



P.E Long Term Plan



Intent

At MPA, we promote a love for sport regardless of any barriers pupils may face. Our curriculum is designed to allow pupils to develop the basic skills needed for physical activity across EYFS and KS1 into KS2 where they focus on 9 key sports which allows for progression across skills, subject-specific vocabulary and exposure to a range of sports and provides many opportunities for game play. The 9 sports have been selected due to their accessibility to all, links to the local Park facilities and were driven by pupil voice. They provide pupils exposure to sports they may not otherwise play and are in-line with National Curriculum requirements. P.E at MPA extends beyond P.E lessons. Our break and lunchtime provision, alongside our Enrichment Programme, aims to develop the pupils' competency, skill and knowledge in a broad range of physical activity, provide opportunities to engage in competitive sports and inspire them to lead healthy, active lives. We aim to develop and upskill our teachers to be confident in delivering excellent lessons and to be positive role models.



Implementation

Our P.E curriculum is delivered by Team Get Involved. Specialist PE coaches deliver lessons and provide CPD for teachers and lunchtime staff. Lessons introduce pupils to a new skill and tasks provide teachers with assessment opportunities which allows immediate feedback to be given to pupils. We utilise the links within our local area to allow for competitive sports matches to take place at the end of units of learning. Our location near to Hackney Downs and links to Mossbourne Riverside lends itself to the sports learnt across KS2, meaning children are given opportunities to partake in P.E competitions at the specific Olympic Park sites (eg, the Copper Box Arena). Our playground provision is designed to enhance physical activity. A basketball court, football pitch, table tennis tables and Kingball courts allow pupils to develop their skills and match play during break/lunchtimes which enhance the curriculum offer.



Impact

P.E lessons build on skills taught in the previous lesson. children develop the basic skills needed for physical education across EYFS and KS1. In KS2 they focus and develop the skills needed for the sports throughout KS2. Through our sporting partnerships, children are inspired to try new sports and find sports they love. Through links to Mossbourne Riverside and other Hackney schools, pupils have opportunities to represent the school in sporting competitions.. Our enrichment programme allows for pupils to be exposed to sports and specific sports coaching they may not otherwise have been exposed to. As P.E is woven throughout the school day, pupils live healthy, active lives at school and are inspired to continue this at home. Regular learning walks, pupil conferencing and lesson observations help our leaders maintain our high standards.



Progression

The P.E curriculum is designed so that each lesson builds coherently on the skills and knowledge taught in previous lessons and previous year groups. The key knowledge and skills that students acquire throughout each unit have been carefully mapped to ensure progression between year groups throughout the school. Vocabulary is also meticulously mapped between each lesson and throughout the Key Stages. MPA have carefully selected the 9 sports taught across KS2 to allow for progression of specific skills across the Key Stage. These include: netball, football, dance, gymnastics, basketball, tennis, cricket, athletics and swimming.



Enrichment

Pupils have opportunities to partake in P.E lessons and we capitalise on the local facilities for our swimming lessons. Where possible, pupils participate in sports competitions within Hackney. Our partnership with Team Get Involved sees coaches encouraging children to develop leadership skills, focusing on diversity within sport and our most vulnerable pupils are a key feature of our Enrichment Programme. Our partnership with Team Get Involved provides children with enrichment club opportunities after school which are well-attended, with a specific focus being the most disadvantaged. We have facilities for all children to travel to school actively every day by foot, bike or scooter and encourage this.



Physical Education LTP

Year Group Map

Swimming: Pupils will partake in swimming lessons at the London Aquatic Centre across KS2. They will become confident in all swimming strokes and be taught basic water safety.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental Movement Physical ability Confidence <i>Walking ,Jumping, Running Hopping, Skipping ,throwing, catching</i>	Balance Physical ability Confidence <i>Rolling, crawling,, walking</i>	Dance Gymnastics Physical ability Confidence Rolling, crawling, climbing	Co-ordination Ball skills Technique Confidence Jumping, running, hopping, climbing, throwing, catching	Agility Technique Confidence Physical ability Jumping, running, skipping	Multi skills and Athletics Communication Rules Physical ability Running, hopping, skipping, jumping, landing, throwing, catching
Year 1	Basics Fundamental movements and skills (recap the ABCs) Effort Physical Ability	Athletics Technique Effort Confidence	Gymnastics Feedback Analysis Technique	Invasion skills Resilience Physical ability Confidence	Striking & Feilding skills (Cricket) Technique Confidence Rules Sports Day prep: Rules, confidence	Multi Skills – master throwing and catching Coordination Agility
Year 2	Fundamental movements and skills (Able to apply the ABCs with fluency in a range of activities) Feedback Confidence Technique	Invasion skills Problem Solving Leadership Confidence Understanding	Gymnastics Feedback Analysis Technique Physical ability	Orienteering Problem Solving Responsibility Understanding Rules	Athletics Technique Effort Confidence Physical ability Sports Day prep: Rules, confidence	Net & Wall skills (Cricket/tennis) Technique Confidence Rules
Year 3	Bee Netball skills Problem solving Technique Tactics	Tag Rugby Skills Communication Understanding Teamwork Physical Ability	Gymnastics Feedback Analysis Physical ability	Orienteering Problem Solving Responsibility Confidence	Athletics Technique Effort Confidence Sports Day prep: feedback, respect, understanding	Tennis Skills Tactics Technique Rules
Year 4	Bee Netball skills Communication Problem solving Tactics	Tag Rugby Skills Communication Tactics Teamwork Physical Ability Leadership	Gymnastics Feedback Analysis Technique Confidence	Orienteering Problem Solving Leadership Confidence Rules	Athletics Physical ability Effort Confidence Sports Day prep: Feedback, respect, Understanding	Tennis Skills Tactics Technique Rules
Year 5	Tag Rugby Communication Tactics Respect Physical Ability Leadership	Bee Netball skills Technique Tactics Rules Communication	Gymnastics Feedback Analysis Effort	Athletics Technique Effort Confidence Fitness levels	Net & Wall Games Tennis Technique Feedback Respect Sports day Prep: Feedback, respect, understanding	Striking &Fielding (Cricket & Rounders) Responsibility Technique Rules
Year 6	Bee Netball Problem solving Tactics Rules Physical ability	Tag Rugby Communication Tactics Rules Teamwork Physical Ability Leadership	Gymnastics Feedback Analysis Technique Physical ability	Athletics Technique Effort Confidence Rules	Net & Wall Games Tennis Technique Sports day prep: Feedback, Respect, Understanding	Striking &Fielding (Cricket & Rounders) Tactics Technique Rules Understanding

Physical Education Holistic
Approach/Head Heart Hand

