



Fierté Multi Academy Trust
Ankermoor Primary Academy
P.E Expectations/Long Term Plan



Physical education

Physical education (PE) is a compulsory part of the curriculum for all pupils at every Key Stage, from age four to 16. It is up to schools to determine how much time is devoted to PE in the curriculum but departmental guidance recommends that they should provide pupils with a minimum of two hours curricular PE per week.

The minimum content for each Key Stage is as follows:

- Foundation and Key Stage 1 - athletics, dance, games, and gymnastics
- Key Stage 2 - athletics, dance, games, gymnastics and swimming

The order of the units is **not** prescribed - there is freedom for teaching staff to decide which units to teach and in which order. This allows changes to be made in relation to aspects such as weather, cross-curricular links, resourcing issues, timetabling etc.

National curriculum focus Programme of study		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception		Me and Myself	Dance	Fun and games	Movement Development	Ball skills	Throwing & Catching
Year 1	Indoor	Dance	Gymnastics	Invasion Games	Net/Wall Games	Athletics*	Invasion Games
	Outdoor	Invasion Games	Net/Wall Games	Striking and Fielding	Outdoor and Adventurous Activities*	Athletics	Invasion Games
Year 2	Indoor	Dance	Gymnastics	Invasion Games	Net/Wall Games	Athletics*	Invasion Games
	Outdoor	Invasion Games	Net/Wall Games	Striking and Fielding	Outdoor and Adventurous Activities*	Athletics	Invasion Games
Year 3	Indoor	Dance	Gymnastics	Invasion Games	Net/Wall Games	Athletics*	Invasion Games
	Outdoor	Invasion Games	Net/Wall Games	Striking and Fielding	Outdoor and Adventurous Activities*	Athletics*	Invasion Games
Year 4	Indoor	Dance	Gymnastics	Invasion Games	Net/Wall Games	Athletics*	Invasion Games
	Outdoor	Invasion Games	Net/Wall Games	Striking and Fielding	Outdoor and Adventurous Activities*	Athletics*	Invasion Games
Year 5	Indoor	Dance	Gymnastics	Invasion Games	Net/Wall Games	Athletics*	Invasion Games
	Outdoor	Invasion Games	Net/Wall Games	Striking and Fielding	Outdoor and Adventurous Activities*	Athletics*	Invasion Games
Year 6	Indoor	Dance	Gymnastics	Invasion Games	Net/Wall Games	Athletics*	Invasion Games
	Outdoor	Invasion Games	Net/Wall Games	Striking and Fielding	Outdoor and Adventurous Activities*	Athletics*	Invasion Games



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***Indoor Athletics**

KS1

<https://www.sportshall.org/>

Sportshall Infants

The Sportshall Infants programme provides an essential introduction to Multi Skills activity for Key Stage 1 children. Designed to be delivered both within Infant school halls and in central venues as a Cluster Festival the programmes focus remains on fun, skill development, participation and self-improvement.

The Resource Cards cover:

- Ideas for warm up games / relays for each activity
- A PE class based progressive introduction to the skills involved in the activity
- The Sportshall Infants activity rules
- Suggested minimum attainment levels

KS2

<https://www.sportshall.org/>

Sportshall Primary

Sportshall Primary is the largest school competition programme engaging over 1 million children each year. Endorsed by England Athletics, the programme culminates in an exciting series of County Finals widely supported by Evedge.

Sportshall Primary provides the ideal format in which to introduce young people to grassroots athletics and multi-skills competition.

Standard formats are recommended for Years 3&4 and Years 5&6. The large team size is a key factor in the success of Sportshall, with the focus placed on the achievements of the team and supporting each other.

Outdoor athletics

Alongside the unit plans provided by peplanning.org consideration could be given to completing the English Schools Athletics Association (ESAA) Award scheme.

The new Awards Scheme is no longer age-related and instead it provides a steady progression of 9 award stages to cater for all ages from years 3 to 9. The scheme is flexible to allow teachers to adjust weights, select distances, hurdles heights and spacing, to suit the age and level of performers. Awards are for outdoor events only.

Awards are divided into 5 disciplines:

- Sprints, Hurdles, Endurance, Jumps, and Throws

There are 9 stages of achievement:

- 1 Star, 2 Star, 3 Star
- Bronze, Silver, Gold
- Platinum, Elite, Podium

Badges are available for each stage in each discipline.

***Outdoor and Adventurous Activities**

All members of staff have an account for the Cross-Curricular Orienteering Portal.

Details were initially sent via email (any problems can be addressed directly to the company).



