



Oughtibridge Primary School

Physical Education Long Term Plan



	Autumn Term	Spring Term	Summer Term
Foundation Stage	<p><u>Autumn 2</u> Children will learn to...</p> <ul style="list-style-type: none"> • move safely within a space. • begin to stop with some control. • begin to use equipment safely. • use different ways of travelling to follow a path. • work cooperatively and play as a group. • follow, copy and lead a partner. <p>Aim: In Introduction to PE, children will experience PE for the first time. They will be able to demonstrate safe movement, stopping and balance. They will also be aware of the need to take turns in some activities.</p>	<p><u>Spring 1</u> Children will learn to...</p> <ul style="list-style-type: none"> • explore running and stopping. • explore changing direction safely. • explore balancing whilst stationary and on the move. • begin to explore take off and landing safely. • explore hopping on both feet. • explore skipping as a travelling action. <p>Aim: In Fundamentals, children will know that using bigger steps help us to run, and how to stop running. They will be able to demonstrate how to use arms to balance and bent knees to land safely.</p> <p><u>Spring 2</u> Children will learn to...</p> <ul style="list-style-type: none"> • show contrast with my body including wide/narrow, straight/curved. • explore shapes in stillness using different parts of my body. • explore rocking and rolling. • explore jumping safely. <p>Aim: In Gymnastics, children will know that they can make different shapes with their body, and that they should be still when balancing. They will also begin to understand how to change their body shape in order to roll.</p>	<p><u>Summer 1</u> Children will learn to...</p> <ul style="list-style-type: none"> • explore how my body moves. Copy basic body actions and rhythms. • explore actions in response to music and an idea. • begin to explore pathways and the space around me and in relation to others. • perform short phrases of movement in front of others. <p>Aim: In Dance, children will know that they can move their body in different ways to create actions. They will also know that moving into a space is done to keep themselves and others safe.</p> <p><u>Summer 2</u> Children will learn to...</p> <ul style="list-style-type: none"> • work safely and develop running/stopping. • develop throwing and how to keep score. • recognise different roles within games. • Follow safety instructions. • Take turns <p>Aim: In Games, children will know how to join in with a range of games within a</p>

			<p>sporting context. They will be able to follow instructions, and explain why we are honest and fair in games.</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> • explore sending an object with hands and feet. • explore catching to self and with a partner. • explore stopping a ball with hands and feet. • explore dropping and catching with two hands and moving a ball with feet. <p>Aim: In Ball Skills, children will know that they should look at a target when sending a ball, and that they need hands out when preparing to catch.</p>
<p>Year 1</p>	<p><u>Autumn 1</u> Children will learn to...</p> <ul style="list-style-type: none"> • Explore changing direction and dodging, and discover how the body moves at different speeds • Move with some control and balance • Demonstrate control in take off and landing when jumping • Begin to explore hopping in different directions • Show co-ordination when turning a rope, using rhythm to jump continuously <p>Aim: In Fundamentals, children will know how to use their body to control themselves when running, balancing, jumping, hopping and skipping</p>	<p><u>Spring 1</u> Children will learn to...</p> <ul style="list-style-type: none"> • roll and throw with some accuracy towards a target. • begin to catch with two hands, and catch after a bounce. • track a ball being sent directly. • explore dribbling with hands and feet. <p>Aim: In Ball Skills, children will know to be in line with a ball to track and control it. They will also know what dribbling is</p> <p>Children will learn to...</p> <p><i>Building on skills taught earlier in the year</i></p> <ul style="list-style-type: none"> • explore basic shapes such as straight, tuck, straddle, pike. • perform balances making my body tense, stretched and curled. 	<p><u>Summer 1</u> Children will learn to...</p> <ul style="list-style-type: none"> • explore striking a ball with their hand and equipment. • develop tracking and retrieving a ball. • explore technique when throwing over and underarm. • develop co-ordination and technique when catching <p>Aim: In Striking and Fielding, children will understand that hitting a ball harder makes it travel further. They will also begin to understand how to use their body to effectively throw and catch a ball</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> • explore running at different speeds.

Children will learn to...

- explore basic shapes such as straight, tuck, straddle, pike.
- perform balances making my body tense, stretched and curled.
- explore barrel, straight and forward roll progressions.
- explore shape jumps including jumping off low apparatus.

Aim: In Gymnastics, children will know how to extend parts of their body to make shapes, roll and jump. They will also be able to demonstrate balance

Autumn 2

Children will learn to...

