

Gwladys Street C P and N School Long Term Plan PE



	Autumn	Spring	Summer
Year 1	Dance and Movement	Target Games Gymnastics	Invasion Games Athletics
	<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	Movement Dance	Gymnastics Invasion Games	Athletics Net and Wall Games
	<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</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 ne</p>

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		Throw a ball underarm. Kick a ball with some accuracy (both feet). Roll with some accuracy. Strike a ball with a racket with force.	
Year 3	Gymnastics Dodgeball	Dance Tag Rugby	Athletics Roulers
	<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>Roulers 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	Tag Rugby Gymnastics	Tennis	Dance Athletics
	<p>Tag Rugby Send and receive a ball under pressure in a game. Dummy pass accurately. Pass</p>	<p>Tennis To keep a rally. Work effectively with a partner. Use a racket to send and receive a ball. To develop hitting the ball using forehand and backhand. To use simple</p>	<p>Dance Show good timing posture and extension. Show use of canon. Perform, review and improve a finished piece</p>

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	and create an overlap. Compete in a game of Tag Rugby. Gymnastics Perform with control and poise. Compose a sequence with a partner. Show contrasting dynamics. Perform at a high standard.	tactics.	Athletics Combine sprinting with low hurdles. Sustain performance. Replicate techniques.
Year 5	Handball Gymnastics	Netball Dance	Basketball
	Handball Ready position to receive ball. Send and receive with accuracy. Dribble with control. Anticipate play. Officiate a game effectively. Gymnastics Matching, mirroring and contrast. Work in time with partner. Demonstrate fluent routines. Consistently use technical language.	Dance Create own motif of 32 counts. Use chance choreography. Canon. Unison. Netball Receive the ball on the move using correct footwork. Defend a player and attempt to intercept. Begin to understand the positions on a netball court. To develop shooting skills. Perform two different dodges (drive and the dodge)	Basketball Dribble with control. Manoeuvre the ball competently. Pass using correct language. Zonal and man to man defending. Play a game of Basketball. Swimming
Year 6	Swimming Dance	Netball Athletics	
	Swimming Swim 25m Dance	Netball Use tactics. Pass accurately and use a variety of passes. Develop attacking principles. Participate purposefully in a Netball match.	Health Related Fitness

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	Show good coordination. Evaluate using correct technical language. Work effectively in groups to create your own choreography.	Athletics Change pace when running. Control the power and accuracy of different throws. Show correct triple jump technique.	
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