

PE Long Term Plan 2020/2021

		Au1	Au2	Spr 1	Spr 2	Sum 1	Sum 2
Year 1	Theme	Multiskills/Games	Multiskills/Games	Gymnastics	Multiskills/Games	Games Practice	Locomotion
	Key new learning	Movement, Ball handling and aiming.	Movement, Ball handling on the move.	Balance & control within 2-3 jumping actions.	Independent play and working with others/teams	Cooperation and collaboration within small teams.	Running – Explore running technique and different speeds.
	Theme	Multiskills/Games	Dance	Multiskills/Games	Dance	Gymnastics	Net Games
	Key new learning	Team work and spatial awareness.	School Production Theme	Aiming and Striking a ball with control and accuracy	Copy and explore basic body patterns and movements Or To work at different levels, speeds, dynamics and gestures.	Balance & control within 2-3 jumping actions.	Learning the fundamentals of games where sending and receiving are important.
Year 2	Theme	Multiskills/Games	Multiskill/Games	Gymnastics	Multiskills/Games	Games Practice	Locomotion
	Key new learning	Refine – throwing, catching and dribbling skills	Movement – Dodging /agility, balance and Coordination	Control and Coordination in 2 clear still positions and a short sequence of 3-4 actions.	Introduction to attacking and defending skills.	Cooperation and collaboration within teams meeting a group objective.	Apply effective running and throwing technique. Lead up to sports day.
	Theme	Multiskills/games	Dance	Multiskills/Games	Dance	Gymnastics	Net Games/Basic Games
	Key new Learning	Applying basic skills, decision making, using space, and keeping the ball.	School Production Theme	Striking Skills with a variety of sports equipment	Remember simple dance steps and perform in a controlled manner to music. Or To work at different levels, speeds, dynamics and gestures.	Explore ball, tall and wall shape actions using apparatus	Exploring games in which you score by stopping your opponent returning the ball. Consolidating skills in basic net games.
Year 3	Theme	Games – Striking and Fielding	Tri Golf	Gymnastics	Invasion Games 1	Rapid Fire Cricket	Athletics - Challenges
	Key new learning	Small-sided and modified competitive net, striking/fielding and invasion games.	Basic club handling and aiming.	Performing gymnastics actions and using hand apparatus showing changes in speed, levels and direction.	Developing and refining, throwing, catching and movement with the ball.	Accurate bowling and hitting from a target. Basics of fielding.	Experience a variety of running, jumping and throwing techniques
	Theme	OAA	Games – Net Games	Games – Ball Handling	Dance	Gymnastics	Rounders
	Key new learning	To respond to different challenges and problem solving tasks.	Net Games – sending and receiving. Intro to racket.	Ball Handling Skills – aiming, throwing, catching	School Production Theme	Exploring travelling actions, linking travel and balance, exploring and linking arm	Aiming when throwing and bowling. Learning to strike the ball.

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						actions and planning movement phrases.	
Year 4	Theme	Games - Ball on the Ground – Football skills	Tri Golf	Attacking and Defending	Rapid Fire Cricket	Gymnastics	Athletics - Pentathlon
	Key new learning	Ball control, dribbling, passing and maintaining possession.	Developing swing using different clubs and showing awareness of distance.	Applying attacking and defending skills within invasion games.	Bowling and fielding techniques applied to games.	Developing types of rotational actions and linking them together in movement phrases.	Refine a variety of running, jumping and throwing techniques; setting targets and monitoring progress.
	Theme	Net Games	Invasion games (adapted to hockey)	Gymnastics	Dance	Athletics - Pentathlon	Rounders
	Key new learning	Sending and Receiving with Accuracy and effectiveness. Decision making.	Dribbling, passing and receiving crwating space, game play.	Developing sequences onto apparatus.	School Production Theme	Refine a variety of running, jumping and throwing techniques; setting targets and monitoring progress.	Accurately aiming when throwing and bowling. Striking the ball with confidence.
Year 5	Theme	Games - Hockey	Games - Football	Gymnastics	Games - Kwik Cricket	Athletics - Heptathlon	Athletics - Heptathlon
	Key new learning	Introduction to Hockey, dribbling, passing, shooting.	Develop a range of football specific skills and use them in small sided invasion games applying attacking and defending tactics.	Create and perform a partner floor sequence linking 6 – 8 gymnastics actions. Make sure you develop the composition of the sequence in a Variety of ways.	Introduction to positions, striking ball with power, overarm bowling technique.	Refine and further develop a variety of running, jumping and throwing techniques; setting targets and monitoring progress; prepare for and recover from athletic performance.	Refine and further develop a variety of running, jumping and throwing techniques; setting targets and monitoring progress; prepare for and recover from athletic performance.
	Theme	OAA	Games – Netball	Games – Tag Rugby	Dance	Rounders	Dance
	Key new learning	Developing communication and co-operation skills in relation	Develop a wider range netball specific skills of send, receive, avoid, dodge, attack, defend,	Introduction to tag rugby – Passing, evasive	Demonstrate precision, control and fluency.	Refining different bowling techniques, tactical awareness	School Production Theme

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		to problem solving – verbal and non-verbal.	movement into/out of space and apply in to small-sided and modified competitive invasion games.	techniques, moving with the ball, tagging players.	Or To perform a group dance using rhythm, timing, levels, dynamics, gesture, formation	of positional fielding and batting.	
Year 6	Theme	Games - Hockey	Games - Netball	Gymnastics	Games - Cricket	Rounders	Athletics Decathlon
	Key new learning	Game play adhering to the rules and showing attacking and defensive techniques.	Develop the playing of games in groups; an understanding of game principles and space related to attack and defence.	At least 8 gymnastics actions within a sequence using symmetrical and asymmetrical shapes.	Show an awareness of attacking and defensive tactics and skills within games.	Refining different bowling techniques, tactical awareness of positional fielding and batting.	Understand the limits of own performance; apply rules and conventions of athletic events; use strategic thinking to improve performance; evaluate own and others' performance
	Theme	Games – Football	Dance	Games – Tag Rugby	Gymnastics	Athletics - Decathlon	Dance
	Key new learning	Begin to influence a conditioned game with opponents.	Perform and create motifs in a variety of dance styles with accuracy and consistency.	Effective decision making in games, applying attacking and defence and evaluating performances.	At least 8 gymnastics actions within a sequence using symmetrical and asymmetrical shapes.	Understand the limits of own performance; apply rules and conventions of athletic events; use strategic thinking to improve performance; evaluate own and others' performance	School Production Theme