- Explore technique when throwing overarm towards a target
- Explore technique when throwing underarm towards a target

Aim: In Target Games, children will know when it is appropriate to throw overarm and underarm

Children will learn to...

- copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme.
- explore varying speeds to represent an idea.
- explore pathways within my performance.
- begin to explore actions and pathways with a partner.
- perform on my own and with others to an audience.

Aim: In Dance, children will know that

- explore barrel, straight and forward roll progressions.
- explore shape jumps including jumping off low apparatus.

Aim: In Gymnastics, children will know how to extend parts of their body to make shapes, roll and jump. They will also be able to demonstrate balance

Spring 2

Children will learn to...

Building on skills taught earlier in the year

- copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme.
- explore varying speeds to represent an idea.
- explore pathways within my performance.
- begin to explore actions and pathways with a partner.
- perform on my own and with others to an audience.

Aim: In Dance, children will know that putting individual actions together can make a dance. They will also know that there are different directions and pathways to take within a space

Children will learn to...

- Explore dribbling with hands and feet
- Recognise good space when playing games
- Explore changing direction to move away from a partner
- Explore tracking and moving to stay with a partner

Aim: In Invasion, children will know the difference between attacking and defending.

- develop balance whilst jumping and landing.
- Explore hopping, jumping and leaping for distance.
- explore throwing for distance and accuracy

Aim: In Athletics, children will know how to make themselves move with greater speed, jump with greater distance, and throw with greater distance

Summer 2

Children will learn to...

- explore hitting a dropped ball with a racket.
- throw a ball over a net to land into the court area.
- explore sending a ball with hands and a racket.
- use the ready position to move towards a ball.

Aim: In Net and Wall, children will know how to control a racket to return a ball to a partner and how to stand in a 'ready' position

Children will learn to...

- Explore sending and receiving with hands and feet to a partner

Aim: In Sending and Receiving, children will know to look at a teammate before sending a ball, and how to find space to successfully send and receive

	<p>putting individual actions together can make a dance. They will also know that there are different directions and pathways to take within a space</p>	<p>They will also be able to send and receive with a partner, and be able to dribble into space</p>	
Year 2	<p><u>Autumn 1</u> Children will learn to...</p> <ul style="list-style-type: none"> demonstrate balance when changing direction. Clearly show different speeds when running. demonstrate balance when performing movements. demonstrate jumping for distance, height and in different directions. demonstrate hopping for distance, height and in different directions. explore single and double bounce when jumping in a rope. <p>Aim: In Fundamentals, children will build on learning from Year 1 in order to know that they can control balances using their feet and muscles, and that they can use their arms to help jump further or with greater control</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> explore using shapes in different gymnastic balances. remember, repeat and link combinations of gymnastic balances. explore barrel, straight and forward roll and put into sequence work. explore shape jumps and take off combinations. 	<p><u>Spring 1</u> Children will learn to...</p> <ul style="list-style-type: none"> roll, throw and kick a ball to hit a target. develop catching a range of objects with two hands. Catch with and without a bounce. consistently track and collect a ball being sent directly. explore dribbling with hands and feet with increasing control on the move. <p>Aim: In Ball Skills, children will build on learning from Year 1 to know how to throw and catch balls with control. They will also know that it is easier to track a ball than chase it</p> <p>Children will learn to...</p> <p><i>Building on skills taught earlier in the year</i></p> <ul style="list-style-type: none"> explore using shapes in different gymnastic balances. remember, repeat and link combinations of gymnastic balances. explore barrel, straight and forward roll and put into sequence work. explore shape jumps and take off combinations. <p>Aim: In Gymnastics, children will build on learning from Year 1 to know that some shapes link well together. They will also be able to demonstrate balance and controlled jumping</p>	<p><u>Summer 1</u> Children will learn to...</p> <ul style="list-style-type: none"> develop striking a ball with their hand and equipment with some consistency. develop tracking a ball and decision making with the ball. develop co-ordination and technique when throwing over and underarm. catch with two hands with some co-ordination and technique. <p>Aim: In Striking and Fielding, will build on learning from Year 1 to understand the role of a batter, and know that there are different roles within a fielding team. They will also consolidate learning on how to effectively throw and catch a ball</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> develop the sprinting action. develop jumping, hopping and skipping actions. Explore safely jumping for distance and height. develop overarm throwing for distance. <p>Aim: In Athletics, children will build on learning from Year 1 to know how to effectively use their hands and feet to</p>

Aim: In Gymnastics, children will build on learning from Year 1 to know that some shapes link well together. They will also be able to demonstrate balance and controlled jumping

Autumn 2

Children will learn to...

