

## PE – LONG TERM PLAN/ PROGRESSION DOCUMENT

Curriculum Rationale : Repeated encounters, build knowledge and understanding of concepts, increasing complexity, sequencing is about readiness

<p><b>F1 – AUTUMN</b>  <b>BODY MANAGEMENT</b>            Balancing on one foot, climbing stairs, using hands and feet to negotiate obstacles.  <b>COOPERATE AND SOLVE PROBLEMS</b>            Introduce to common equipment – bean bags, cones, hoops, balls and colours eg Find the red bean bag.</p>	<p><b>F1 – SPRING</b>  <b>GYMNASTICS</b>            Simple movements – walking, running, rolling, crawling. Replicate basic demonstrations.  <b>DANCE</b>            Hear and respond to music. Move using simple movements to music.</p>	<p><b>F1 - SUMMER</b>  <b>SPEED, AGILITY AND TRAVEL</b>            Variety of rolling/ sliding. Range of jumps/ take offs and landings. Hands and feet combinations.  <b>MANIPULATION AND CO-ORDINATION</b>            Introduce agility vocabulary eg move slowly, quickly, loudly, quietly</p>	<p><b>F2 – AUTUMN</b>  <b>BODY MANAGEMENT 1/2</b>            Control of body parts, stretch, reach, extend, perform specific movements. Rolling/ sliding, jumping, take-off and landing, hands and feet in different combinations  <b>COOPERATE AND SOLVE PROBLEMS 1/2</b>            Sort common equipment, solve problems around them. Follow instructions, solve problems using equipment.</p>	<p><b>F2 - SPRING</b>  <b>GYMNASTICS 1/2</b>            Movements eg jumping, sliding, rolling over and under apparatus. Gross motor and coordination. Learn shapes, balances and rolls. Begin to link actions.  <b>DANCE 1/2</b>            Recognise actions/ movements can be performed to music. Copy, repeat and perform. Count and move to beats of 8. Partner/ group work.</p>	<p><b>F2 - SUMMER</b>  <b>SPEED, AGILITY AND TRAVEL 1/2</b>            Change direction at speed, choice and instruction. Changes in speed (actions). Agility based activities, recognise differences between more actions (eg softly, powerfully). Relate to music and percussion beats.  <b>MANIPULATION AND CO-ORDINATION 1/2</b>            Send/ receive variety of objects with different body parts. Throwing and catching. Control objects in a space. Coordinate body parts.</p>
--	---	--	---	---	---

<p><b>Y1 – AUTUMN</b>  <b>OAA</b>            Following instructions, matching symbols, partner challenge            Lessons 1,2,4</p>	<p><b>Y1 – SPRING</b>  <b>GYMNASTICS 1/2</b>            Simple gymnastics actions/ shapes. Apply basic strength. Link into a sequence. Begin to carry simple apparatus. Range of</p>	<p><b>Y1 - SUMMER</b>  <b>RUN/JUMP/THROW 1/2</b>            Link running and jumping. Refine running, throwing techniques.            Increase stamina and core strength. Collaborative</p>	<p><b>Y2 – AUTUMN</b>  <b>OAA</b>            Teamwork problem solving, copy and create movement pattern, blindfold trust.            (Lessons 1,3,4)</p>	<p><b>Y2 – SPRING</b>  <b>GYMNASTICS 1/2</b>            Combine elements into a floor sequence.            Create power in jumps. Take weight in hands and move in different ways. Use</p>	<p><b>Y2 - SUMMER</b>  <b>RUN/JUMP/THROW 1/2</b>            Move quickly – awareness of others, create power, speed and control, best throw, quick feet, static and dynamic balances. Run over</p>
---	--	---	--	--	--

