



Cedars Park Primary School

Physical Education Long Term Plan



Intent

At Cedars Park, we teach our children to be physically confident to set the foundations for future health and fitness. We firmly believe that physical education plays a vital role in developing children's learning and success, both academically, physically, socially and emotionally. Therefore, we have a carefully sequenced curriculum that inspires all our children to succeed in competitive sport and other physically demanding activities. It also aims to embed values such as fairness and respect. Every child, from Reception to Year 6, receives two PE lessons each week. We ensure that our curriculum is accessible for all to enable all learners to make progress from their own starting points, including those with Special Educational Needs (SEN). This is achieved by our planning being differentiated to meet the needs and abilities of all.

Implementation

PE Lessons

We have a dedicated PE coach teacher and a PE Coordinator. Our PE curriculum sets out the half-term focus to ensure that children access a broad range of opportunities to extend their agility, balance and coordination, both individually and with others. Within each unit of learning, all children are taught a different sport or physical activity. These vary from team invasion games, individual sports and creative movement. Within PE lessons, children not only learn physical skills, but life skills such as team work, collaboration and communication. They also learn how to be resilient, determined and to evaluate and recognise their own success. The school's teaching and curriculum is tailored to meet individual pupils' needs, including those with SEN. If appropriate, reasonable adjustments to the curriculum will be implemented in order for our pupils to achieve and make progress from their own individual starting points.

Swimming Provision

All children learn to swim during Year 4. Qualified instructors teach our children at Stowmarket Leisure Centre's swimming pool. The lessons are differentiated to suit all levels of competence. Beginners are taught basic skills and by the end of the year should be able to swim a width of the pool successfully. Children who already have some swimming ability are given the opportunity to increase their knowledge and skills by practicing different strokes and skills such as treading water and picking up objects from the bottom of the pool.

Other PE Experiences

Throughout the school year, children from Cedars Park take part in competitions and sports matches with other schools in our Trust, as well as the Gipping Valley Association across Suffolk. These experiences reinforce learning about team-work, good sportsmanship and fair play. We also offer a wide range of after-school sports and physical activity clubs. We think it is important that children are as active as possible and we encourage all children to participate in extracurricular sports.

Sports Premium Funding

Each year, our Sports Premium Funding is carefully allocated to the following areas: teacher and staff development CPD and after school clubs, as well as other enrichment activities encouraging children from all backgrounds and abilities to be active.

Impact

The school was awarded a Silver National Sports Mark from School Games in July 2026, in recognition of our hard work in raising the profile of PE within the school. The impact of our PE curriculum can also be seen in children's increasing mastery of movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination.

On completion of the unit of work, teachers use key assessment targets, along with observations of children's skills, to make a judgement as to whether each child is working towards, at or above the expected level.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Ball Skills - Balancing - Football - Rugby - Tennis	Gymnastics - Rolling - Jumping - Landing	- Coordination and movement - Group Games - Rallying - ball games	- Outdoor activities - Movement - Exploring movements - Moving in different ways - Moving in different speeds	Dance and Movement - - Mirroring - Expressions and emotions - Dancing in character to music	Sports Day Games - Running - Balance - Team Sports
Year 1	Invasion Games (dodgeball and basketball) - Balancing - Throwing - Catching	Gymnastics - Agility - Balance - Coordination	Tennis and table tennis - Sending - Serving - Receiving	Dance and yoga - Learning a routine - Developing own routine	Athletics - Coordination and movement - Running - Jumping - Throwing	Striking and Fielding (cricket and rounder's) - - Coordination and movement - Ball Skills - Batting - Fielding
Year 2	Invasion Games (dodgeball and basketball) - Balancing - Throwing - Catching	Gymnastics - Travelling - Moving - Agility - Balance	Table tennis and tennis - Balancing and- - Balancing and controlling a ball - Rallying	Dance and yoga - Learning a routine - Developing own routine	Athletics - Coordination and movement - Running - Jumping - Throwing distances	Striking and Fielding (cricket and rounder's) - Throwing - Catching - Hitting a ball - Fielding

					- Jumping - Relaying	Sports day activities
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Year 3	Invasion Games (Tennis and hockey) - Balancing - Throwing - Catching	Gymnastics - Shapes - Routines - Sequences	Basketball and table tennis - Balancing - Controlling - Serving	Dance - Moving to the beat - Forming a routine - Moving in different ways Badminton - Balancing - Controlling - Serving	Athletics - Triple jump - Throw pull - Competitive Running Sports day activities	Striking and Fielding (cricket and rounder's) - Throwing - Catching - Hitting the ball - Fielding Sports day activities
Year 4	Invasion Games (Tennis and basketball) - Balancing - Throwing - Catching	Gymnastics - Shapes - Routines - Sequences	Tennis and table tennis - Balancing - Controlling - Serving	Dance - Moving to the beat - Forming a routine - Moving in different ways Badminton - Balancing - Controlling - Serving	Athletics - Triple jump - Throw pull - Competitive Running Sports day activities	Striking and Fielding (cricket and rounder's) - Throwing - Catching - Hitting the ball - Fielding Sports day activities

Year 5	Invasion Games (dodgeball and basketball) - Balancing - Throwing - Catching	Gymnastics - Sequences - Elements of Gymnastics	Net-Wall Games - Badminton - Table tennis	Net-Wall Games - Badminton - Tennis Swimming - Swimming - Distance swimming	Athletics - Triple jump - Throw pull - Competitive running Sports day activities	Striking and Fielding Cricket and rounder's - Throwing - Catching - Hitting the ball - Fielding Sports day activities
Year 6	Invasion Games (dodgeball and basketball) - Balancing - Throwing - Catching	Gymnastics - Sequences - Elements of Gymnastics	Net-Wall games - Striking - Hitting	Dance - Moving to the beat - Forming a routine - Moving in different ways Badminton - Balancing - Controlling - Serving	Athletics - Triple jump - Throw pull - Competitive running Sports day activities	Striking and Fielding - Cricket and rounder's Throwing - Catching - Hitting the ball - Fielding Sports day activities