

COATHAM CE PRIMARY SCHOOL
LONG-TERM (YEAR) PLAN

SUBJECT - PE				YEAR GROUP 1		
Half-Term	Aut1 Health and Wellbeing Dance	Aut2 Attack and Defence Gymnastics	Spr1 Ball Skills Feet Ball skills Hands	Spr2 Ball skills Rackets and Balls Ball skills Sticks	Summ1 Locomotion Jumping Locomotion Running	Summ2 Team Building Learning Through Play
Statement of Intent	Children will develop their agility, balance and co-ordination Children will explore partner work using Toys as inspiration	Children will apply simple principals of attack and defence Children will explore balancing and moving on different parts of their bodies and linking them together	Children will develop dribbling skills Children will develop sending and receiving skills	Children will keep control of a ball when using a racket Children will keep control of the ball when using a stick	Children will start to apply the skills of jumping Children will start to apply the skills of running	Children will start to work as a team Children will create, develop and follow simple rules
Key Curriculum Coverage	To develop agility and co-ordination, and begin to apply these in a range of activities To perform dances using simple movement patterns	To master balance and co-ordination, and begin to apply these in a range of activities	To master basic movements including throwing and catching, as well as developing co-ordination, and begin to apply these in a range of activities To participate in team games, developing simple tactics for attacking and defending	To master basic movements including throwing and catching, as well as developing co-ordination, and begin to apply these in a range of activities To participate in team games, developing simple tactics for attacking and defending	To master basic movements including running, jumping, and begin to apply these in a range of activities	To take part in outdoor and adventurous activity challenges both individually and within a team

Key Vocabulary	Hand-eye co-ordination Throwing Aiming Champion dances Control Direction Size Height Pace / Tempo Expression Pattern / Sequence Pulse Stimulus	Champion Gymnastics Wide Narrow Curled Big Small Interesting Linking	Dribbling Passing Control Possession Space Attacker Accuracy Power	Possession Control Attacker Defender Dribbling Accuracy Hitting Power Space passing	Skipping Landing Speed Acceleration Tagging / Tag	Teamwork Inclusion Communication Trust Team member Fairness Rules Instructions Score Sharing Tag / Tagging Leader Competition Personal best
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