<p><b>ATTACK/ DEFEND/SHOOT 1/2</b> Hit a target (throw), Defend a target, intercept, roll/slide balls/ beanbags, shoot, Introduce concept of a game, simple defence tactics, balance for control, aim at different targets. Game situation dependent on cohort (eg 2v2/ 3 v 3).</p> <p><b>DANCE 1/2</b> Respond to a range of stimuli. Space, direction and level, speed, different body parts. Introduce movement patterns and link actions to make movement phrases.</p>	<p>recognised point balances. Turn, twist, rock, roll.</p> <p><b>SEND / RETURN 1/2</b> Send an object with hand or bat. Move towards a moving ball. Send/ return balls. Track/ intercept/ stop objects.</p> <p>Improving agility, balance, coordination</p>	<p>working. Improve strength, balance, agility, co-ordination.</p> <p><b>HIT/CATCH/RUN 1/2</b> Hit objects with hand/bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects. Hit a ball off an object eg cone. Introduce early fielding retrieving ball and placing back on base.</p>	<p><b>ATTACK/DEFEND/SHOOT 1/2</b> Send/ receive feet, dribbling, passing, body control, equipment control, simple tactics, recognising quality of self and others. Basic attacking play, 4 v 3</p> <p><b>DANCE 1/2</b> Describe transitions from shapes and balances. Move imaginatively responding to music, working as part of a group creating and performing. Sophisticated formations individually. Copy, repeat and create dance actions.</p>	<p>flexibility in a bridge. Perform a teddy roll. Reveal walk in a sequence. Perform movements, strength in back support, frog jump, leap frog, L sit. Rhythm and flow to a sequence.</p> <p><b>SEND/RETURN 1/2</b> Introduce the concept of opposition, tennis racquet, basic rally.</p>	<p>longer distances, improve strength, create power, breathing techniques, cooperate with a partner, listen to others and work as a team.</p> <p><b>HIT/CATCH/RUN 1/2</b> Develop hitting skills variety of bats, Feeding / bowling skills, Hit and run to score points in games.</p>
--	---	---	---	---	---

<p><b>Y3 – AUTUMN</b> <b>OAA</b> Communication – complete a task/ challenges, working with others, map reading, routes on maps, trust based activities.</p> <p><b>FOOTBALL</b> Send with some accuracy, keeping possession, passing, building attacking play, basic rules, shoot, pass, dribble.</p> <p><b>HOCKEY</b></p>	<p><b>Y3 - SPRING</b> <b>GYMNASTICS (1/2)</b> <b>HANDBALL</b> Pass/ catch effectively and accurately, blocking and intercepting, passes to attack, move into a space in a game.</p> <p><b>TAG RUGBY</b> Short pass in a game, understand tag protocol in games, agility to evade being tagged, backward pass, introduction to</p>	<p><b>Y3 - SUMMER</b> <b>ATHLETICS</b> Jumping and hopping sequences, run – different speeds, approach and jump hurdles, pull- throw technique for javelin, skipping techniques, keeping a score accurately.</p> <p><b>BADMINTON</b> Rules of badminton, Serve, forehand hitting.</p> <p><b>CRICKET</b> Hit stationary ball- straight drive, bowl under arm,</p>	<p><b>Y4 –AUTUMN</b> <b>OAA</b> Collaboration, problem solving, blindfolded trust, points of compass, orienteering, partner work courses and maps, symbols from a key.</p> <p><b>FOOTBALL</b> Defensive skills (marking, tackling), passing and trapping, different directions/ parts of feet, passing for distance, evaluating skills,</p>	<p><b>Y4 – SPRING</b> <b>GYMNASTICS (1/2)</b> <b>BASKETBALL</b> Change direction – crossover dribble. Person to person marking to stop ball. Bounce pass, jump shot, passing and moving with a team mate.</p> <p><b>TAG RUGBY</b> Creating an attack as a team, accurate passing, start of an attack, keep possession, change of</p>	<p><b>Y4 - SUMMER</b> <b>ATHLETICS</b> Challenge ourselves in range of tasks, accelerate, run and jump-one footed take off, sling action throw (discus), exchange baton, application in competition.</p> <p><b>SWIMMING</b> 25m</p> <p><b>BADMINTON</b> Forehand and backhand- explore and apply. Trick shots.</p> <p><b>CRICKET</b></p>
---	---	--	---	--	--

<p>Manipulate objects (stick and ball) with safety and control, game-based agility, play in hockey type invasion game.</p> <p><b>DANCE (1/2)</b></p> <p>Practise and put together a performance.</p> <p>Perform using facial expression.</p> <p>Perform with a prop.</p> <p>Improvisation.</p> <p>Compositional ideas to dance solo, diet and in a group.</p>	<p>defending- close down space.</p>	<p>correct footwork to strike, stop moving ball, throw over arm, perform as wicket keeper.</p> <p><b>ROUNDERS</b></p> <p>Different roles and rules in rounders.</p> <p>Hit moving ball- straight drive.</p> <p>Play in a game.</p>	<p>implementing skills in a game.</p> <p><b>HOCKEY</b></p> <p>Basic hockey skills – dribbling/ pushing, basic rules of hockey, apply tactics in a game situation, increase speed and agility.</p> <p><b>DANCE (1/2)</b></p> <p>Freeze frames in routines.</p> <p>Practise and perform different formations in dance.</p> <p>Communicating one simple theme to an audience.</p>	<p>speed, create attacking opportunities.</p>	<p>Hit ball different directions, Anticipate when to run to score singles, intercept a moving ball, bowl overarm, pull shot, field bouncing ball.</p>
---	-------------------------------------	--	--	---	---