- develop co-ordination and technique when throwing overarm towards a target.
- develop co-ordination and technique when throwing underarm towards a target.
- develop striking a ball with equipment with some consistency

Aim: In Target Games, children will build on learning from Year 1 to know that controlling their arm helps to control the speed of a throw. They will also know how to score points in simple games.

Children will learn to...

- accurately remember, repeat and link actions to express an idea.
- develop an understanding of dynamics.
- develop the use of pathways and travelling actions to include levels.
- explore working with a partner using unison, matching and mirroring.
- develop the use of facial expressions in my performance.

Aim: In Dance, children will build on learning from Year 1 to know that they can use their body and face to show ideas and moods in dance. They will also know that

Spring 2

Children will learn to...

Building on skills taught earlier in the year

- accurately remember, repeat and link actions to express an idea.
- develop an understanding of dynamics.
- develop the use of pathways and travelling actions to include levels.
- explore working with a partner using unison, matching and mirroring.
- develop the use of facial expressions in my performance.

Aim: In Dance, children will build on learning from Year 1 to know that they can use their body and face to show ideas and moods in dance. They will also know that there are different directions, pathways and levels in dance

Children will learn to...

- explore dribbling with hands and feet with increasing control on the move.
- explore moving into space away from others.
- developing moving into space away from defenders.
- explore staying close to other players to try and stop them getting the ball.

Aim: In Invasion, children will build on learning from Year 1 to know that attackers can score and that defenders can position themselves to make scoring harder. They will also begin to understand that using space makes attacking easier.

improve their performance when running, jumping or throwing

Summer 2

Children will learn to...

- develop hitting a dropped ball over a net.
- accurately underarm throw over a net to a partner.
- explore underarm rallying with a partner catching after one bounce.
- consistently use the ready position to move towards a ball.

Aim: In Net and Wall, children will build on learning from Year 1 to know the importance of watching a ball as it comes towards them and how to control a return to a partner. They will also consolidate learning on how to stand in a 'ready' position and why we do so

Children will learn to...

- developing sending and receiving with increased control.

Aim: In Sending and Receiving, children will build on learning from Year 1 to know how to control a ball before sending it. They will also know that finding space away from a defender increases the chances of receiving a ball

	there are different directions, pathways and levels in dance		
Year 3	<p><u>Autumn 1</u> Children will learn to...</p> <ul style="list-style-type: none"> change direction. Show an increase and decrease in speed. demonstrate balance when performing other fundamental skills. link jumping and hopping actions. jump and turn a skipping rope. <p>Aim: In Fundamentals (Y3/4), children will know how to effectively accelerate and decelerate. Children will also understand that balance, combined with jumping and landing helps build momentum in movement.</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> apply sending and receiving skills within the rules of a game explore dribbling the ball abiding by the rules of the game under some pressure. develop using space as a team. develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. develop tracking opponents to limit their scoring opportunities <p>Aim: In Football, children will know that pointing their foot towards a target when releasing the ball increases accuracy. They will begin to describe the roles of attackers and defenders in invasion games.</p>	<p><u>Spring 1</u> Children will learn to...</p> <ul style="list-style-type: none"> explore matching and contrasting shapes. explore point and patch balances and transition smoothly into and out of them. develop the straight, barrel, and forward roll. develop stepping into shape jumps with control. <p>Aim: In Gymnastics, children will know that using tension improves their shapes in performance, as well as how to create more interesting or complex balances, jumps and rolls.</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> send a ball with accuracy and increasing consistency to a target. catch a range of objects with increasing consistency. track a ball not sent directly. dribble a ball with hands and feet with control. <p>Aim: In Ball Skills (Y3/4), children will build on prior knowledge from the Autumn Term that “pointing their foot towards a target when releasing the ball increases accuracy”. They will be able to understand that dribbling helps them move away from a defender or towards a goal/target.</p>	<p><u>Summer 1</u> Children will learn to...</p> <p><i>Building on skills taught earlier in the year</i></p> <ul style="list-style-type: none"> explore matching and contrasting shapes. explore point and patch balances and transition smoothly into and out of them. develop the straight, barrel, and forward roll. develop stepping into shape jumps with control. <p>Aim: In Gymnastics, children will know that using tension improves their shapes in performance, as well as how to create more interesting or complex balances, jumps and rolls.</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> explore returning a ball using shots such as the forehand and backhand. explore rallying using a forehand. consistently use and return to the ready position in between shots <p>Aim: In Tennis, children will know that pointing their racket/hand in the intended direction of travel increases accuracy. They will also learn that standing centrally on the court maximises the space that they can cover in-game.</p>
	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u> Children will learn to...
			<ul style="list-style-type: none"> discuss how to follow trails and solve problems. Work with others to

