

## **KS1&2 Physical Education: Long-Term Planning**

### **KS1&2 Long-Term Curriculum Map for P.E. @ CoPASS**

**KS1:** In KS1 all pupils at CoPASS work towards the development of fundamental movement skills, essential for their continued physical, emotional and social development. They aim to become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They work to be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. All activities are delivered and adapted to meet the individual needs and abilities of all pupils within the City of Peterborough Academy Special School. Implementing strategies and techniques to support and enhance the learning opportunities for pupils with ASD.

Pupils at CoPASS are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

#### **Swimming & Rebound Therapy**

All pupils in KS1, following satisfactory risk assessment, will have yearly access to swimming opportunities at local facilities supported by appropriate swimming instructors/appropriately accredited staff. In addition, pupils will have opportunities to access individual and group Rebound Therapy at regular intervals throughout KS1, following a satisfactory risk assessment.

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**KS2:** In KS2 all pupils at CoPASS are supported to further their application and development of a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They are supported to enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. All activities are delivered and adapted to meet the individual needs and abilities of all pupils within the City of Peterborough Academy Special School. Implementing strategies and techniques to support and enhance the learning opportunities for pupils with ASD.



















Pupils at CoPASS are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate to suit the range of abilities and needs [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform rhythmic and planned movement making links to dance styles and movements
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### **Swimming & Rebound Therapy**

All pupils in KS2, following satisfactory risk assessment, will have yearly access to swimming opportunities at local facilities supported by appropriate swimming instructors/appropriately accredited staff. In addition, pupils will have opportunities to access individual and group Rebound Therapy at regular intervals throughout KS1&2, following a satisfactory risk assessment.

# KS1&2 Physical Education: Long-Term Planning

Class/ Year	Autumn Term		Spring Term		Summer Term	
	1	2	3	4	5	6
KS1 (Yr1 & 2)	<b>Invasion Games</b> 	<b>Gymnastics/ Movement to Music</b> 	<b>Adapted Multi-sports</b> 	<b>Net/Wall Games</b> 	<b>Striking and Fielding</b> 	<b>Athletic Activity</b> 
KS2 - Lower (Yr3 & 4)	<b>Invasion Games</b> 	<b>Gymnastics/ Movement to Music</b> 	<b>Adapted Multi-sports</b> 	<b>Net/Wall Games</b> 	<b>Striking and Fielding</b> 	<b>Athletic Activity</b> 
KS2 - Upper (Yr5 & 6)	<b>Invasion Games</b> 	<b>Gymnastics/ Movement to Music</b> 	<b>Adapted Multi-sports</b> 	<b>Outdoor Adventurous Activities (O.A.A)</b> 	<b>Striking and Fielding</b> <b>Net/Wall Games</b> 	<b>Athletic Activity</b> 

Physical Education Long-Term plan developed in accordance to DFE's Physical education programmes of study: key stages 1 and 2 National curriculum in England, September 2013.