



Fierté Multi Academy Trust
Ankermoor Primary Academy
P.E Long Term Plan 2021-22



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

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 3/4 A	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 3/4 B	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

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.