

## Black Horse Hill Infant School Long Term Plan for Physical Development

| Year Group                                                                                                                                                                                                                                                                                                                                                                                                                                  | Autumn 1                                                                                                                                                                                                                                                                | Autumn 2                                                                                                                                                                                                                                                                           | Spring 1                                                                                                                                                                                                                                                                                 | Spring 2                                                                                                                                                                                                                                                                                 | Summer 1                                                                                                                                                                               | Summer 2                                                                                                                                                                                              |
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| <p style="text-align: center;"><b>Foundation 1</b></p> <p><b>Context</b> - Outdoor adventurous play using a wide range of resources and beginning to use the hall for PD sessions as children are ready.</p>                                                                                                                                                                                                                                | <p style="text-align: center;"><b>Fundamental Skills</b></p> <p>Developing spatial awareness, listening and understanding and fundamental movement skills through a range of play activities e.g. Outdoor adventurous activities, circle games and Parachute games.</p> | <p style="text-align: center;"><b>Fundamental Skills</b></p> <p>Explore and develop the following skills individually (beginning to avoid obstacles and other children in a large space i.e. our hall) agility, balance, coordination, throwing, catching, jumping and kicking</p> | <p style="text-align: center;"><b>Gymnastics</b></p> <p>Exploring and developing skills, actions and movements in the following areas: travelling, jumping, balancing, rocking and rolling. Responding to simple instructions, changing direction and playing simple copy-cat games.</p> | <p style="text-align: center;"><b>Gymnastics</b></p> <p>Exploring and developing skills, actions and movements in the following areas: travelling, jumping, balancing, rocking and rolling. Responding to simple instructions, changing direction and playing simple copy-cat games.</p> | <p style="text-align: center;"><b>Dance Activities</b></p> <p>Themed activities linked to the development of controlled movements and actions with changes in speed and direction.</p> | <p style="text-align: center;"><b>Dance Activities</b></p> <p>Themed activities linked to the development of controlled movements and actions with changes in speed and direction.</p>                |
| <p style="text-align: center;"><b>Foundation 2</b></p> <p><b>Context</b>- Outdoor adventurous play, large play equipment (e.g. wobble bridge, climbing wall etc.) PD sessions outside in out hall. Children also take part in PD as part of themed weeks and as a whole school during Sport Day)<br/><b>(Elements every lesson)</b><br/>Learn about the effects of activity on our bodies and its importance in making healthy choices.</p> | <p style="text-align: center;"><b>Fundamental Skills</b></p> <p>Explore and develop the following skills individually, with a partner and as part of a small group: agility, balance, coordination, throwing, catching, jumping and kicking</p>                         | <p style="text-align: center;"><b>Fundamental Skills</b></p> <p>Explore and develop the following skills individually, with a partner and as part of a small group: agility, balance, coordination, throwing, catching, jumping and kicking</p>                                    | <p style="text-align: center;"><b>Gymnastics</b></p> <p>Exploring and developing skills, actions and movements in the following areas: travelling, jumping, balancing, rocking and rolling.</p>                                                                                          | <p style="text-align: center;"><b>Gymnastics</b></p> <p>Exploring and developing skills, actions and movements in the following areas: travelling, jumping, balancing, rocking and rolling.</p>                                                                                          | <p style="text-align: center;"><b>Dance Activities</b></p> <p>Themed activities linked to the development of controlled movements and actions with changes in speed and direction.</p> | <p style="text-align: center;"><b>Dance Activities</b></p> <p>Themed activities linked to the development of controlled movements and actions with changes in speed and direction.<br/>Sports Day</p> |
| <p style="text-align: center;"><b>Year 1</b></p> <p><b>Context</b>- Outdoor adventurous play, large play equipment (e.g. wobble bridge, climbing wall etc.) PD sessions outside in out hall. Children also take part in PD as part of themed weeks and as a whole school during Sport Day)<br/><b>(Elements every lesson)</b><br/>Learn about safe use of</p>                                                                               | <p>Gymnastics- Master basic movements developing balance, coordination and agility.<br/>Games- Simple collaborative games. Introduce ideas about competition against self-i.e. personal best.</p>                                                                       | <p>Gymnastics- Master basic movements developing balance, coordination and agility.<br/>Games- Participate in team games. Introduce competition against others.</p>                                                                                                                | <p>Dance - Performing dances using simple movement patterns.<br/>Games- Developing simple tactics for attacking and defending.</p>                                                                                                                                                       | <p>Gymnastics - Use a range of equipment safely developing balance, coordination and agility.<br/>Dance - Perform dances to a wider audience i.e. class. Use the language of dance i.e. formation, pose.</p>                                                                             | <p>Games -Developing simple tactics for attacking and defending.<br/>Gymnastics- Movement skills using wider range of apparatus and with varying challenge.</p>                        | <p>Games -Developing simple tactics for attacking and defending.<br/>Gymnastics - Movement skills using wider range of apparatus and with varying challenge.<br/><br/>Sports Day</p>                  |

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| equipment and the importance of warm-up and cool down to keep our bodies healthy.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                         |
| <p align="center"><b>Year 2</b></p> <p><b>Context-</b> Outdoor adventurous play, large play equipment (e.g. wobble bridge, climbing wall etc.) PD sessions outside in out hall. Children also take part in PD as part of themed weeks and as a whole school during Sport Day)</p> <p><b>(Elements every lesson)</b><br/>Learn about safe use of equipment and the importance of warm-up and cool down to keep our bodies healthy.</p> <p><b>(Elements every lesson)</b><br/>Learn about safety in PD and the importance of exercise as part of a healthy lifestyle.</p> | <p><b>Gymnastics - Master movement skills using wider range of apparatus and with varying challenge.</b></p> <p><b>Games -Practising</b> running, jumping, throwing and catching skills in isolation, and as part of competitive activities.</p> | <p><b>Dance-</b> Perform dances using a range of movement patterns. Use the language of dance i.e. formation, pose to communicate about their dance.</p> <p><b>Games - Play a range of competitive games</b> comparing technique and demonstrating improvement to achieve their personal best.</p> | <p><b>Gymnastics-</b> Developing flexibility, strength, technique, control and balance when using a range of movements.</p> <p><b>Dance - Developing</b> actions and phrases of movement, linking them to a theme using expression and choreography.</p> | <p><b>Games - Play</b> competitive games applying basic principles suitable for attacking and defending.</p> <p><b>Gymnastics-</b> Developing flexibility, strength, technique, control and balance when using a range of movements.</p> | <p><b>Games - Developing</b> team work, an understanding of basic rules and tactical awareness.</p> <p><b>Gymnastics-</b> Developing actions, skills and movements through the following areas: shapes, travel, jumping, balancing, rocking and rolling.</p> | <p><b>Gymnastics</b></p> <p><b>Games-</b> Developing fundamental skills: agility, coordination, throwing, catching, kicking and striking. Using these skills in individual, partner and team games and challenges.</p> <p align="center">Sports Day</p> |