



P.E Long Term Plan



Intent

At MRA 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 Olympic 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 MRA 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 in partnership with Team Get Involved. Alongside this, the P.E Hub is used to support well-sequenced lessons and provide teachers with subject specific knowledge. Class teachers deliver P.E lessons with support from specialist coaches who provide CPD and coaching for staff members to ensure the up-skilling of our teaching body. 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 on the Olympic Park lends itself to the sports learnt across KS2, meaning children are given opportunities to partake in P.E lessons 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. Alongside specific sporting facilities, our adventure playground and running track inspires pupils to be physically active during break/lunchtimes.



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 on 9 sports 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 Parkside and other Hackney schools, pupils have opportunities to represent the school in sporting competitions. Our location on the Olympic Park provided pupils with access to world class facilities. 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. MRA 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 taught in the facilities of the Olympic Park and we capitalise on the expert facilities of the London Aquatic Centre for our swimming lessons. Where possible, pupils participate in sports competitions within Hackney, and TGI. Our partnership with Active Feet and Active Minds, Wee Movers and our parent community provides children with enrichment club opportunities after school which are well-attended, with a specific focus being the most disadvantaged. Our location on the Olympic park provides pupils with opportunities to watch live sports matches at their facilities. Children visit key sites on the Olympic Park such as the Copper Box and have attended live events such as the Rugby League Wheelchair World Cup. Our links with MPA, provide competitive sports matches at the end of P.E units. We have facilities for all children to travel to school actively every day by foot, bike or scooter and encourage this.



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. Pupils with a low confidence and skill in the water will receive additional swimming lessons throughout the year.

Physical Education LTP

Year Group Map



Year Group	Autumn 1	Autumn 2		Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Body Management: - Pupils will explore balance, stretch, reach and extend in a variety of ways.	Dance: - Pupils will copy, repeat and perform simple movement patterns to music.		Manipulation and Coordination: - Pupils will send and receive a variety of objects with different body parts.	Speed Agility Travel: - Pupils will travel with some control and coordination.	Gymnastics: - Pupils will develop confidence and coordination in fundamental movements.	Cooperative problem solving: - Pupils will work with a partner to listen, share ideas, question and choose. -Pupils will prepare for and take part in Sports Day
Year 1	Attack, defend, shoot: - Pupils will practise basic movements: running, jumping, throwing, catching. - Pupils will begin to engage in competitive activities.	Dance: - Pupils will respond to a range of types of music. - Pupils will explore space, direction, levels and speed.		Send and return: - Pupils will send and return a variety of balls with increased confidence using a hand or bat.	Hit, catch, run: - Pupils will hit objects with a hand or bat. - Pupils will throw and catch a variety of balls and objects.	Gymnastics: - Pupils will identify and use simple gymnastics actions using equipment. - Pupils will apply basic strength to a range of gymnastics actions.	Run, jump, throw: - Pupils will begin to link running and jumping. - Pupils will learn a range of running techniques. -Pupils will prepare for and take part in Sports Day
Year 2	Attack, defend, shoot: - Pupils will send and receive a ball using their feet. - Pupils will recall and link skills: dribbling and passing.	Hit, catch, run: - Pupils will develop hitting skills with a variety of bats. - Pupils will hit and run to score points in a game.		Send and return: - Pupils will begin to hit and return a ball using racquets with some consistency. -Pupils will send/return over a net.	Dance: - Pupils will perform basic actions with control and consistency. - Pupils will work as a group to create a short movement sequence to music.	Gymnastics: - Pupils will perform basic actions with control and consistency, focusing on different speeds and levels. - Pupils will develop strength and flexibility.	Run, jump, throw: - Pupils will throw quoits, beanbags, balls and hoops. - Pupils will negotiate obstacles showing control of their body. -Pupils will prepare for and take part in Sports Day
Year 3	Netball: - Pupils will perform basic netball skills such as passing and catching using recognised throws. - Pupils will learn to use space efficiently to build attacking play. - Pupils will begin to implement the basic rules of netball.	Basketball: Pupils will perform basic basketball skills: throwing, catching, dribbling. - Pupils will build attacking play. - Pupils will implement some basic rules of basketball.	Swimming: - Pupils receive 5 swimming lessons over a week at the London Aquatic Centre - Those who are low in confidence and skill have additional lessons throughout the year	Football: - Pupils are able to show basic control skills including sending and receiving the ball. - Pupils will implement the basic rules of football.	Dance & Gymnastics: - Pupils will perform a dance routine using facial expressions and props. - Pupils will relate strength and flexibility to actions and movements. - Pupils will use basic compositional ideas to perform a sequence of moves.	Tennis: - Pupils will identify and describe some rules of tennis. - Pupils will serve to begin a game and explore forehand hitting.	Athletics: - Pupils will demonstrate agility and speed. - Pupils will jump for height and distance. - Pupils will throw with speed and power. -Pupils will prepare for and take part in Sports Day

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. Pupils with a low confidence and skill in the water will receive additional swimming lessons throughout the year.

