GAS 4	OAA	Games – Invasion GAS 5 Basketball	Athletics Field GAS 4 Swimming	Rounders GAS 5 Swimming
Year B Session 1	Mystery sport	Dance Linked to topic theme, music or picture stimulus	OAA	Striking and Fielding GAS 5 Cricket	Athletics Track Gas 4 Swimming	TRI Golf GAS 5 Swimming
Year A session 2	Gym GAS 4	Mystery sport	Gym GAS 5	Dance GAS 5	Athletics Track GAS 4 Swimming	Athletics Track
Year B session 2	Invasion Games GAS 4 Netball	Games Badminton GAS 5	Gym GAS 4	Games GAS 5 Handball	Athletics Field GAS 4	Athletics Track
Skills Y4	Perform gym skills	Movements from different cultures Consistency of skills	Team work	Variety of throws Consistency of skills	Technique in swimming strokes	Striking with a variety of bats and balls Consistency of skills
Skills Y5	Perform repeated skills	Explore dances from	Develop orienteering skills and team work	Variety of throws and 1 and 2 handed catch	Increase stamina	Striking with a variety of bats and balls for speed

Year A - Greenacre SOW (GAS) **Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)**

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

		different cultures				Consistency of skills
Assessed on swimming scheme – Swim England ASA	Swimming – • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations.					

Year A - Greenacre SOW (GAS) Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

Physical Education Long Term Plan
PE Vision - *For all pupils to participate and be active*

ASPIRE FEDERATION
WE ASPIRE TO INSPIRE

Yr 5/6

Key Vocabulary VOCABULARY FLUENCY COMBINE EVALUATE	Autumn Term 1 Yrs 5/6	Autumn Term 2 Yrs 5/6	Spring Term 3 Yrs 5/6	Spring Term 4 Yrs 5/6	Summer Term 5 Yrs 5/6	Summer Term 6 Yrs 5/6
Assessment Vocabulary	Level Pace	Stimuli Effect	Identify Consolidate	Strategy Variation	Health & Wellbeing Suppleness	Effectiveness Preparation
Year A Session 1	Games GAS 5	Dance GAS 5	OAA	Games – Invasion GAS 5 Basketball	Athletics Field GAS 5 Swimming	Rounders GAS 5 Swimming
Year B Session 1	Mystery sport	Dance Linked to topic theme, music or picture stimulus	OAA	Striking and Fielding GAS 5 Cricket	Athletics Track Gas 6 Swimming	TRI Golf GAS 5 Swimming
Year A session 2	Gym GAS 5	Mystery sport	Gym GAS 6	Dance GAS 6	Athletics Track GAS 5 Swimming	Athletics Track
Year B session 2	Invasion Games GAS 6 Netball	Games Badminton GAS 5	Gym GAS 6	Games GAS 6 Handball	Athletics Field GAS 5	Athletics Track

Skills Y5	Perform repeated gym skills	Explore dances from different cultures	Develop orienteering skills and team work	Variety of throws and 1 and 2 handed catch	Increase stamina	Striking with a variety of bats and balls for distance Consistency of skills
Skills Y6	Perform gym skills fluently	Explore and create dances	Develop map work and team work	Accuracy of throws	Pace and technique in	Striking with a variety of bats and balls for speed

Year A - Greenacre SOW (GAS) **Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)**

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

		from different cultures			swimming strokes	Consistency of skills
Assessed on swimming scheme – Swim England ASA	Swimming – • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations.					

Year A - Greenacre SOW (GAS) Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.

Physical Education Long Term Plan
PE Vision - *For all pupils to participate and be active*

ASPIRE FEDERATION
WE ASPIRE TO INSPIRE

KINGSWOOD ONLY Yr6

Key Vocabulary VOCABULARY FLUENCY COMBINE EVALUATE	Autumn Term 1 Yrs 6	Autumn Term 2 Yrs 6	Spring Term 3 Yrs 6	Spring Term 4 Yrs 6	Summer Term 5 Yrs 6	Summer Term 6 Yrs 6
Assessment Vocabulary	Level Pace	Stimuli Effect	Identify Consolidate	Strategy Variation	Health & Wellbeing Suppleness	Effectiveness Preparation
Session 1	Gym Gas 6 / Apparatus	Dance Linked to topic theme, music or picture stimulus	OAA	Striking and Fielding GAS 6 Cricket	Athletics Track Gas 6 Swimming	TRI Golf GAS 6 Swimming
Session 2	Invasion Games GAS 6 Netball	Games Badminton GAS 6	Mystery sport	Games GAS 6 Handball	Athletics Field GAS 6	Rounders GAS 6
Skills Y6	Perform gym skills fluently	Explore and create dances from different cultures	Develop map work and team work	Accuracy of throws	Pace and technique in swimming strokes	Striking with a variety of bats and balls for distance Consistency of skills
Assessed on swimming scheme – Swim England ASA	Swimming – • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations.					

Year A - Greenacre SOW (GAS) Year B - Scheme of work provide by PE leads or TOPS SOW (PES / TOPS)

Yrs 1-6 (Minimum 2 hours of PE per week) Everyday children have an option of additional physical activity. For example; a range of games of equipment available at break times - structured play sessions from staff. **Yr R** have the option of physical activity through play with a range of equipment, soft play, bikes etc. This is available to them for approximately 45 minutes each day.