



Subject: PE

Long Term Plan Including Key Knowledge

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	<p>Multi-skills <i>To cover ball skills, balance and co-ordination (through dance and gym activities) and all-inclusive sports.</i> -To understand safety in PE for self and others -To know to share space, take turns and try new activities -To understand rules of different activities -To recognise sports through different balls and activities</p>				<p>Athletics / Sports Day -To understand different actions, running, jumping and throwing</p> <p>Cycling -</p>	<p>Athletics / Sports Day -To understand different actions, running, jumping and throwing</p> <p>Cycling -</p>
Year 1	<p>Multi-skills <i>Throwing, catching, rolling and receiving</i> -To know hands should be out ready to catch -To know you need to watch the ball when throwing and catching</p> <p>Cycling -</p>	<p>Netball / Basketball -To know to use a chest pass -To recognise not to move with the ball</p> <p>Dance -To recognise the movements in the music as stimulus for actions -To recognise turns, jumps and floor patterns</p> <p>+ 2 weeks cycling</p>	<p>Dance with yoga - To understand breathing techniques for calm movements</p> <p>Gym <i>Routine and skills focus</i> -To know mats must be carried at waist height by two people -To know teddy bear, pencil, and round the world rolling action -To know a balance must be held still</p> <p>+ 2 weeks cycling</p>	<p>Gym <i>Equipment focus</i> -To recognise how to use equipment safely -To know different travelling actions using equipment</p> <p>Tri-golf -To recognise safety when striking the ball -To understand use of the 2 clubs</p> <p>+ 2 weeks cycling</p>	<p>Athletics / Sports Day -Focus on running -To recognise to run in the lanes on the track</p> <p>Tennis -To understand safety when holding a bat, racket or club</p> <p>+ 2 weeks cycling</p>	<p>Athletics / Sports Day -To recognise different jumps, 1-foot take-off, 2-foot take-off, 2 to 2, 2 to 1, 1 to other -To recognise different throws, under arm and overarm</p> <p>Football -To know to use feet to send the ball</p> <p>+ 2 weeks cycling</p>
Year 2	<p>Cycling -</p> <p>Multi-skills (3 weeks) <i>Throwing, catching and striking</i> -To have hands out ready to catch -To watch the ball when throwing and catching -To recognise underarm, overarm and chest throw</p> <p>Dance -To follow set dance warm up -To recognise pictures to use</p>	<p>Netball / Basketball -To know to use a chest pass and a bounce pass -To know to keep feet still when the ball is your hand</p> <p>Gym <i>Routine and skills development focus</i> -To know mats must be carried at waist height by two people -To know teddy bear, pencil, and round the world roll -To know a balance must be held still for 3 seconds</p>	<p>Swimming</p> <p>Gym <i>Equipment focus</i> -To know safety rules on different pieces of equipment -To transfer skills from floor to apparatus, roll, balance and travel</p>	<p>Swimming</p> <p>Tri-Golf -To recognise safety when striking the ball -To understand different use of the 2 clubs</p>	<p>Cricket -To know body position when striking a ball -To know how to stop and retrieve a ball using hands -To know how to aim the ball using underarm/overarm</p> <p>Athletics / Sports Day -Focus on running -To understand running with controlled arms and legs</p> <p>+ Cycling catch-up</p>	<p>Football -To recognise to use side of foot to send the ball</p> <p>Athletics / Sports Day -Focus to include jumping and throwing too -To know different jumps, hop, leap, 2 footed jump etc -To know different throws used in activities, bowl, roll, overarm and underarm</p> <p>+ Cycling catch-up</p>

