

Ravensden Primary PE Curriculum Long Term Plan

2022/23 (Cycle A) 2023/2024 (Cycle B)

Cycle A 2022/2023	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Fundamental skills	Fundamental Skills	Dance	Dance	Team Games - Football	Bat and ball skills (Mini golf)
Lesson 1	Core Skills – Jump, run, hop, skip, throw, spatial awareness incl Outdoors - Control on large equipment	Core Skills – Jump, run, hop, skip, throwing and spatial awareness				
Lesson 2	Jabadao	Gym – floor work travelling/balance/ jump and land	Gym – apparatus	Yoga	Hula hooping/Skipping	Athletics
Year 1/2	Fundamental skills	Gym –floor work	Dance	Dance	Games	Athletics
Lesson 1	Master basic movements –run, jump, throw, balance, agility and coordination	travelling/balance/ju mp and land			(multi-skills focus)	
Lesson 2	Multi skills Throwing and catching	Games Focus: Key skills, Movement, rules (bench ball)	Gym - apparatus	Tennis (Net games)	Striking and Fielding games	OAA Outdoor Adventurous Activities

Year 3/4 Lesson 1	Football (Invasion games)	Hockey (Invasion games)	Gym –floor work travelling/balance/ jump and land	Gym - apparatus	Kwik Cricket (Striking and fielding games)	Athletics
Lesson 2	OAA Outdoor Adventurous Activities	Handball	Dance	Dance	Basketball (Invasion game)	Tennis (Net games)
Year 5/6 Lesson 1	Tag Rugby	Invasion games (Basketball)	Gymnastics	Hockey	OAA Outdoor Adventurous Activities	Athletics
Lesson 2	Football	Gymnastics	Dance	Dance- yoga	Cricket	Tennis

Cycle B 2023/2024	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R Lesson 1	Fundamental skills Core Skills – Jump, run, hop, skip, throw, spatial awareness incl Outdoors - Show control on equipment	Fundamental Skills Core Skills – Jump, run, hop, skip, throwing and spatial awareness	Dance	Dance	Team games Football	Bat and ball skills (Tennis)
Lesson 2	Jabadao	Gym – floor work travelling/balance/ jump and land	Gym – apparatus	Yoga	Hula hooping/Skipping	Athletics
Year 1/2 Lesson 1	Fundamental skills Master basic movements –run, jump, throw, balance, agility and coordination	Gym –floor work travelling/balance/ jump and land	Dance	Dance	Games (multi-skills focus)	Athletics
Lesson 2	Games (Multi-skills) Focus: Teamwork, spatial awareness, passing	(Invasion games) Focus: Key skills, Movement, rules (hockey)	Gym - apparatus	Volley ball (Net games)	OAA Outdoor Adventurous Activities	Striking and Fielding games

Year 3/4 Lesson 1	Tag Rugby (Invasion games)	Dodgeball (Invasion games)	Gym –floor work travelling/balance/ jump and land	Gym - apparatus	Golf	Athletics
Lesson 2	OAA Outdoor Adventurous Activities	Netball	Dance	Dance	Football (Invasion game)	Rounders (Striking and fielding games)
Year 5/6 Lesson 1	Tag Rugby	Invasion games (Netball)	Gymnastics	Volley ball	OAA Outdoor Adventurous Activities	Athletics
Lesson 2	Football	Gymnastics	Dance	Dance -yoga	Cricket	Rounders

The objectives for KS2 swimming are as follows:

Swimming and water safety

All schools must provide swimming instruction either in key stage or key stage 2.

In particular, pupils should be taught to:

- 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.

