



Reception/Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Lesson 1 Fundamental skills OAA</p> <p>-Working individually and with others -coordination</p>	<p>Lesson 1 Multi-skills</p> <p>Fundamentals of movement (agility, balance, coordination)</p> <p>-Leading to running, skipping and jumping</p> <p>(theme based)</p>	<p>Lesson 1 Dance</p> <p>-move to music -copy dance moves</p>	<p>Lesson 1 Multi-skills</p> <p>Fundamentals of movement</p> <p>-Leading to hopping, skipping and running</p>	<p>Lesson 1 Activities leading to invasion games</p> <p>-working with others within teams (small team games)</p>	<p>Lesson 2 Activities leading towards athletics</p> <p>-Running and throwing skills to be developed</p>
<p>Lesson 2 Activities leading to Net/Wall games</p> <p>(tennis)</p> <p>-develop throwing and catching -develop coordination</p>	<p>Lesson 2 Multi-skills</p> <p>Develop coordination</p> <p>Moving with a ball with hands and feet (using equipment)</p>	<p>Lesson 2 Activities leading to gymnastics</p> <p>-agility, balance and coordination -control body</p>	<p>Lesson 2 Activities leading to gymnastics</p> <p>-agility, balance and coordination -roll, curl, travel in different ways</p>	<p>Lesson 2 Swimming</p>	<p>Lesson 2 Bat and ball skills</p> <p>-Leading to games -throw underarm -develop coordination -hit a bat with a ball</p>



Activities leading to

Year 1 /2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Lesson 1 OAA -Working individually and with others -coordination</p>	<p>Lesson 1 Activities developing basic invasion games -moving with the ball -throw and catch -throw and kick -find a space to be in during a game</p>	<p>Lesson 1 Dance -copy dance moves and perform own dance -Perform using a range of simple movements</p>	<p>Lesson 1 Swimming</p>	<p>Lesson 1 Activities developing basic skills in invasion games -begin to understand attacking/defending</p>	<p>Lesson 2 Activities developing basic skills in athletics -throwing and running skills to be developed -competing against self and others -basic jumping for distance and height</p>
<p>Lesson 2 Activities developing basic net and wall skills (tennis) -throwing and catching -develop coordination -hit the ball with the bat</p>	<p>Lesson 2 Multi-skills Fundamentals of movement (agility, balance, coordination) -Leading to running, jumping, throwing and catching</p>	<p>Lesson 2 Activities developing basic skills in gymnastics -agility, balance and coordination -rolling and moving in different ways</p>	<p>Lesson 2 Activities developing basic skills in gymnastics -agility, balance and coordination -create and perform a sequence -develop basic jumps</p>	<p>Lesson 2 Activities developing basic skills in striking /fielding -develop throwing and catching skills -aiming at a target</p>	<p>Lesson 2 Activities developing basic skills in invasion games -develop understanding of attacking and defending in small team games -follow simple rules</p>

Developing basic skills



Year 2/3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Lesson 1 OAA</p> <p>-Complete challenges individually and as a team -use clues to follow a map</p>	<p>Lesson 1 Developing skills in invasion games</p> <p>Equipment on the floor (football/hockey)</p> <p>- develop understanding of attacking and defending in small team games -know and follow rules fairly</p>	<p>Lesson 1 Swimming</p>	<p>Lesson 1 Dance</p> <p>-dance with control and coordination -share and create phrases with a partner or small group</p>	<p>Lesson 1 Developing skills in net/wall games</p> <p>(tennis) -use bat and ball with control -follow rules fairly -aware of space</p>	<p>Lesson 2 Developing skills in Invasion games</p> <p>Equipment in hand (eg. tag rugby/netball)</p> <p>-play simple competitive games 2v2, 3v3 -know and follow rules fairly</p>
<p>Lesson 2 Developing skills in invasion games</p> <p>-apply basic principles for passing and moving with a ball</p>	<p>Lesson 2 Developing skills in net/wall</p> <p>-throw and catch with control -follow rules</p>	<p>Lesson 2 Developing skills in gymnastics</p> <p>-Develop strength, balance and flexibility -adapt sequences to suit different apparatus and criteria -develop jumping</p>	<p>Lesson 2 Developing fitness</p> <p>Yoga/circuits/cross fit</p> <p>-develop a range of skills through fitness -flexibility, strength and balance</p>	<p>Lesson 2 Developing skills in striking and fielding</p> <p>-hitting a target -bat and bowl</p>	<p>Lesson 2 Developing skills in athletics</p> <p>-develop running speed, throwing -begin to compare their performance with previous ones -develop jumping for height and distance</p>



