

Subject Overview | Physical Education

	R - Robins	1- Sparrows	2 - Owls	3 - Swans	4 - Kingfishers	5 - Herons	6 - Cranes
Autumn 1	Introduction to PE Units 1 and 2	Hockey OAA	Hockey OAA	Football OAA	Netball OAA	Football OAA	Netball OAA
Autumn 2	Gymnastics	Gymnastics Tag Rugby	Gymnastics Tag Rugby	Basketball Dance	Hockey Dance	Basketball Dance	Hockey Dance
Spring 1	Dance	Tennis Basketball	Tennis Basketball	Gymnastics *Swimming*	Tag Rugby Gymnastics	Tag Rugby Gymnastics	Tag Rugby Gymnastics
Spring 2	Ball Skills	Football Dance	Football Dance	Tennis *Swimming*	Tennis Dodgeball	Tennis Dodgeball	Tennis Dodgeball
Summer 1	Fundamentals	Athletics Fitness	Athletics Fitness	Athletics Tag Rugby	Athletics Handball	Athletics Handball	Athletics Handball
Summer 2	Games Sports Day Practice	Target Games Cricket Sports Day Practice	Target Games Cricket Sports Day Practice	Cricket Fitness Sports Day Practice	Rounders Fitness Sports Day Practice	Cricket Fitness Sports Day Practice	Rounders Fitness Sports Day Practice

PSD/Class Teacher | Physical Education



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	R	1	2	3	4	5	6
Autumn 1	<p>Introduction to PE Unit 1 In this unit, children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities, which will develop fundamental movement skills such as running, jumping, skipping.</p> <p>Introduction to PE Unit 2 Learn basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. Take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Play simple games and begin to understand and use rules.</p>	<p>Invasion games: Hockey Develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. Develop understanding of attacking and defending and what being 'in possession' means. Play uneven and even sided games. Learn how to score points in these types of games and how to play to the rules. Work independently, with a partner and in a small group and begin to self-manage own games, showing respect and kindness towards teammates and opponents.</p> <p>OAA/Team building: In this unit pupils develop their communication and problem solving skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They are given the opportunity to discuss and plan their ideas to get the most successful outcome.</p>	<p>Invasion games: Hockey Develop understanding of invasion games and the principles of defending and attacking. Use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands. Play uneven and even sided games. Learn how to score points in these types of games and learn the rules. Work independently, with a partner and in a small group and begin to self-manage own games, showing respect and kindness towards teammates and opponents.</p> <p>OAA/Team building: Pupils develop their communication and problem-solving skills. They work individually, in pairs and in small groups. Throughout, there is an emphasis on teamwork. They learn to discuss, plan and reflect on ideas and strategies. They lead a partner whilst considering safety. Pupils have the opportunity to show honesty and fair play.</p>	<p>Invasion games: Football Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition.</p> <p>OAA Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. Pupils learn to orientate a map, identify key symbols and follow routes.</p>	<p>Invasion games: Netball Learn to use a range of different passes in different situations to keep possession and attack towards goal. Learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. Learn key rules of the game such as footwork, held ball, contact and obstruction.</p> <p>OAA Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. Pupils learn to orientate a map, identify key symbols and follow routes.</p>	<p>Invasion games: Football Pupils will improve their defending and attacking play, developing further knowledge of the principles and tactics of each. Pupils will begin to develop consistency and control in dribbling, passing and receiving a ball. They will also learn the basics of goalkeeping. Pupils will evaluate their own and other's performances, suggesting improvements. They will learn the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees.</p> <p>OAA Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. Pupils are also given the opportunity to lead a small group. Pupils learn to orientate and navigate using a map.</p>	<p>Invasion games: Netball Develop defending and attacking play during even-sided 5-a-side netball. Learn to use a range of different passes to keep possession and attack towards a goal. Work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. Show control and fluency when passing, receiving and shooting the ball. Learn key rules of the game such as footwork, held ball, contact and obstruction. Develop understanding of the importance of fair play and honesty while self managing games.</p> <p>OAA Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. Pupils are also given the opportunity to lead a small group. Pupils learn to orientate and navigate using a map.</p>

