

# Harehills long term plan for PE

|        | Autumn 1                                     | Autumn 2  | Spring 1                                 | Spring 2   | Summer 1  | Summer 2  |
|--------|--|---|--|--|---|---|
| EYFS   | Personal –<br>Enjoying PE                    | Social – Taking<br>turns                        | Cognitive –<br>Following<br>instructions | Creative –<br>Observing others                               | Physical –<br>Moving in<br>different ways                               | Health and<br>fitness –<br>Importance of<br>exercise          |
|        | Floor movement<br>patterns<br>Static balance | Dynamic balance<br>to agility<br>Seated balance | Dynamic balance<br>Small base<br>balance | Coordination –<br>ball skills<br>Counter balance<br>in pairs | Coordination<br>with equipment<br>Agility –<br>Reaction and             | Agility – ball<br>chasing<br>Static balance –<br>floor work   |
| Year 1 | Personal –<br>Working safely                 | Social – Working<br>sensibly                    | Cognitive –<br>Following rules           | Creative –<br>Exploring<br>different<br>movements            | Physical –<br>Linking<br>movements                                      | Health and<br>fitness –<br>Importance of<br>exercise          |
|        | Floor movement<br>patterns<br>Static balance | Dynamic balance<br>to agility<br>Seated balance | Dynamic balance<br>Small base<br>balance | Coordination –<br>ball skills<br>Counter balance<br>in pairs | Coordination<br>with equipment<br>Agility –<br>Reaction and<br>response | Agility – ball<br>chasing<br>Static balance –<br>floor work   |
| Year 2 | Personal -<br>Resilience                     | Social – Taking<br>turns and sharing            | Cognitive –<br>Ordering<br>instructions  | Creative –<br>Selecting and<br>linking movements             | Physical –<br>Controlling speed   | Health and fitness –<br>Talking about body<br>during exercise |
|        | Floor movement                               | Dynamic balance to                              | Dynamic balance                          | Coordination – ball  | Coordination with   | Agility – ball  |

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|----------|--|---|--|---|--|---|
|          | patterns<br>Static Balances                | agility<br>Seated balance                     | Small base balance                             | skills<br>Counter balance in pairs                      | equipment<br>Agility – Reaction and response | chasing<br>Static balance – floor work                  |
| Year 3   | Personal – Resilience                      | Social - Encouraging self and others          | Cognitive – Ordering movements                 | Creative - Comparing skills and movements               | Physical - Controlled movements              | Health and fitness – Awareness of own body              |
|          | Floor movement patterns<br>Static Balances | Dynamic balance to agility<br>Seated balances | Dynamic balances<br>Ball skills                | Coordination with equipment<br>Counter balance in pairs | Reaction and response<br>Floor work          | Ball chasing<br>Small base static balances              |
| Year 4   | Personal – Challenging yourself            | Social – Patience and supporting others       | Cognitive – Tactics of attack and defend       | Creative – Linking movements to music                   | Physical – Sustained controlled movements    | Health and fitness – Awareness of warm up and cool down |
|          | Floor movement patterns<br>Static Balances | Dynamic balance to agility<br>Seated balances | Dynamic balances<br>Ball skills                | Coordination with equipment<br>Counter balance in pairs | Reaction and response<br>Floor work          | Ball chasing<br>Small base static balances              |
| Year 5/6 | Cognitive – Decision making                | Creative – Expressing own ideas               | Social – Organising roles and responsibilities | Physical – Body tension                                 | Health and fitness – Monitoring own fitness  | Personal - Improvement through practice                 |
|          | Ball skills<br>Reaction/response           | Seated balances<br>Static balances            | Dynamic balances<br>Counter balance in pairs   | Static balance – one leg<br>Dynamic balance to          | Static balance – small base                  | Agility – ball chasing<br>Coordination with             |

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