Developing skills

Year 4/5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Lesson 1 OAA</p> <ul style="list-style-type: none"> -Complete challenges individually and as a team -follow a more demanding map (timed) 	<p>Lesson 1 Developing skills in invasion games</p> <p>Equipment on the floor (football/hockey)</p> <ul style="list-style-type: none"> -pass in different ways - gain/keep possession by working as a team -use techniques to pass, dribble and shoot 	<p>Lesson 1 Developing fitness</p> <p>Yoga/circuits/cross fit</p> <ul style="list-style-type: none"> -develop a range of skills through fitness -flexibility, strength, control and balance 	<p>Lesson 1 Dance</p> <ul style="list-style-type: none"> -lead, share and create phrases -perform using movements and patterns with a partner and small group 	<p>Lesson 1 Developing skills in net/wall games (tennis)</p> <ul style="list-style-type: none"> -Use forehand and backhand with a racket -play small sided games 1v1, 2v2 	<p>Lesson 2 Developing skills in striking and fielding</p> <ul style="list-style-type: none"> -bat, strike and bowl --field -gain possession by working as a team - competitive game
<p>Lesson 2 Developing skills in invasion games</p> <ul style="list-style-type: none"> -apply principles for attacking/defending -use tactics -competitive games 	<p>Lesson 2 swimming</p>	<p>Lesson 2 Developing skills in gymnastics</p> <ul style="list-style-type: none"> -Develop strength, control, balance and flexibility -work with a partner to create and improve a sequence -develop a range of jumps 	<p>Lesson 2 Developing skills in net/wall games</p> <ul style="list-style-type: none"> -hit the ball accurately with control -pass in different ways 	<p>Lesson 2 Developing skills in Invasion games</p> <p>Equipment in hand (eg. tag rugby/netball)</p> <ul style="list-style-type: none"> - pass in different ways - gain/keep possession by working as a team -use techniques to pass and shoot 	<p>Lesson 2 Developing skills in athletics</p> <ul style="list-style-type: none"> -develop control, speed, accuracy for throwing -compare their performances with previous ones and demonstrate improvement -develop jumping (triple jump)



Small sided games

Developing skills

Year 5/6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Lesson 1 OAA</p> <ul style="list-style-type: none"> -Complete challenges individually and as a team -use clues and compass to navigate route -plan a route with clues for someone else 	<p>Lesson 1 Invasion games</p> <ul style="list-style-type: none"> -tactics for attacking and defending -Using space -competitive games -adapt and develop a broader range of skills 	<p>Lesson 1 Invasion Games</p> <ul style="list-style-type: none"> -play to agreed rules -umpire -gain more in-depth knowledge on how to improve their games 	<p>Lesson 1 Striking and fielding</p> <ul style="list-style-type: none"> -play with rules - umpire -play competitive games -lead others in game situation 	<p>Lesson 1 Dance</p> <ul style="list-style-type: none"> -make and develop complex sequences -refine and perform a range of movements as a group 	<p>Lesson 2 Net/wall games (tennis)</p> <ul style="list-style-type: none"> -Use forehand and backhand with a racket -play small sided games with agreed rules
<p>Lesson 2 Swimming</p> <ul style="list-style-type: none"> -swim competently, confidently and proficiently over at least 25 metres -range of strokes -perform self-rescue in different water-based situations -stamina 	<p>Lesson 2 Net/wall games</p> <ul style="list-style-type: none"> -play with rules - umpire -play competitive games -communicate 	<p>Lesson 2 Gymnastics</p> <ul style="list-style-type: none"> -flexibility, strength technique, control and balance -combine my work with that of others -make complex extended sequences - jumping 	<p>Lesson 2 Fitness Yoga/circuits/cross fit</p> <ul style="list-style-type: none"> -develop a range of skills through fitness -flexibility, strength technique, control and balance 	<p>Lesson 2 Athletics</p> <ul style="list-style-type: none"> -improve techniques for running, jumping and throwing -compare their performances with previous ones and demonstrate improvement -improve jumping (triple jump) + peer assess 	<p>Lesson 2 Swimming</p> <ul style="list-style-type: none"> -swim competently, confidently and proficiently over at least 25 metres -range of strokes -perform self-rescue in different water-based situations -stamina

Christ Church CEVC Primary School

PE Long Term Plan



Game specific learning

Sports application small sided games

Net and wall games

Tennis

Badminton

Table tennis

Volleyball

Invasion games (attack an opponent)

Netball

Football

Tag rugby

Hockey

Basketball

Strike/field games

Rounders

Cricket

Softball

Baseball