Year 4	<p>Children will learn to...</p> <ul style="list-style-type: none"> • explore throwing at a moving target. • begin to catch whilst on the move. <p>Aim: In Dodgeball, children will begin to know how to throw a ball to hit a moving target. They will also be able to use a 'ready' position to react to a moving ball.</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> • create actions in response to a stimulus individually and in groups. • use dynamics effectively to express an idea. • use direction to transition between formations. • develop an understanding of formations. • perform short, self-choreographed phrases showing an awareness of timing. <p>Aim: In Dance, children will begin to build an awareness of how to collaborate with others in dance for ideas and timing. They will also know that different dynamics, movements and spaces can help to articulate mood in dance.</p>	<p>Children will learn to...</p> <ul style="list-style-type: none"> • apply sending and receiving skills within the rules of a game • explore dribbling the ball abiding by the rules of the game under some pressure. • develop using space as a team. • develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. • develop tracking opponents to limit their scoring opportunities <p>Aim: In Hockey, children will know that pointing their stick towards a target when releasing the ball increases accuracy. They will continue to describe the roles of attackers and defenders in invasion games.</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> • develop the sprinting technique and apply it to relay events. • develop technique when jumping for distance in a range of approaches and take off positions. • explore the technique for a pull throw. <p>Aim: In Athletics, children will be able to describe or demonstrate body shapes that increase / decrease speed when running. They will also be able to describe or demonstrate how to change the outcome of a jump or throw. Children will also learn the rules of specific Athletics events</p>	<p>select appropriate equipment for the task.</p> <ul style="list-style-type: none"> • identify where I am on a simple map. Use and begin to create simple maps and diagrams and follow a trail. • follow and give instructions and accept other peoples' ideas. <p>Aim: In OAA, children will know how to hold a map to match placed items. Children will also know that trying ideas helps competitors to create strong solutions</p> <p>Children will learn to...</p> <p><i>Building on skills taught earlier in the year</i></p> <ul style="list-style-type: none"> • create actions in response to a stimulus individually and in groups. • use dynamics effectively to express an idea. • use direction to transition between formations. • develop an understanding of formations. • perform short, self-choreographed phrases showing an awareness of timing. <p>Aim: In Dance, children will begin to build an awareness of how to collaborate with others in dance for ideas and timing. They will also know that different dynamics, movements and spaces can help to articulate mood in dance.</p>
	<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
	Children will learn to...	Children will learn to...	Children will learn to...

- explore using my breath to maintain balance within a pose.
- demonstrate increased extension in poses.
- demonstrate increased control and strength when in a pose.
- engage with mindfulness activities with increased focus.

Aim: In Yoga, children will understand that they can help themselves to balance through their movements and breathing. They will also know that different people have different physical strengths

Children will learn to...

- show balance when changing direction at speed.
- show control whilst completing activities which challenge balance.
- explore increased speed when co-ordinating my body.
- demonstrate improved sprinting technique.
- develop building strength in different muscle groups.
- demonstrate using my breath to maintain my work rate.

Aim: In Fitness, children will be able to describe how they can use different muscles for balance and strength.

Autumn 2

Children will learn to...

- apply sending and receiving skills within the rules of a game
- develop passing techniques appropriate to the game with increasing success. Catch a ball

- develop the range of shapes I use in my sequences.
- develop strength in bridge and shoulder stand.
- develop control and fluency in individual and partner balances.
- develop the straight, barrel, forward and straddle roll and perform them with increased control.
- develop control in performing and landing rotation jumps.

Aim: In Gymnastics, children will understand that “inverted movements” occur when the hips are above the head. They will use a range of shapes and balances (including partner balances) to create routines. They will also know how to keep themselves and others safe when counter-balancing.

Children will learn to...

- apply sending and receiving skills within the rules of a game
- develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.
- link dribbling the ball with other actions and change direction whilst dribbling with some control.
- develop moving into space to help my team.
- change direction to lose an opponent with some success.
- develop defending one on one and begin to intercept.

Aim: In Netball, children will know how to cushion a ball when receiving it, and how to

- develop batting technique with a range of equipment.
- develop bowling with some consistency, abiding by the rules of the game.
- use overarm and underarm throwing with increased consistency in game situations.
- begin to catch with one and two hands with some consistency in game situations.

