



Filey Junior School - Long Term Plan for PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Year A	Netball	Dance	Indoor athletics/Gymnastics [1]	Outdoor Education [2]	Tri-golf	Athletics
Year B	Hockey	Dance	Indoor athletics/Gymnastics	Outdoor Education	Rounders	Athletics
Year C	Football	Dance	Indoor athletics/Gymnastics	Outdoor Education	Tennis	Athletics
Year D	Tag Rugby	Dance	Indoor athletics/Gymnastics	Outdoor Education	Kwik Cricket	Athletics

Year 5 - Swimming - Autumn Term

PE2/1.1 Sport & Games

PE2/1.1a use running, jumping, throwing and catching in isolation and in combination

PE2/1.1b play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending

PE2/1.1c develop flexibility, strength, technique, control and balance

PE2/1.1d perform dances using a range of movement patterns

PE2/1.1e take part in outdoor and adventurous activity challenges both individually and within a team

PE2/1.1f compare their performances with previous ones and demonstrate improvement to achieve their personal best.

PE2/1.2 Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

PE2/1.2a swim competently, confidently and proficiently over a distance of at least 25 metres

PE2/1.2b use a range of strokes effectively

PE2/1.2c perform safe self-rescue in different water-based situations.

[1] (Standing long jump, speed bounce, relay/sprint, target throw, chest push, standing triple jump)

[2] Orienteering, problem solving, team challenges, leadership.