

WCPS Long Term PE Plan in conjunction with Teaching Staff.

Does not include swimming, dance, gymnastics, athletics, Outdoor and adventurous activities undertaken by school staff.

## **Assessing & Bench Marking Physical Activity**

At the start of the year we will assess each child for the following.

<i>David Jackson</i>	<i>Example Yr 1</i>
Running Long Jump	0.8 Meters
Throwing (under arm)	3 Meters
Javelin Throw	4 Meters
Team Work	Competent
Standing Long Jump	0.4 Meters
50 Meter Sprint	7.2 Seconds
Endurance (1 Mile)	6 Laps

At Christmas and in June/July the same test will be applied to see the children's progress, this can be shown to parents.

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Year R/1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Fundamentals in sport focusing more in individual attributes.</p> <p>Developing Agility, co-ordination, balance.</p> <p><b>Examples</b> Domes &amp; Dishes Guards Tag Team games in twos.</p>	<p>Fundamentals in sport focusing more in individual attributes.</p> <p>Developing Agility, co-ordination, balance.</p> <p>An Introduction into team activities.</p> <p><b>Examples</b> Domes &amp; Dishes Guards Tag Team games in twos &amp; threes.</p>	<p>Fundamentals in sport focusing more in individual attributes.</p> <p>An introduction into team activities and understanding of rules.</p> <p><b>Examples</b> Pupils to understand that the individual skills can be used in team activities 3vs3, 4vs4</p>	<p>Understanding Rules for 2 team games.</p> <p><b>Autumn 1<sup>st</sup> Half</b> Football / Hockey <b>Autumn 2<sup>nd</sup> Half</b> Basketball / Netball <b>Spring 1<sup>st</sup> Half</b> Netball / Netball <b>Spring 2<sup>nd</sup> Half</b> Hockey / Football <b>Summer 1<sup>st</sup> Half</b> Cricket / Tennis / Rounder <b>Summer 2<sup>nd</sup> Half</b> Cricket / Tennis / Rounder</p> <p><b>Learning Focus</b> How to win and loose respectfully Understanding rules. Enter school tournaments</p>	<p>Greater Understanding Rules for 2 team games.</p> <p><b>Autumn 1<sup>st</sup> Half</b> Football / Hockey <b>Autumn 2<sup>nd</sup> Half</b> Basketball / Netball <b>Spring 1<sup>st</sup> Half</b> Netball / Netball <b>Spring 2<sup>nd</sup> Half</b> Hockey / Football <b>Summer 1<sup>st</sup> Half</b> Cricket / Tennis / Rounder <b>Summer 2<sup>nd</sup> Half</b> Cricket / Tennis / Rounder</p> <p><b>Learning Focus</b> How to win and loose respectfully Understanding rules. Enter school tournaments</p> <p><b>Leadership</b> Pupils learning how to lead warm ups with peers and lead P.E sessions with teachers overseeing.</p> <p><b>This is in line with Inspire Leaders Award</b></p>	<p>Full Understanding Rules for 2 team games.</p> <p><b>Autumn 1<sup>st</sup> Half</b> Football / Hockey <b>Autumn 2<sup>nd</sup> Half</b> Basketball / Netball <b>Spring 1<sup>st</sup> Half</b> Netball / Netball <b>Spring 2<sup>nd</sup> Half</b> Hockey / Football <b>Summer 1<sup>st</sup> Half</b> Cricket / Tennis / Rounder <b>Summer 2<sup>nd</sup> Half</b> Cricket / Tennis / Rounder</p> <p><b>Learning Focus</b> How to win and loose respectfully Understanding rules. Enter school tournaments</p> <p><b>Leadership</b> Pupils learning how to lead warm ups with peers and lead P.E sessions with teachers overseeing.</p> <p><b>This is in line with Inspire Leaders Award</b></p>

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We pride ourselves to be in sync with the national circular which is as follows.

## Subject content Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- - master basic movements including running, jumping, throwing and catching, as well as 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.

## Subject content Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- - 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.

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[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/239040/PRIMARY\\_national\\_curriculum\\_-\\_Physical\\_education.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf)

Inspire take P.E extremely seriously ☺

Quotes from Ofsted are extremely positive in the reports examples are to hand if needed.

*Any question please contact me.*

*Thanks Sam Loomes*

*Managing Director Inspire Sports.*

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