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Autumn 2	<p>Gymnastics Explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling. Show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. Copy, create, remember and repeat short sequences. Begin to understand using levels and directions when traveling and balancing.</p>	<p>Gymnastics Use space safely and effectively. Explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. Select actions to build short sequences and develop confidence in performing. Begin to understand the use of levels, directions and shapes when travelling and balancing.</p> <p>Invasion games: Tag Rugby Develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. Develop understanding of attacking and defending and what being 'in possession' means. Play uneven and even sided games. Learn how to score points in these types of games and how to play to the rules. Work independently, with a partner and in a small group and begin to self-manage own games, showing respect and kindness towards teammates and opponents.</p>	<p>Gymnastics Develop basic gymnastic actions on the floor and using apparatus. Develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. Develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. Work safely with and around others and whilst using apparatus. Provide feedback to others and recognise elements of high quality performance.</p> <p>Invasion games: Tag Rugby Develop understanding of invasion games and the principles of defending and attacking. Use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands. Play uneven and even sided games. Learn how to score points in these types of games and learn the rules. Work independently, with a partner and in a small group and begin to self-manage own games, showing respect and kindness towards teammates and opponents.</p>	<p>Invasion games: Basketball Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball. Playing uneven and then move onto even sided games. Pupils will understand the importance of playing fairly and to the rules. They will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition as well as learn how to evaluate their own and others' performances.</p> <p>Dance Work individually, with a partner and in small groups, sharing ideas. Develop use of counting and rhythm. Learn to use canon, unison, formation and levels in their dances. Perform to others and provide feedback using key terminology.</p>	<p>Invasion games: Hockey Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They will begin to think about defending and winning the ball. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to be a supportive teammate and identify why this behaviour is important.</p> <p>Dance Create characters and narrative through movement and gesture. Gain inspiration from a range of stimuli, working individually, in pairs and small groups. How to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Develop confidence in performing and provide feedback and utilise feedback to improve.</p>	<p>Invasion games: Basketball Develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as defending skills to gain possession. Work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. Develop understanding of the importance of fair play and honesty while self managing games, as well as evaluating their own and others' performances.</p> <p>Dance Think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Develop an awareness of the historical and cultural origins of different dances. Create and perform their work. Provide feedback using the correct dance terminology and will use feedback to improve their work. Work safely with each other and show respect towards others.</p>	<p>Invasion games: Hockey In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self managing games.</p> <p>Dance Developing an idea or theme into dance choreography. Work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, dynamics. Choreograph, perform and provide feedback on dance. Use movement to convey ideas, emotions, feelings and characters. Pupils will show an awareness of keeping others safe. Lead others through short warm ups.</p>

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Spring 1	<p>Dance Explore space and how to use space safely. Explore travelling movements, shapes and balances. Choose actions in response to a stimulus. Copy, repeat and remember actions. Introduce counting to help keep in time with the music. Perform to others and begin to provide simple feedback.</p>	<p>Net and Wall: Tennis Learn the importance of the ready position in net and wall games. Develop throwing, catching and racket skills, learning to track and hit a ball. Learn to play against an opponent and over a net. Begin to use rules and simple tactics when playing against a partner. Demonstrate good sportsmanship and show respect towards others.</p> <p>Invasion games: Basketball Develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. Develop understanding of attacking and defending and what being 'in possession' means. Play uneven and even sided games. Learn how to score points in these types of games and how to play to the rules. Work independently, with a partner and in a small group and begin to self-manage own games, showing respect and kindness towards teammates and opponents.</p>	<p>Net and Wall: Tennis Develop the basic skills involved in net and wall games. Develop an understanding of the principles of net and wall games such as using the ready position to defend a space and sending the ball away from an opponent to maximise chances of scoring. Learn to play games honestly, abiding by the rules and showing respect towards opponents and teammates.</p> <p>Invasion games: Basketball Develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. Develop understanding of attacking and defending and what being 'in possession' means. Play uneven and even sided games. Learn how to score points in these types of games and how to play to the rules. Work independently, with a partner and in a small group and begin to self-manage own games, showing respect and kindness towards teammates and opponents.</p>	<p>Gymnastics Improving the quality of gymnastic movements. Introduce terms: 'extension' and 'body tension.' Develop basic skills of rolling, jumping and balancing and use them individually and in combination. Develop sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Develop confidence to perform, considering quality & control of actions.</p> <p>Swimming This unit is aimed at developing swimmers. In this unit, pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.</p>	<p>Invasion games: Tag Rugby In this unit pupils will learn to keep possession of the ball using attacking skills. They will play uneven and then even sided games, developing strategies and social skills to self-manage games. Pupils will understand the importance of playing fairly and keeping to the rules. Pupils will think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances and suggest improvements.</p> <p>Gymnastics Create more complex sequences. Learn a wider range of travelling actions and include the use of pathways. Develop more advanced actions such as inverted movements and explore ways to include apparatus. Demonstrate control in behaviour to create a safe environment for themselves and others to work in. Work independently and with a partner to create and develop sequences. Receive and provide feedback in order to make improvements on performances. Develop performance skills considering the quality and control of their actions.</p>	<p>Invasion Games: Handball In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In tag rugby pupils do this by maintaining possession and moving the ball towards the try line to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.</p> <p>Gymnastics Create longer sequences individually, with a partner and a small group. Learn a wider range of actions such as inverted movements to include cartwheels and handstands. Explore partner relationships such as canon and synchronisation and matching and mirroring. Receive and provide feedback in order to make improvements on performances. Develop performance skills considering the quality and control of their actions.</p>	<p>Invasion games: Tag Rugby In this unit pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self managing games, as well as developing their ability to evaluate their own and others' performances.</p> <p>Gymnastics Use knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. Build trust when working collaboratively in larger groups, using formations to improve the aesthetics of performances. Receive and provide feedback in order to make improvements on performances. Develop performance skills considering the quality and control of their actions.</p>

