



PE Long Term Plan

Lower School

Pupils in Key Stages 2 and 3 will get the chance to work in similar ability groups. During the year, pupils will go swimming for two terms, this is an essential life skill that we feel deserves to be worked upon for an extended period of time. For the rest of the year, pupils will take part in the following - Fine Motor Skills(FMS), Outdoor Adventurous Activities (OAA), Invasion Games, Net/Wall activities and Dance/Fitness.

Teachers will help students to gain an understanding of how their bodies move, how important it is to play collaboratively, whilst including a sense of healthy competition.

Activities

Swimming - Pupils will attend swimming lessons run by fully qualified swimming teachers. These lessons will cover all the essential swimming skills necessary to be competent in the water.

FMS - Lessons will focus on pupils improving pupils ability to involve small muscle groups working with the brain and nervous system. These will be achieved by completing activities such as throwing, catching, rolling and hitting with an object. Completing fine motor skills in PE can improve a pupils handwriting, fastening and manipulating objects, as well as getting dressed.

Fitness - For the fitness sessions, pupils will work on improving cardiovascular fitness through completing HIIT (high intensity interval training).

Invasion Games - lessons will be fast-paced, and focus on teamwork, keeping possession, attacking, and defending. Pupils will try versions of team games such as; hockey, netball, football and handball. Pupils will improve their; teamwork, friendships, hand/eye and foot/eye coordination and overall fitness.

Net/Wall - lessons will involve pupils playing games such as; tennis, volleyball or badminton. Pupils will improve their movement and hand/eye coordination during these sessions.