	<p>as stimulus to tell story through dance</p> <p>-To recognise gesture as part of dance</p>	+ 2 weeks cycling				
Year 3	<p>Tag rugby</p> <p>-To know the ball must be passed backwards</p> <p>Dance</p> <p>-To use the counts of the music (8 beats)</p> <p>-To know repetition, levels and footwork to compose dance</p>	<p>Netball / Basketball</p> <p>-Introducing basic skills</p> <p>-To recognise a shoulder pass, chest pass and bounce pass</p> <p>-Start to recognise how to land for correct footwork</p> <p>Gym</p> <p><i>Routine and skills development focus</i></p> <p>-To know teddy bear, pencil, stunt, round the world and a forward roll</p> <p>-To know a forward and stunt roll</p>	<p>All-inclusive games</p> <p><i>Boccia and curling</i></p> <p>-To understand the rules of the games</p> <p>Gym</p> <p><i>Equipment focus</i></p> <p>-To recognise safety rules for different pieces of equipment</p> <p>-To know straddle, star and tuck jumps and to how to land safely</p>	<p>Football</p> <p>-To know how to pass the ball with control</p> <p>-To understand the term dribbling</p> <p>Tennis</p> <p>-To know how to use a racket for forehand and backhand</p> <p>-To send the ball over a net</p>	<p>Athletics / Sports Day</p> <p>-To know different jumps, standing long jump, standing broad jump</p> <p>-To refine running technique, arms hip to chin, head still</p> <p>Cricket</p> <p>-To know how to stop and retrieve a ball using hands</p> <p>-To know how to aim the ball using underarm/overarm</p>	<p>Athletics / Sports Day</p> <p>-To recognise different techniques when throwing different objects, tennis ball, turbo javelin, shot</p> <p>Rounders</p> <p>-To know the ball is passed to bases</p> <p>-To understand striking position</p>
Year 4	<p>Tag rugby</p> <p>-To know when you are tagged the game is stopped, tags are replaced and you take a pass</p> <p>Tri-Golf</p> <p>-To know when to use a putter or chipper</p>	<p>Netball / Basketball</p> <p>-Focus on game situation skills</p> <p>-To know shooting must be from the semi-circle</p> <p>-To understand 3 seconds with the ball to pass</p> <p>Gym</p> <p><i>Routine / skills focus</i></p> <p>-To know and refine skills rolling, flight, balance</p> <p>-To understand partner balances through matching/mirroring</p>	<p>Dance</p> <p>-To recognise the music beats and friendship as stimulus for dance</p> <p>-To share performance</p> <p>-To know how to perform in pairs, trios and quartets</p> <p>Gym</p> <p><i>Equipment focus</i></p> <p>-To know benches must be carried by two people</p> <p>-To recognise safety rules for different pieces of equipment</p> <p>-To understand working in pairs using canon/unison to create sequences</p>	<p>Football</p> <p>-To know a goal is scored when the ball crosses the line</p> <p>-To understand the role of a defender</p> <p>-To know when the ball goes out of play, there must be a throw in</p> <p>Tennis</p> <p>- To know how to score in tennis.</p> <p>-To understand court areas</p>	<p>Swimming</p> <p>Athletics / Sports Day</p> <p>-To understand a push, pull and overarm throw</p> <p>-To refine running technique, extend stride</p> <p>-To know different starting positions</p>	<p>Swimming</p> <p>Rounders</p> <p>-To understand tactics to use when fielding</p>
Year 5	<p>Tag rugby</p> <p>-To know a try is scored by placing the ball over the goal line with two hands</p> <p>-To know a player can only be tagged when they have the ball</p> <p>All-Inclusive Games</p> <p><i>Seated volleyball</i></p> <p>-To know rules have been adapted and why</p>	<p>Dance</p> <p>-To know different eras of music to create dance</p> <p>-To perform to class</p> <p>-To know taught dance and compose own dance</p> <p>-To refine dance composing and performing skills</p> <p>Netball</p> <p>-Game focus</p>	<p>Gym</p> <p><i>Sequences & equipment focus</i></p> <p>-To know a sequence is made up of different actions</p> <p>-To understand the term counter balance</p> <p>Sports Hall Athletics</p> <p>-To understand how to record own and partner results</p>	<p>Football</p> <p>-To refine skills to control ball</p> <p>-To develop game play</p> <p>Basketball</p> <p>-To know how to dribble the ball</p> <p>-To understand basic rules of game</p> <p>-To know how to use the backboard to score</p>	<p>Cricket</p> <p>-To understand batting in pairs</p> <p>-To know to bowl underarm</p> <p>Athletics / Sports Day</p> <p>-To recognise how to measure results</p>	<p>Athletics / Sports Day</p> <p>-To understand different techniques for jumping and throwing</p> <p>Rounders</p> <p>-To know rules of game</p> <p>Outdoor Adventurous</p> <p><i>PGL / Blackland Farm trips</i></p> <p>-To understand how to work in a group to solve various</p>

		-To understand the basic rules: 3 seconds, offside and footwork, high 5's positions				challenges competing with other groups
Year 6	Swimming Tag Rugby -To know the game starts with a pass back -To develop game play	Swimming Netball -To know the seven playing positions and most rules of the game -To use tactics in the game	Gym <i>Sequences & equipment focus</i> -To refine rolling, flight, balance, taking weight on hands and creating sequences -To refine how to transfer their knowledge of travel, flight and balance to equipment -To understand how to create group and partner sequences Sports Hall Athletics -To understand rules of activities -To know how to officiate different activities	Basketball -To understand rules of the game -To know court area and scoring Dance -To understand use of a theme song as stimulus for dance and performance	Athletics / Sports Day -To refine techniques in jumping, throwing and running, for distance and time Cricket -To understand batting in pairs -To know to bowl overarm	Rounders -To understand game play and key positions Athletics / Sports Day -To understand rules of measuring and timing for different events Outdoor Adventurous <i>PGL / Blackland Farm trips</i> -To set own challenges for other groups
Tournaments	KS2 Tag Rugby	KS1 Multi Skills KS2 Netball	UKS2 Sports Hall Athletics	KS1 Tri-Golf KS2 Football	UKS2 Cricket	KS2 Rounders Sports Day
Clubs	KS2 Football (AK) UKS2 Netball (AA) KS1 Multi-Skills (JV) LSK2 Basketball (JV)		KS2 Football (AK) UKS2 Netball (AA) KS1 Tri-Golf (JV) LKS2 Dance / Gym (JV)		UKS2 Rounders (JV/AA) KS2 Cricket (AK) UKS2 Athletics (JV) LKS2 Tennis (JV)	
Lessons taught by Jemma Verge						
Forest School		Year 2 Year 4		Year 6 Year 3		Year 5 Year 1