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Spring 2	<p>Ball skills Develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Develop fine and gross motor skills through a range of game play using a variety of equipment. Work independently and with a partner.</p>	<p>Invasion games: Football Develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. Develop understanding of attacking and defending and what being 'in possession' means. Play uneven and even sided games. Learn how to score points in these types of games and how to play to the rules. Work independently, with a partner and in a small group and begin to self-manage own games, showing respect and kindness towards teammates and opponents.</p> <p>Dance Explore travelling actions, movement skills and balancing. Understand why it is important to count to music. Copy and repeat actions linking them together to make short dance phrases. Work individually and with a partner to create ideas in relation to the theme. Perform and also to provide feedback, beginning to use dance terminology to do so.</p>	<p>Invasion games: Football Develop understanding of invasion games and the principles of defending and attacking. Use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands. Play uneven and even sided games. Learn how to score points in these types of games and learn the rules. Work independently, with a partner and in a small group and begin to self-manage own games, showing respect and kindness towards teammates and opponents.</p> <p>Dance Explore space and how their body can move to express and idea, mood, character or feeling. Expand knowledge of travelling actions and use them in relation to a stimulus. Build on their understanding of dynamics and expression. Use counts of 8 consistently to keep in time with the music and a partner. Explore pathways, levels, shapes, directions, speeds and timing. Work independently and with others to perform and provide feedback beginning to use key terminology.</p>	<p>Net and Wall: Tennis Develop the key skills required for tennis such as the ready position, racket control and hitting a ball. Learn how to score points and how to use skills, simple strategies and tactics to outwit the opposition. Play games independently and understand the importance of being honest whilst playing to the rules.</p> <p>Swimming This unit is aimed at developing swimmers. In this unit, pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.</p>	<p>Net and Wall: Tennis Develop the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes. Learn how to score points and how to use skills, strategies and tactics to outwit the opposition. Play games independently and learn the importance of being honest whilst playing to the rules.</p> <p>Target Games: Dodgeball In this unit pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to outwit their opponents. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.</p>	<p>Net and Wall: Tennis Develop competencies in racket skills when playing Tennis. Learn specific skills such as a forehand, backhand, volley and underarm serve. Work cooperatively with others and show honesty and fair play when abiding by the rules. Develop tactical awareness, learning how to outwit an opponent.</p> <p>Target Games: Dodgeball In this unit pupils improve on key skills used in dodgeball such as throwing, dodging, jumping and catching. They learn how to select and apply tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.</p>	<p>Net and Wall: Tennis Develop racket skills when playing tennis. Learn specific skills such as a forehand, backhand, volley and underarm serve. Develop tactical awareness including how to play with a partner and against another pair. Show respect for their teammates as well as their opponents when self managing games. Reflect on their own and other's performances and identify areas to improve.</p> <p>Target Games: Dodgeball In this unit pupils improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to select and apply tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils are given opportunities to evaluate and suggest improvements to their own and others' performances.</p>