Physical Education LTP Year Group Map



Year Group	Autumn 1	Autumn 2	Spring 1		Spring 2	Summer 1	Summer 2
Year 4	Netball: <ul style="list-style-type: none"> - Pupils will acquire and apply basic shooting techniques. - Pupils will develop netball skills such as marking and footwork. - Pupils will demonstrate the basic rules of netball. 	Basketball: <ul style="list-style-type: none"> - pupils will increase confidence in basic skills: dribbling, throwing and shooting. - Pupils will use footwork rules in a game situation and explore basic marking. 	Football: <ul style="list-style-type: none"> - Pupils will be introduced to defensive skills. - Pupils will dribble in different directions. - Pupils will begin to evaluate their skills to aid improvement. 	Swimming: <ul style="list-style-type: none"> - Pupils receive 10 swimming lessons over a week at the London Aquatic Centre - Those who are low in confidence and skill have additional lessons throughout the year 	Dance & Gymnastics: <ul style="list-style-type: none"> - Pupils will include freeze frames and different formations in their group dance routine. - Pupils will perform in time with a partner, using height, speed and direction. 	Tennis: <ul style="list-style-type: none"> - Pupils will explore different shots. - Pupils will work to return the serve. - Pupils will demonstrate different court positions in gameplay. 	Athletics: <ul style="list-style-type: none"> - Pupils will use a variety of equipment to compare the effectiveness of different styles of runs, jumps and throws. -Pupils will prepare for and take part in Sports Day
Year 5	Netball: <ul style="list-style-type: none"> - Pupils will use specific netball skills in games confidently: pivoting, dodging, bounce pass. - Pupils will begin to play efficiently in different positions in both attack and defence. 	Basketball: <ul style="list-style-type: none"> - Pupils use strength, agility and coordination when defending. - Pupils increase power and strength of passes. - Pupils select and apply a range of tactics to play consistently. 	Football: <ul style="list-style-type: none"> - Pupils will play effectively in a variety of positions and formations. - Pupils will become more skilful when performing movements at speed. 	Swimming: <ul style="list-style-type: none"> - Pupils receive 5 swimming lessons over a week at the London Aquatic Centre - Those who are low in confidence and skill have additional lessons throughout the year 	Dance & Gymnastics: <ul style="list-style-type: none"> - Pupils will use space, rhythm and expression in their routines. - Pupils will recognise and comment on dances. - Pupils will create longer, more complex sequences. 	Cricket: <ul style="list-style-type: none"> - Pupils will link together a range of skills and use in combination. - Pupils will recognise how some aspects of fitness apply to cricket. 	Athletics: <ul style="list-style-type: none"> - Pupils will sustain pace over short and long distances. - Pupils will perform a range of jumps and throws demonstrating power and accuracy. -Pupils will prepare for and take part in Sports Day
Year 6	Netball: <ul style="list-style-type: none"> - Pupils will work as a team to improve group tactics and gameplay. - Pupils will play within the rules and use blocking skills for shots and passes. - Pupils will develop their defensive skills. 	Basketball: <ul style="list-style-type: none"> - Pupils choose and implement a range of strategies to play defensively and offensively. - Pupils grasp more technical aspects of the game. 	Football: <ul style="list-style-type: none"> - Pupils will choose and implement a range of strategies to attack and defend. - Pupils will suggest, plan and lead simple drills. - Pupils will recognise and describe good performances. 		Dance & Gymnastics: <ul style="list-style-type: none"> - Pupils will work collaboratively to include more complex compositional ideas. - Pupils will talk about different styles of dance with understanding. -Pupils will demonstrate accuracy, consistency and clarity of movement. 	Cricket: <ul style="list-style-type: none"> - Pupils will apply standard cricket rules to a variety of games. - Pupils will use a range of tactics for attacking and defending in all positions. 	Athletics: <ul style="list-style-type: none"> - Pupils will become confident and expert in a range of techniques. - Pupils will apply strength and flexibility to a broad range of throwing, running and jumping activities. -Pupils will prepare for and take part in Sports Day