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Log in to the active learning portal by heading to the website and selecting the "school login" button from the top of the page.

www.crosscurricularorienteeing.co.uk

Alternatively, click this link <https://www.crosscurricularorienteeing.co.uk/login/>

The school log-in details are below (please be aware of the copyright terms and conditions).

School username: office@ankermoor.org

Password: ankER-B77



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Planning

The resources include...

- An **Impact** document - this is the unit assessment sheet which identifies the key skills taught and allows for whole class end of unit assessment.
- An **Implementation** document - this is the medium term plan which identifies National Curriculum links, Progression Map links, the key unit objectives, the key vocabulary, the prior learning required and the resources and equipment.
- An **Intent** document - this is a whole school curriculum map that identifies the statutory framework KS1 and KS2 National Curriculum Programmes of Study and shows the progression in skills across each of units.
- Six detailed **Lesson plans** - each lesson plan includes learning objectives, literacy key words, cross-curricular links, risk assessment, equipment lists and detailed activities that include timings, progressions, differentiation and teaching points.



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EYFS

Available units (peplanning.org.uk)							
EYFS	Ball skills	Dance	Fun and games	Me and myself	Movement and development	Throwing and catching	Working with others

Key Stage 1

Available units (peplanning.org.uk)							
Year 1	Invasion games	Net/wall games	Striking and fielding	Outdoor and adventurous activities	Athletics	Dance	Gymnastics
Indoor PE	Basketball Handball Hockey	Badminton Volleyball Dodgeball			Sportshall infants (sporthall.org)	Dance	Gymnastics
Outdoor PE	Football Netball Tag rugby	Tennis	Cricket Golf Rounders	Orienteering	Athletics		

Available units (peplanning.org.uk)							
Year 2	Invasion games	Net/wall games	Striking and fielding	Outdoor and adventurous activities	Athletics	Dance	Gymnastics
Indoor PE	Basketball Handball Hockey	Badminton Volleyball Dodgeball			Sportshall infants (sporthall.org)	Dance	Gymnastics
Outdoor PE	Football Netball Tag rugby	Tennis	Cricket Golf Rounders	Orienteering	Athletics		



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Lower Key Stage 2

Available units (peplanning.org.uk)							
Year 3	Invasion games	Net/wall games	Striking and fielding	Outdoor and adventurous activities	Athletics	Dance	Gymnastics
Indoor PE	Basketball Handball Hockey	Badminton Volleyball Dodgeball			Sportshall primary (sporthall.org)	Dance	Gymnastics
Outdoor PE	Football Netball Tag rugby	Tennis	Cricket Golf Rounders	Orienteering	Athletics ESSA Award Scheme (essa.net)		

Available units (peplanning.org.uk)							
Year 4	Invasion games	Net/wall games	Striking and fielding	Outdoor and adventurous activities	Athletics	Dance	Gymnastics
Indoor PE	Basketball Handball Hockey	Badminton Volleyball Dodgeball			Sportshall primary (sporthall.org)	Dance	Gymnastics
Outdoor PE	Football Netball Tag rugby	Tennis	Cricket Golf Rounders	Orienteering	Athletics ESSA Award Scheme (essa.net)		



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Upper Key Stage 2

Available units (peplanning.org.uk)							
Year 5	Invasion games	Net/wall games	Striking and fielding	Outdoor and adventurous activities	Athletics	Dance	Gymnastics
Indoor PE	Basketball Handball Hockey	Badminton Volleyball Dodgeball			Sportshall primary (sporthall.org)	Dance	Gymnastics
Outdoor PE	Football Netball Tag rugby	Tennis	Cricket Golf Rounders	Orienteering	Athletics ESSA Award Scheme (essa.net)		

Available units (peplanning.org.uk)							
Year 6	Invasion games	Net/wall games	Striking and fielding	Outdoor and adventurous activities	Athletics	Dance	Gymnastics
Indoor PE	Basketball Handball Hockey	Badminton Volleyball Dodgeball			Sportshall primary (sporthall.org)	Dance	Gymnastics
Outdoor PE	Football Netball Tag rugby	Tennis	Cricket Golf Rounders	Orienteering	Athletics ESSA Award Scheme (essa.net)		



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Equipment

At present, all PE equipment is stored in the PE cupboard in the hall.

Where possible, bags have been created for specific sports i.e. a tag rugby bag which contains all of the equipment needed to teach tag rugby.

(PE Planning units which are greyed out on the previous sheets are not resourced)

The PE cupboard should always be kept clean and tidy. To this end, **no children** should be allowed to take any equipment from the PE cupboard without adult supervision.

Playtime/dinnertime playground equipment

Each Key Stage has its own playground equipment trolley. There is no need for any PE resources to be used by the children at playtimes or dinnertimes.