Aim: In Cricket, children will know to use the middle of the bat for increased control and accuracy. They will also know that a ball is easier to field coming towards themselves than away, and that it is important to be balanced when throwing. Children will also begin to learn how to manage their own games.

Summer 2

(This OAA unit could be taught in Spring or Summer depending on Swimming dates)

Children will learn to...

- plan independently and in small groups, implementing a strategy with increased success.
- identify key symbols on a map and follow a route.
- confidently communicate ideas and listen to others.

Aim: In OAA, children will know that discussing advantages and disadvantages of ideas help us to come to conclusions. They will also know how to use a key on a map.

(This Athletics unit could be taught in Summer 1 or Summer 2 depending on Swimming dates)

using one and two hands and receive a ball with feet/object with increasing success.

- link dribbling the ball with other actions and change direction whilst dribbling with some control.
- develop moving into space to help my team.
- change direction to lose an opponent with some success.
- develop defending one on one and begin to intercept.

Aim: In Basketball, children will know how to cushion a ball when receiving it, and how to protect the ball when in possession and when to pass or shoot. They will know when to pass or shoot. Children will also begin to learn how to manage their own games.

Children will learn to...

- apply sending and receiving skills within the rules of a game
- develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.
- link dribbling the ball with other actions and change direction whilst dribbling with some control.
- develop moving into space to help my team.
- change direction to lose an opponent with some success.
- develop defending one on one and begin to intercept.

protect the ball when in possession and when to pass or shoot. They will know when to pass or shoot. Children will also begin to learn how to manage their own games.

Spring 2

Children will learn to...

- respond imaginatively to a range of stimuli related to character and narrative.
- change dynamics confidently within a performance to express changes in character.
- confidently use changes in level, direction and pathway.
- use action and reaction to represent an idea.
- perform complex dances that communicate narrative and character well, performing clearly and fluently

Aim: In Dance, children will be able to select dynamics, space and relationships appropriately for different moods and ideas. They will also be able to justify creative choices.

(This OAA unit could be taught in Spring or Summer depending on Swimming dates)

Children will learn to...

- plan independently and in small groups, implementing a strategy with increased success.
- identify key symbols on a map and follow a route.
- confidently communicate ideas and listen to others.

Aim: In OAA, children will know that discussing advantages and disadvantages of ideas help us to come to conclusions. They will also know how to use a key on a map.

Children will learn to...

- develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique.
- develop technique when jumping for distance.
- explore power and technique when throwing for distance in a pull and heave throw.

Aim: In Athletics, children will understand the importance of pacing themselves when running longer distances. They will be able to understand to transfer weight when jumping or throwing. Children will also begin to learn how to manage their own events.

	<p>Aim: In Handball, children will know how to cushion a ball when receiving it, and how to protect the ball when in possession and when to pass or shoot. They will know when to pass or shoot. Children will also begin to learn how to manage their own games.</p>		<p>At Oughtibridge Primary School, children receive a block of nine swimming lessons during the Spring and Summer Terms.</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> Swim with a range of strokes Swim over increasing distances and for increasing lengths of time Perform safe self-rescue <p>Aim: In Swimming, children will be able to swim a minimum of 25 metres whilst using a range of strokes, as well as perform safe self-rescue techniques in different water-based situations</p>
<p>Year 5</p>	<p><u>Autumn 1</u> Children will learn to...</p> <ul style="list-style-type: none"> apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. explore technique and rhythm in the triple jump. develop technique and power in javelin and shot put. <p>Aim: In Athletics, children will know that taking big and consistent strides helps to increase running speed, and that driving knees high and fast increases jumping distance. They will be able to apply rules to a range of athletic events.</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> apply sending and receiving skills within the rules of a game develop control when sending and receiving under pressure. dribble with some control under pressure. explore moving to create space for themselves and others in their team. 	<p><u>Spring 1</u> Children will learn to...</p> <ul style="list-style-type: none"> perform shapes consistently and fluently linked with other gymnastic actions. explore progressions of a cartwheel. explore symmetrical and asymmetrical balances. develop control in the straight, barrel, forward, straddle and backward roll. select a range of jumps to include in sequence work. <p>Aim: In Gymnastics, children will know that 'shapes' underpins all other gymnastic skills. They will be able to select movements, balances, rolls and jumps to create interesting sequences.</p> <p>Children will learn to...</p> <ul style="list-style-type: none"> demonstrate clear technique and accuracy when throwing at a target. demonstrate good technique and consistency in catching skills <p>Aim: In Dodgeball, children will know that throwing a ball low makes it difficult for an opponent to catch. They will also know that standing at the back of the court increases the</p>	<p><u>Summer 1</u> Children will learn to...</p> <ul style="list-style-type: none"> explore defensive and driving hitting techniques and directional batting. develop over and underarm bowling technique. Develop long and short barrier and two handed pick up. demonstrate good technique when using a variety of throws under pressure. explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations. <p>Aim: In Cricket, children will know that there are a range of batting stances / catching techniques, and be able to apply them with increasing suitability. They will learn that 'backing up' a teammate when fielding increases success. Children will apply the rules of cricket to playing and officiating.</p> <p>Children will learn to...</p> <p><i>Building on skills taught earlier in the year</i></p> <ul style="list-style-type: none"> choreograph dances by using, adapting and developing actions and steps from different dance styles.

