



Gwladys Street C P and N School Long Term Plan PE



	Autumn	Spring	Summer
Year 1	Toys	Poles Apart	Flight
	<p>Dance Move safely in space. Timing and rhythm, Follow and copy. Work in pairs. Perform.</p> <p>Movement Skills 1 Coordination, Self confidence, Move with control, Agility and balance.</p>	<p>Target Games Use some accuracy. Strike a ball at a target. Throw overarm. Bounce a ball with accuracy.</p> <p>Gymnastics Create a sequence. Change dynamics. Hold balances. Perform in a formation.</p>	<p>Invasion Games Move using spatial awareness. Apply attacking and defending. Dribble a ball. Send and receive a ball. Show good control.</p> <p>Athletics Run at different speeds. Choose and adapt depending on distance. Demonstrate sporting values. Comment on others work using some technical language.</p>
Year 2	London's Burning	Indian Spice	Pioneers
	<p>Movement skills 2 Move with self control. Travel backwards. Balance on one leg. Dodge. Move with awareness of others. Volley and punt.</p> <p>Dance Move safely and creatively. Timing and Performing. Develop travelling movements. Work well in pairs. Use of level, direction and unison. Give useful feedback to our partner.</p>	<p>Gymnastics Spin on different patches. Devise a sequence of balances and spins. Twist and then roll. Change pathways. Show confidence. Use apparatus to counter balance. Create a sequence of work.</p> <p>Invasion Games 2 Catch a ball consistently after one bounce. Keep possession of the ball. Pass the ball consistently. Show spatial awareness in team games.</p> <p>Target games 3 Throw a ball underarm. Kick a ball with some accuracy (both feet). Roll with some accuracy. Strike a ball with a racket with force.</p>	<p>Athletics React quickly. Jump and land safely. Coordinate a run with a jump, Throw for accuracy. Run within a lane. Throw in a variety of ways and for distance.</p> <p>Net and Wall Games 2 Send and receive a ball with accuracy. Keep a rally going. Develop a good grip and stance for tennis. Send and receive a ball over a net.</p>

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Year 3	Meet the Flintstones/Tomb Raiders	Journey through Europe	Extreme survival
	<p>Gymnastics Spin on patches. Evaluate work of others. Spin at different levels. Use smooth transitions. Create a sequence with a partner. Use symmetrical and asymmetrical moves in a sequence.</p> <p>Dodgeball Develop an effective throwing technique. Develop catching skills. Evaluate and improve performance of your team. Officiate a game effectively. Compete against others.</p>	<p>Dance Show good timing, posture and extension. Show good timing and control. Work cooperatively. Show good cooperation skills. Provide useful peer feedback. Give useful feedback to a partner.</p> <p>Tag Rugby Send and receive a ball under pressure. Pass a rugby ball backwards accurately. Pass missing players in a line. Develop game understanding and compete in a game of Tag Rugby.</p>	<p>Athletics Use correct technique to start a sprint. Develop coordination to improve speed. Develop technique and consistency of jumps. Develop accuracy of overarm throw. Replicate techniques for running, jumping and throwing in competitive situations.</p> <p>Rounders Send a receive a tennis ball. Develop basic bowling and batting skills. Develop ground fielding skills. Develop awareness of tactics. Perform well in range of positions in a competitive game.</p>
Year 4	Roman Rule	World's Kitchen	Crime and Punishment
	<p>Tag Rugby Send and receive a ball under pressure in a game. Dummy pass accurately. Pass and create an overlap. Compete in a game of Tag Rugby.</p> <p>Gymnastics</p>	<p>Dodgeball Develop dodging technique. Demonstrate attacking techniques. Officiate a game effectively.</p> <p>Swimming</p>	<p>Dance Show good timing posture and extension. Show use of canon. Perform, review and improve a finished piece</p> <p>Athletics</p>

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	Perform with control and poise. Compose a sequence with a partner. Show contrasting dynamics. Perform at a high standard.		Combine sprinting with low hurdles. Sustain performance. Replicate techniques.
Year 5	Mexico and the Mayans	Wild Rivers	Invaders
	<p>Handball Ready position to receive ball. Send and receive with accuracy. Dribble with control. Anticipate play. Officiate a game effectively.</p> <p>Gymnastics Matching, mirroring and contrast. Work in time with partner. Demonstrate fluent routines. Consistently use technical language.</p>	<p>Team Building and Problem Solving</p> <p>Leadership</p> <p>Dance Create own motif of 32 counts. Use chance choreography. Canon. Unison.</p>	<p>Basketball Dribble with control. Manoeuvre the ball competently. Pass using correct language. Zonal and man to man defending. Play a game of Basketball.</p> <p>Swimming</p>
Year 6	Greece Lightning	Disaster	Rule Britannia
	<p>Swimming Swim 25m</p> <p>Dance Show good coordination. Evaluate using correct technical language. Work effectively in groups to create your own choreography.</p>	<p>Netball Use tactics. Pass accurately and use a variety of passes. Develop attacking principles. Participate purposefully in a Netball match.</p> <p>Athletics Change pace when running. Control the power and accuracy of different throws. Show correct triple jump technique.</p>	Health Related Fitness

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