



STANILAND ACADEMY LONG TERM PLAN 2019/20



Physical Education	AUTUMN 2019		SPRING 2020		SUMMER 2020	
	1	2	1	2	1	2
Pupils should be taught to: <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities. Are physically active for sustained periods of time. Engage in competitive sports and activities. Lead healthy, active lives. 	KS1 <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching. Developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics. for attacking and defending. Perform dances using simple movement patterns. 	KS2 <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics). Perform dances using a range of movement patterns. Take part in outdoor and adventurous activity challenges both individually and within a team. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 				
Reception Blue - Taught by Sports Coach Black – Taught by Class teacher	FOCUS ON BEAN-BAGS	FOCUS ON USING A BALL	GYMNASTICS	USING ROPES, BATS AND BALLS	USING HOOPS AND QUOITS	ATHLETICS/ SPORTS DAY
	USING HOOPS AND QUOITS	FOCUS ON BEAN-BAGS	FOCUS ON USING A BALL	DEVELOPING PARTNERWORK	USING ROPES, BATS AND BALLS	SPORTS DAY
Year 1 Blue - Taught by Sports Coach Black – Taught by Class teacher	FOCUS ON BALL SKILLS	THROWING AND CATCHING	FOCUS ON BAT/BALL SKILLS AND GAMES	DEVELOPING PARTNERWORK	FOCUS ON BALL SKILLS	ATHLETICS/SPORTS DAY
	BAT/BALL/ SKIPPING SKILLS	DEVELOPING PARTNERWORK	GYMNASTICS	DANCE	THROWING AND CATCHING	SPORTS DAY
Year 2 Blue - Taught by Sports Coach Black – Taught by Class teacher	THROWING AND CATCHING	MAKING UP GAMES	GYMNASTICS	DRIBBLING, KICKING & HITTING	GROUP GAMES AND INVENTING RULES	ATHLETICS/SPORTS DAY
	MAKING UP GAMES	THROWING AND CATCHING	GROUP GAMES AND INVENTING RULES	DEVELOPING PARTNERWORK	DRIBBLING, KICKING AND HITTING	SPORTS DAY
Year 3 Blue - Taught by Sports Coach Black – Taught by Class teacher	FOOTBALL	UNIHOOC	GYMNASTICS	BALL SKILLS – INVASION FOCUS	STRIKING/FIELDING GAMES	ATHLETICS/SPORTS DAY
	NETBALL	BASKETBALL	LACROSSE	NET/COURT/WALL GAMES (TENNIS)	SWMMING	SWIMMING
Year 4 Blue - Taught by Sports Coach Black – Taught by Class teacher	FOOTBALL	LACROSSE	GYMNASTICS	NET/COURT/ WALL GAMES	STRIKING/FIELDING GAMES	ATHLETICS/SPORTS DAY
	SWIMMING	SWIMMING	UNIHOOC	BASKETBALL	STRIKING/FIELDING GAMES	SPORTS DAY
Year 5 Blue - Taught by Sports Coach Black – Taught by Class teacher	FOOTBALL	BASKETBALL	GYMNASTICS	NETBALL	STRIKING/FIELDING GAMES	ATHLETICS/SPORTS DAY
	TAG RUGBY	UNIHOOC	SWIMMING	SWIMMING	STRIKING/FIELDING GAMES	SPORTS DAY
Year 6 Blue - Taught by Sports Coach Black – Taught by Class teacher	FOOTBALL	BASKETBALL	GYMNASTICS	NET/COURT/WALL GAMES	STRIKING/FIELDING GAMES	ATHLETICS/SPORTS DAY
	TAG RUGBY	UNIHOOC	NETBALL	LACROSSE	STRIKING/FIELDING GAMES	SPORTS DAY