- use a variety of techniques to lose an opponent e.g. change of direction or speed.
- develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.

Aim: In Handball, children will know that avoiding defenders is beneficial to attackers, and that dribbling helps an attacker to escape defenders. Children will apply the rules of handball to playing and officiating.

Autumn 2

Children will learn to...

- choreograph dances by using, adapting and developing actions and steps from different dance styles.
- confidently use dynamics to express different dance styles.
- confidently use direction and patterning to express different dance styles.
- confidently use formations, canon and unison to express a dance idea.
- perform dances expressively, using a range of performance skills, showing accuracy and fluency.

Aim: In Dance, children will understand that dancers select different actions and dynamics to express mood. They will also know that space refers to where their body is both on the floor and in the air. They will be able to describe what makes an effective performance.

amount of time that they have to catch. Children will also be able to apply the rules of dodgeball to playing and officiating.

Spring 2

Children will learn to...

Building on skills taught earlier in the year

- perform shapes consistently and fluently linked with other gymnastic actions.
- explore progressions of a cartwheel.
- explore symmetrical and asymmetrical balances.
- develop control in the straight, barrel, forward, straddle and backward roll.
- select a range of jumps to include in sequence work.

Aim: In Gymnastics, children will know that 'shapes' underpins all other gymnastic skills. They will be able to select movements, balances, rolls and jumps to create interesting sequences.

Children will learn to...

- develop the range of shots used in a variety of games.
- develop the range of serving techniques appropriate to the game.
- use a variety of shots to keep a continuous rally.
- demonstrate effective footwork patterns to move around the court.

Aim: In Badminton (Y5/6), children will know that a serve begins a rally, and that playing appropriate shots keeps a rally going. They will understand when to play shots with power

- confidently use dynamics to express different dance styles.
- confidently use direction and patterning to express different dance styles.
- confidently use formations, canon and unison to express a dance idea.
- perform dances expressively, using a range of performance skills, showing accuracy and fluency.

Aim: In Dance, children will understand that dancers select different actions and dynamics to express mood. They will also know that space refers to where their body is both on the floor and in the air. They will be able to describe what makes an effective performance.

Summer 2

Children will learn to...

- explore tactical planning within a team to overcome increasingly challenging tasks.
- develop navigational skills and map reading in increasingly challenging tasks.
- explore a variety of communication methods with increasing success.

Aim: In OAA, children will be able to recognise that there may be more than one way to solve a problem, and that there can be a value in 'trial and error' in problem solving. Children will be able to reflect on their choices critically. Children will know how to use a key, and how to provide concise and accurate instructions.

	<p>Children will learn to...</p> <ul style="list-style-type: none"> • apply sending and receiving skills within the rules of a game • develop control when sending and receiving under pressure. • dribble with some control under pressure. • explore moving to create space for themselves and others in their team. • use a variety of techniques to lose an opponent e.g. change of direction or speed. • develop tracking and marking with increased success. Explore intercepting a ball using one and two hands. <p>Aim: In Basketball, children will know that avoiding defenders is beneficial to attackers, and that dribbling helps an attacker to escape defenders. Children will apply the rules of basketball to playing and officiating.</p>	<p>and/or control. Children will apply the rules of badminton to playing and officiating.</p>	<p>Children will learn to...</p> <ul style="list-style-type: none"> • apply sending and receiving skills within the rules of a game • develop control when sending and receiving under pressure. • dribble with some control under pressure. • explore moving to create space for themselves and others in their team. • use a variety of techniques to lose an opponent e.g. change of direction or speed. • develop tracking and marking with increased success. Explore intercepting a ball using one and two hands. <p>Aim: In Netball, children will understand that moving into a space even when not being passed to can provide space for teammates. They will know that passing to a teammate unmarked by a defender increases the chances of success. Children will apply the rules of netball to playing and officiating.</p>
<p>Year 6</p>	<p><u>Autumn 1</u></p> <p>Children will learn to...</p> <ul style="list-style-type: none"> • apply sending and receiving skills within the rules of a game • send and receive consistently using a range of techniques with increasing control under pressure. • dribble consistently using a range of techniques with increasing control under pressure. • move to the correct space when transitioning from attack to defence 	<p><u>Spring 1</u></p> <p>Children will learn to...</p> <ul style="list-style-type: none"> • combine and perform gymnastic shapes more fluently and effectively. • develop control in progressions of a cartwheel and a headstand. • explore counter balance and counter tension. • develop fluency and consistency in the straddle, forward and backward roll. 	<p><u>Summer 1</u></p> <p>Children will learn to...</p> <ul style="list-style-type: none"> • strike a bowled ball with increasing accuracy and consistency. • use a wider range of fielding skills with increasing control under pressure. • consistently demonstrate good technique in throwing skills under pressure.

