

Stanborough Primary School Long Term Plan 24-26

Subject: PE Leader: Letz Play Sports

Day	Term	Activity	Skills Progression Focus
Thursday	Autumn 1	Basketball	EY/KS1: Basic ball handling, dribbling, simple passing. Lower KS2: Controlled dribbling, chest/bounce passing, shooting. Upper KS2: Tactical play, defending, team strategy.
Thursday	Autumn 2	Football	EY/KS1: Dribbling, passing, basic shooting. Lower KS2: Dribbling under pressure, passing accuracy, basic tactics. Upper KS2: Positioning, game strategy, teamwork.
Thursday	Spring 1	Hockey	EY/KS1: Stick control, dribbling, passing. Lower KS2: Ball control, tackling basics. Upper KS2: Game tactics, positioning, team play
Thursday	Spring 2	Dodgeball & Cross Country	Dodgeball: - Lower KS2: Throwing accuracy, dodging, rules. - Upper KS2: Strategic throwing, teamwork. Cross Country: Stamina building, pacing, race techniques.
Thursday	Summer 1	Striking & Fielding (Cricket, Rounder's, Stoolball)	EY/KS1: Hand-eye coordination, basic striking/catching. Lower KS2: Batting techniques, fielding positions. Upper KS2: Game tactics, running bases, team strategy.
Thursday	Summer 2	Athletics (Running, Throwing, Jumping)	EY/KS1: Basic running, jumping, throwing. Lower KS2: Sprinting, long jump, throwing techniques. Upper KS2: Advanced running, relay, triple jump, javelin basics.
Friday	All Terms	Multi-skills	focus on teamwork, communication, awareness through progressively complex games and activities. Develop coordination, balance, agility, cooperation.
Half Term	Each Half Term	Health-related Exercise Session	Develop understanding of physical health, fitness, wellbeing. Activities include warm-ups, stretching, cardiovascular exercises, healthy lifestyle discussions.