<p><b>Y5- AUTUMN</b></p> <p><b>OAA (3 Lessons)</b></p> <p>Communicating, blindfold partner, designated route, speed, safety, recall navigation and destinations.</p> <p><b>FOOTBALL</b></p> <p>Position and formation, attack and defence tactics, movements at speed, turn with a ball, restricted positions, changing positions.</p> <p><b>HOCKEY</b></p> <p>Combine skills (eg dribbling and push pass), select and apply skills in a game, different positions, increase power and strength of</p>	<p><b>Y5 – SPRING</b></p> <p><b>GYMNASTICS (1/2)</b></p> <p><b>BASKETBALL</b></p> <p>Blocking to stop shooting, Front pivot, forward pass, wing play to build attack as a team, one-handed push, create space using box-out, triple-threat position.</p> <p><b>NETBALL</b></p> <p>Appropriate passing, finding space, dodging techniques, pivoting and quick turns, closer shooting positions, react and move quickly.</p>	<p><b>Y5 - SUMMER</b></p> <p><b>ATHLETICS</b></p> <p>Run for speed/ distance individually and team, different jumping styles, jumping further, develop push-throw, exchange baton – restricted area, STEP principles.</p> <p><b>TENNIS</b></p> <p><i>Rules of tennis, serve, forehand serve.</i> Volley and overhead shots, New shots in game situation, tennis rules, play with others – competitive game.</p> <p><b>CRICKET</b></p> <p>Link a range of skills in combination, team choose, use and adapt rules in a</p>	<p><b>Y6 –AUTUMN</b></p> <p><b>OAA (3 Lessons)</b></p> <p>Orientate a map, scavenger hunt, pyramid balances</p> <p><b>FOOTBALL</b></p> <p>Choosing attacking and defending strategies, recognising and describing good performance, devise and teach drills, speed, accuracy, penalty shoot.</p> <p><b>HOCKEY</b></p> <p>Choose/ implement strategies and tactics.</p> <p>Combine skills at speed.</p> <p>Recognise and describe good individual and team performance.</p> <p><b>DANCE (1/2)</b></p>	<p><b>Y6 -SPRING</b></p> <p><b>GYMNASTICS (1/2)</b></p> <p><b>BASKETBALL</b></p> <p>Counterattack – fast break, retreat dribble, free throw, v-cut, drive to the basket, 3-point shot, how different points are awarded.</p> <p><b>NETBALL</b></p> <p>Work as a team to improve group tactics, play within the rules, blocking skills, develop defensive skills.</p>	<p><b>Y6- SUMMER</b></p> <p><b>ATHLETICS</b></p> <p>Sprint start, 3 phases triple jump, heave throw technique, scissor jump, record and relay results, assess own ability.</p> <p><b>TENNIS</b></p> <p>Backhand shot – lob, Full tennis scoring system, develop doubles, play and tactics to improve.</p> <p><b>CRICKET</b></p> <p>Ring field, track and catch a high ball, short-pitched bowl, work in a pair to restrict runs, play an on-drive, set an attacking field.</p> <p><b>OAA (Residential)</b></p>
--	--	---	--	--	--

<p>passes, move ball over longer distances.  <b>DANCE (1/2)</b>  Perform different styles of dance fluently and clearly.  Refine and improve dances.  Adapt to include space rhythm and expression.  Inspire explosive action.  Owning and exploring new movement possibilities.</p>		<p>game, recognise power, flexibility apply to cricket.  <b>OAA(3 lessons)</b>  Communication recall from memory, challenging task, imagination, morse code - interpreting</p>	<p>Collaboration – more complex compositional ideas. Talk about different styles of dance with understanding, appropriate vocab. Demonstrate narrative. Show tension through pattern and formation.</p>		<p>Reef knot, designing a game, problem solving, refine and adapt a task.</p>
--	--	--	---	--	---