- or defence to attack and create and use space for self and others.
- confidently change direction to lose an opponent
- use a variety of defending skills (tracking, interception, jockeying) in game situations.

Aim: In Football, children will know the importance of making quick decisions and become increasingly able to do so. They will understand the importance of transitioning quickly between defence and attack. Children will understand the need for tactics in specific situations. Children will be able to apply rules consistently when playing and officiating.

Children will learn to...

- demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.
- develop power, control and technique in the triple jump.
- develop power, control and technique when throwing discus and shot put.

Aim: In Athletics, children will understand the need to prepare their body for exercise and know the muscle groups that are used. They will know that a run up builds speed and power when throwing or jumping. They will be able to understand and apply rules in events that pose an increased risk.

Autumn 2

Children will learn to...

- show controlled movements which express emotion and feeling.

- combine and perform a range of gymnastic jumps more fluently and effectively.

Aim: In Gymnastics, children will be able to explain their choices of shapes, balances, rolls and jumps. They will also know how to modify each of these things to enhance performance.

Children will learn to...

- demonstrate increased success and technique in a variety of shots.
- serve accurately and consistently.
- successfully apply a variety of shots to keep a continuous rally.
- demonstrate a variety of footwork patterns relevant to the game I am playing.

Aim: In Volleyball (Y5/6), children will begin to apply or explain tactics when serving or rallying. They will know appropriate skills for relieving pressure during games, and that there are different tactics for attacking and defending. Children will be able to apply rules consistently when playing and officiating.

Spring 2

Children will learn to...

- apply sending and receiving skills within the rules of a game
- send and receive consistently using a range of techniques with increasing control under pressure.
- dribble consistently using a range of techniques with increasing control under pressure.
- move to the correct space when transitioning from attack to defence or

- consistently demonstrate good technique in catching skills under pressure.

Aim: In Rounders, children will know that the momentum needed for increasing power comes from both the legs and arms. They will be able to identify the correct fielding position for a range of scenarios, including how to effectively get the opposition 'out'. They will continue to apply tactics for batting, bowling and fielding. Children will be able to apply rules consistently when playing and officiating.

Children will learn to...

- apply sending and receiving skills within the rules of a game
- send and receive consistently using a range of techniques with increasing control under pressure.
- dribble consistently using a range of techniques with increasing control under pressure.
- move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.
- confidently change direction to lose an opponent
- use a variety of defending skills (tracking, interception, jockeying) in game situations.

Aim: In Tag Rugby, children will know the importance of making quick decisions and become increasingly able to do so. They will understand the importance of transitioning quickly between defence and attack. Children will understand the need for tactics

- explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group.
- use a variety of compositional principles when creating my own dances.
- demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.

Aim: In Dance, children will understand that intent, extension and shape can improve actions in performance. They will be able to use props to make enhanced use of space in performance, and know that maintaining character in dance helps to express atmosphere or mood.

Children will learn to...

- change direction with a fluent action and transition smoothly between varying speeds.
- show fluency and control when travelling, landing, stopping and changing direction.
- co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.
- adapt running technique to meet the needs of the distance.
- complete body weight exercises for increased repetitions with control and fluency.

- defence to attack and create and use space for self and others.
- confidently change direction to lose an opponent
- use a variety of defending skills (tracking, interception, jockeying) in game situations.

Aim: In Hockey, children will know the importance of making quick decisions and become increasingly able to do so. They will understand the importance of transitioning quickly between defence and attack. Children will understand the need for tactics in specific situations. Children will be able to apply rules consistently when playing and officiating.

