

Physical Education Long Term Plan

| | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
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| Reception | | | | | | |
| Year 1 | | <p>Working with Others</p> <ul style="list-style-type: none"> - I can work with a partner - I can work in a small group - I can communicate with my partner/team | <p>Throwing & Catching</p> <ul style="list-style-type: none"> - I can throw underarm - I can throw and catch with both hands. - I can throw in different directions (e.g. up, over, forwards) - I can aim by pointing before throwing | <p>Orienteering</p> <ul style="list-style-type: none"> - I can copy actions - I can repeat actions and skills. - I move with control and care. - I use equipment safely. - I move and stop safely. | <p>Ball & Racket Skills</p> <ul style="list-style-type: none"> - I can hit a ball - I can balance a ball - I can roll the ball - I can move the ball from one place to another - I can keep 2 hands on the racket. | <p>Dance</p> <ul style="list-style-type: none"> - I can move to music. - I can copy dance moves. - I can perform my own dance moves. - I can make up a short dance. - I can move safely in a space - I can throw underarms - I can hit a ball with a bat. - I can throw and catch with both hands. |
| Year 2 | | <p>Working with Others</p> <ul style="list-style-type: none"> - I can work with a partner - I can work in a small group - I can communicate with my partner/team - I can discuss how we can improve - I can support my team mates | <p>Throwing & Catching</p> <ul style="list-style-type: none"> - I can throw underarm and overarm - I can throw and catch with both hands. - I can throw in different ways depending on the distance - I can aim by pointing before throwing | <p>Orienteering</p> <ul style="list-style-type: none"> - I can follow rules - I can copy and remember actions - I can talk about what is different from what I did and what someone else did. | <p>Ball & Racket Skills</p> <ul style="list-style-type: none"> - I can aim and hit the ball - I can decide the best space to be in during a game. - I can use a tactic in a game. - I can follow rules - I can dribble the ball with two hands on the racket | <p>Dance</p> <ul style="list-style-type: none"> - I can change rhythm, speed, level and direction in my dance. - I can dance with control and coordination. - I can make a sequence by linking sections together. |

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| | | - I know what team work means | | | | - I can use dance to show mood or feeling. |
| Year 3 | | <p>Invasion Games</p> <ul style="list-style-type: none"> - I am aware of the space and use it to support teammates and to cause problems for the opposition. - I know and use rules fairly. - I can work independently, with a partner and in a small group | <p>Handball</p> <ul style="list-style-type: none"> - I can throw and catch with control. - I am aware of the space and use it to support teammates and to cause problems for the opposition. - I know and use rules fairly. | <p>Orienteering</p> <ul style="list-style-type: none"> - I can follow a map in a familiar place. - I can use clue to follow a route - I can follow a route safely. - I run at fast, medium and slow speeds; changing speed and direction depending on the obstacles. | <p>Tennis</p> <ul style="list-style-type: none"> - I can jog and stop quickly and in control - I can jog and change direction quickly - I demonstrate agility, balance and co-ordination (ABC) - I can throw to a target - I can hit (serve) to a target - I can catch a served ball | <p>Dance</p> <ul style="list-style-type: none"> - I improvise freely and translate ideas from a stimulus into movement. - I share and create dances with a partner and small group. - I repeat, remember and perform phases of a dance. |
| Year 4 | | <p>Invasion Games</p> <ul style="list-style-type: none"> - I vary tactics and adapt skills depending on what is happening in a game. - I am aware of the space and use it to support teammates and to cause problems for the opposition. - I know and use rules fairly. - I can work independently, with a | <p>Handball</p> <ul style="list-style-type: none"> - I can catch with one hand. - I can throw and catch accurately. - I can throw a ball accurately and with control. - I can keep possession of the ball. - I can vary tactics and adapt skills depending on what is happening in a game. | <p>Orienteering</p> <ul style="list-style-type: none"> - I can follow a map (more demanding than Y3) in a familiar context. - I can follow a route within a time limit. - I can run over a long distance to reach a goal. - I jump in different ways and directions depending on the obstacles. | <p>Tennis</p> <ul style="list-style-type: none"> - I demonstrate agility, balance and co-ordination (ABC) - I can jog and stop or change direction quickly - I can move in different ways, e.g. side stepping - I can power jump to reach high balls - I can serve a ball to a target | <p>Dance</p> <ul style="list-style-type: none"> - I work in a controlled way. - I include change of speed and direction. - I include a range of shapes. - I work with a partner to create, repeat and improve a sequence with at least three phases. - I take the lead when working with a partner or group. |

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| | | partner and in a small group | - I can jump in the different ways and directions | | - I can position myself appropriately to catch a served ball | - I use dance to communicate an idea. |
| Year 5 | | <p>Invasion Games</p> <ul style="list-style-type: none"> - I gain possession by working in a team. - I can choose a tactic for defending and attacking. - I can use a number of techniques to attack and defend. - I can follow the rules and play a game fairly. | <p>Handball</p> <ul style="list-style-type: none"> - I gain possession by working in a team. - I pass in different ways. - I can use overarm and underarm throwing - I can apply tactics and adapt skills - I can keep possession | <p>Orienteering</p> <ul style="list-style-type: none"> - I use clues and a compass to navigate a route. - I can change my route to overcome a problem. - I use new information to change my route. - I am controlled when taking off and landing. - I combine running and jumping. | <p>Tennis</p> <ul style="list-style-type: none"> - I demonstrate agility, balance and co-ordination (ABC) - I can jog and stop or change direction quickly - I can increase my stamina by returning the ball quickly with control and accuracy - I can use backhand to return a ball - I can use forehand to serve a ball | <p>Dance</p> <ul style="list-style-type: none"> - I make complex extended sequences. - I can combine action, balance and shape. - I can perform consistently to different audiences. - I can compose my own dances in a creative way. - My dances show clarity, fluency, accuracy and consistency. |
| Year 6 | | <p>Invasion Games</p> <ul style="list-style-type: none"> - I played to agreed rules. - I explain rules to others. - I can umpire/referee fairly. - I make a team and communicate a plan. - I lead others in a game situation. - I demonstrate stamina. | <p>Handball</p> <ul style="list-style-type: none"> - I gain possession by working in a team. - I can choose between overarm and underarm throwing depending on the distance. - I can apply tactics and adapt skills - I can keep possession for my team | <p>Orienteering</p> <ul style="list-style-type: none"> - I plan a route and a series of clues for someone else. - I plan with others, taking account of safety and danger. - I demonstrate stamina and resilience. | <p>Tennis</p> <ul style="list-style-type: none"> - I demonstrate agility, balance and co-ordination (ABC) - I can use fast feet to change direction - I can serve the ball to the correct place to score - I can use backhand and forehand to return the ball - I can participate in a tennis rally | <p>Dance</p> <ul style="list-style-type: none"> - I can combine my own dance with that of others. - I can sequence a dance to specific timings. - I can develop sequences of dance in a specific style. - I can choose my own music and style. |

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| | | | - I can pass the ball to a team mate in a better position | | | |
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