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Summer 1	<p>Fundamentals In this unit children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They will learn how to stay safe using space, working independently and with a partner.</p>	<p>Athletics In this unit, pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently.</p> <p>Fitness In this unit, pupils develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best.</p>	<p>Athletics In this unit, pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop.</p> <p>Fitness Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time.</p>	<p>Athletics In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. Pupils are also given opportunities to measure, time and record scores.</p> <p>Invasion Games: Tag Rugby In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In tag rugby pupils do this by maintaining possession and moving the ball towards the try line to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules.</p>	<p>Athletics In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</p> <p>Invasion games: Handball In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In handball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.</p>	<p>Athletics In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others. In this unit pupils learn the following athletic activities: running over longer distances, sprinting, relay, triple jump, shot put and javelin.</p> <p>Invasion games: Handball In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In handball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.</p>	<p>Athletics Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others. Learn the following athletic activities: long distance running, sprinting, triple jump, discus and shot put.</p> <p>Invasion games: Handball Pupils will develop key skills of attacking and defending such as throwing, catching, dribbling, intercepting and shooting. Pupils use these skills to maintain possession of the ball and to create scoring opportunities in attack. They will develop defending principles such as gaining possession of the ball, denying space and stopping goals. They will be encouraged to work collaboratively to develop strategies and tactics in both attack and defence. They develop their understanding of the rules and the importance of fair play and honesty whilst self-managing matches. They will improve their ability to evaluate their own and others' performance.</p>

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Summer 2	<p>Games In this unit, children will develop their understanding of playing games through the topic of 'transport'. Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.</p>	<p>Target Games In this unit pupils will develop their aim using both underarm and overarm actions. Pupils will be given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe.</p> <p>Striking/fielding: Cricket Develop basic understanding of striking and fielding games such as Rounders and Cricket. Learn throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. Play one against one, one against two, and one against three. Learn how to score points and how to use simple tactics. Learn the rules of the games and use these to play fairly. Show respect towards others when playing competitively and develop communication skills.</p>	<p>Target games Pupils develop their understanding of the principles of target games. Pupils learn how to score points and play to the rules. They develop the skills of throwing, rolling, kicking and striking to targets. They begin to self-manage their own games selecting and applying the skills they have learnt appropriate to the situation.</p> <p>Striking/fielding: Cricket Develop an understanding of the principles of striking and fielding games. Develop the skills of throwing and catching, tracking and retrieving a ball and striking a ball. Begin to self-manage small sided games. Learn how to score points and play to the rules. Begin to think about how to use skills, strategies and tactics to outwit the opposition appropriate to the situation.</p>	<p>Striking/fielding: Cricket How to strike the ball into space to score runs. When fielding, how to keep the batters' scores low. How to use skills, strategies and tactics to outwit the opposition. Work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p> <p>Fitness In this unit pupils are exposed to a range of activities that explore and develop different areas of their health and fitness. Pupils will learn that being fit means having strong, healthy bodies and more energy for everyday life activities. They will practice various activities using fundamental movement skills, such as running and jumping to improve their strength and fitness. This unit will also highlight how regular physical activity boosts their focus in school and overall happiness.</p>	<p>Striking/fielding: Rounders Learn how to score points by striking a ball into space and running around cones or bases. When fielding, learn how to play in different fielding roles. Develop throwing, catching and batting skills. How to use skills, strategies and tactics to outwit the opposition. Work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p> <p>Fitness In this unit pupils will take part in a range of activities that explore and develop different areas of their health and fitness. Pupils will be given opportunities to work at their maximum and improve their fitness levels, recognising how the activities make them feel. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control.</p>	<p>Striking/fielding: Cricket Pupils develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder and batter. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to avoid fielders, so that they can run between wickets to score runs. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p> <p>Fitness Pupils will take part in a range of activities that explore and develop their strength, stamina, speed, co-ordination, balance, and agility. They will learn how each component of fitness will help them in other games. They will be given opportunities to apply these components of fitness in small games and practice each one through targeted exercises. Pupils will be given opportunities to assess their progress using the skills and knowledge acquired.</p>	<p>Striking/fielding: Rounders Develop the quality and consistency of fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. Learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. How to use skills, strategies and tactics to outwit the opposition. Work with a partner and group to organise and self-manage games. Play with honesty and fair play when playing competitively.</p> <p>Fitness In this unit pupils will take part in a range of activities that explore and develop different areas of their health and fitness. They will learn different components of fitness including speed, stamina, strength, co-ordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve on their personal fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas in which they make the most improvement using the data they have collected.</p>