Children will learn to...

Building on skills taught earlier in the year

- combine and perform gymnastic shapes more fluently and effectively.
- develop control in progressions of a cartwheel and a headstand.
- explore counter balance and counter tension.
- develop fluency and consistency in the straddle, forward and backward roll.
- combine and perform a range of gymnastic jumps more fluently and effectively.

Aim: In Gymnastics, children will be able to explain their choices of shapes, balances, rolls and jumps. They will also know how to modify each of these things to enhance performance.

in specific situations. Children will be able to apply rules consistently when playing and officiating.

Summer 2

Children will learn to...

- pool ideas within a group, selecting and applying the best method to solve a problem.
- orientate a map efficiently to navigate around a course with multiple points.
- inclusively communicate with others, share job roles and lead when necessary.

Aim: In OAA, children will understand the need for problem solving and navigation skills in wider life. They will know that good communication skills enhance problem solving abilities.

Children will learn to...

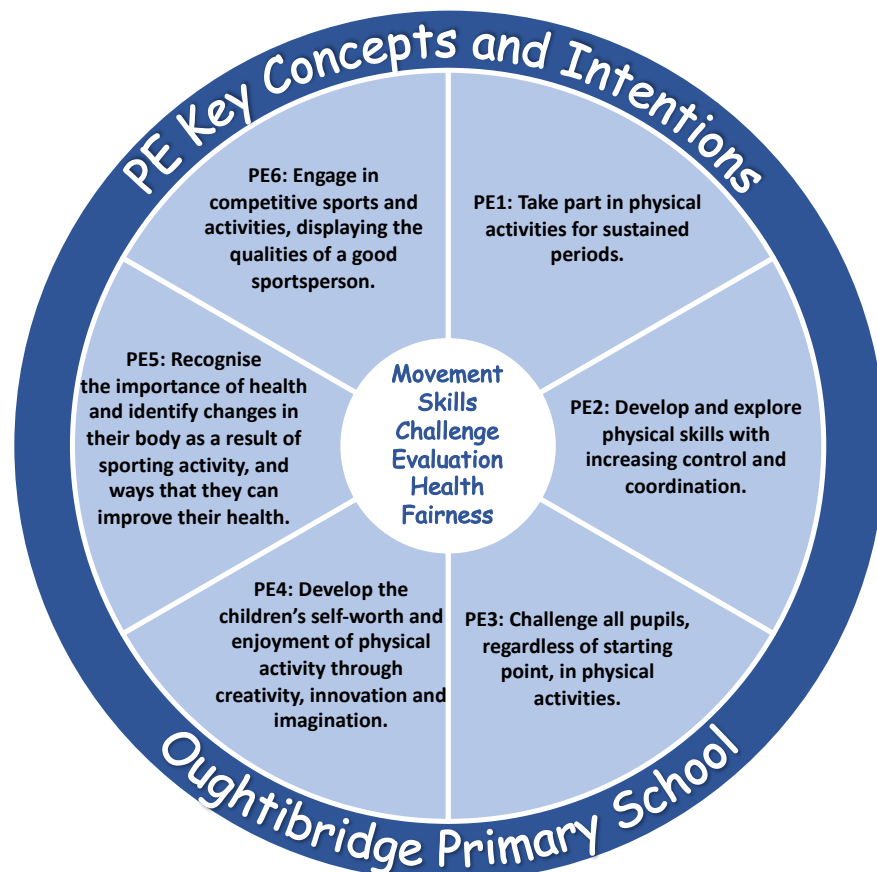
Building on skills taught earlier in the year

- show controlled movements which express emotion and feeling.
- explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group.
- use a variety of compositional principles when creating my own dances.
- demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.

- use my breath to increase my ability to move for sustained periods of time.

Aim: In Fitness, children will know that agility requires speed, strength, balance and coordination. They will be able to explain or demonstrate occasions where speed, strength, balance and coordination are needed in differing amounts. Children will understand that stamina can be developed by practising over time.

Aim: In Dance, children will understand that intent, extension and shape can improve actions in performance. They will be able to use props to make enhanced use of space in performance, and know that maintaining character in dance helps to express atmosphere or mood.



Movement – How can I control my body and how does this impact my performance?

Skills– What do we need to practice and develop to master an activity?

Challenge – Why and how do we challenge ourselves?

Evaluation - How can reflecting on what we do lead to further improvements?

Health – What can people do to be healthy and how do these choices affect their performance?

Fairness – How do we use or adapt rules to make sure that everyone can compete and be challenged in physical activity?