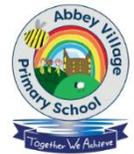


PE long-term plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sunnyhurst Cycle A						
Lesson 1 Year1	<p>Fundamental Skills 5 key skills Jumping, Hopping, Underarm throw, Rolling a ball & catching.</p> <p>Baseline assessment Fundamental skills. Lost and found planning (adapt to suit topic being taught if required)</p>	<p>Multi Skills Developing fundamental skills. Fundamental movement skills for KS1 Work on skills taken from baseline assessment targeted for your class.</p>	<p>Dance linked to topic. Change of direction and speed.</p> <p>Create, perform, and share short dances based on themes linked to class topic.</p>	<p>Gymnastics Explore and develop the skills, actions and movements in the following areas: Travelling, Jumping, Balancing, Rocking and Rolling. Children to create a gymnastic sequence on floor, mats and apparatus by linking two gymnastic shapes through rolling, travelling or jumping</p>	<p>Games Developing fundamental skills</p> <p>Children develop basic game-playing skills relevant to class and children's needs.</p>	<p>Athletics Activities linked to the development of running, jumping and throwing.</p> <p>Developing Athletics skills: Running, Jumping, throwing catching and apply these individually and in team games Sports day activities</p>
Lesson 2	<p>Fundamental Skills 5 key skills Jumping, Hopping, Underarm throw, Rolling a ball & catching.</p> <p>Baseline assessment Fundamental skills.</p>	<p>Multi Skills Developing fundamental skills. Fundamental movement skills for KS1 Work on skills taken from baseline assessment targeted for your class.</p>	<p>Multi Skills Developing fundamental skills Fundamental movement skills for KS1 Work on skills taken from baseline assessment targeted for your class.</p>	<p>Balance Bikes Developing gross motor skills and balance. Fundamental movement skills for KS1 Work on skills taken from baseline assessment targeted for your class.</p>	<p>Multi Skills Developing fundamental skills Fundamental movement skills for KS1 Work on skills taken from baseline assessment targeted for your class.</p>	<p>Multi Skills Developing fundamental skills Fundamental movement skills for KS1 Work on skills taken from baseline assessment targeted for your class.</p>

PE long-term plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Anglezarke Cycle A						
Lesson 1 Year 3	<p>Baseline assessment Fundamental skills. Invasion games Continue to develop pupils throwing and catching skills and their skills in finding space to keep the ball. They learn to develop simple attacking skills in a 3V1 invasion game</p>	<p>Fundamental movement skills for KS1 Work on skills taken from baseline assessment targeted for your class</p>	<p>Gymnastics Children to create a gymnastic sequence on floor, mats and apparatus by linking a roll, a balance, a jump and travel. Children focus on improving the quality of their movement, eg by stretching fingers and pointing toes, to help them produce extension. They plan and perform sequences actions, and develop flow by linking actions smoothly</p>	<p>Gymnastics Children to create a gymnastic sequence on floor, mats and apparatus by linking a roll, a balance, a jump and travel. Children focus on improving the quality of their movement, eg by stretching fingers and pointing toes, to help them produce extension. They plan and perform sequences actions, and develop flow by linking actions smoothly</p>	<p>Games Develop simple tactics for attacking and defending and Improve and apply skills, strategies and tactics to outwit opponents. Striking and fielding Children learn how to throw or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down</p>	<p>Athletics Developing Athletics skills: Running, Jumping, throwing catching and apply these individually and in team games. Developing understanding of personal best performance. Sports day activities Developing Athletics skills: Running, Jumping, throwing skills with improvements in flexibility strength, technique, control and balance.</p>
Lesson 2	<p>Baseline assessment Fundamental skills Net and Wall Children focus on developing the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent</p>	<p>Invasion Games Improve and apply basic skills in games that demand simple choice and decisions on how to use space to avoid opponents, keep the ball and score points.</p>	<p>Dance Working individually and in pairs, they compose a short dance to music that involves them travelling speeding up, slowing down and using different pathways. Develop actions and phrases of movement, linking them to a theme using expression and choreography.</p>	<p>Dance Working individually and in pairs, they compose a short dance to music that involves them</p> <p>Swimming Y3 Children will be taught to swim competently, confidently and proficiently over a distance of at least 25metres.</p>	<p>Athletics Developing Athletics skills: Running, Jumping, throwing catching and apply these individually and in team games. Developing understanding of personal best performance. Sports day activities</p> <p>Swimming Y3</p>	<p>Games Develop simple tactics for attacking and defending and Improve and apply skills, strategies and tactics to outwit opponents.</p> <p>Swimming Y3 Children will be taught to swim competently, confidently and proficiently over a distance of at least 25metres.</p>



PE long-term plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Roddlesworth Cycle A						
Lesson 1 <div style="background-color: #d9d9d9; padding: 2px;">Year 5</div> <div style="background-color: #d9d9d9; padding: 2px;">Year 6</div>	<p>Net and Wall In net/wall games, players achieve this by sending a ball (or other implement) towards a court or target area which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it. Children to develop the range and quality of their skills when playing games using rackets. They also learn specific tactics and skills for games such as short tennis.</p>	<p>Dance Develop actions and phrases of movement, linking them to a theme using expression and choreography</p>	<p>Gymnastics Children to develop the skills with control and precision and combine these skills to create a sequence for a competition at Level 1. The unit then will support children working in pairs to plan and perform sequences. Children create longer sequences to perform for an audience. They learn a wider range of actions and explore more difficult ways to perform. Children use their knowledge of compositional principles, eg how to use variations in speed, level and direction, how to combine and link actions, how to relate to partners and apparatus, to develop sequences that show an awareness of their audience. Group dynamics core task</p>	<p>Orienteering Individual and team activities focussing on problem solving, team work and communication. designing and using maps.</p>	<p>Athletics Developing Athletics skills: Running, Jumping, throwing skills with improvements in flexibility strength, technique, control and balance.</p>	<p>Striking and fielding In striking and fielding games, players achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run between wickets or around bases to score runs. When fielding, they try to prevent runs or points being scored. In these Y5/6 core tasks children develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, wicketkeeper, backstop, fielder and batter. Rounders/cricket Play modified competitive games thinking about how to use skill, strategies and tactics applying basic principles of attacking and defending. Rounders/Cricket</p>



PE long-term plan

<p style="text-align: center;">Lesson 2</p> <p style="text-align: center;">Year 5</p> <p style="text-align: center;">Year 6</p>	<p style="text-align: center;">Invasion games</p> <p>The aim of this unit is to develop a broader range of skills using a range of equipment. The children will learn simple attacking tactics with uneven sides i.e. 4V2.</p> <p>On the attack core task</p>	<p style="text-align: center;">OAA</p> <p>Individual and team activities focussing on problem solving, team work and communication. designing and using maps.</p>	<p style="text-align: center;">Invasion games</p> <p>The aim of this unit is to develop a broader range of skills using a range of equipment. The children will learn simple attacking tactics with uneven sides i.e. 4V2.</p> <p>Children learn how to work well as a team when attacking, and explore a range of ways to defend through modified mini versions of invasion games., i.e. 5V3, 5V4.</p> <p>Children start to play even-sided miniversions of invasion games In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal' 4v4, 5v5</p>	<p style="text-align: center;">Swimming</p> <p>Children will be taught to swim competently, confidently and proficiently over a distance of at least 25metres.</p>	<p style="text-align: center;">Swimming</p> <p>Children will be taught to swim competently, confidently and proficiently over a distance of at least 25metres.</p>	<p style="text-align: center;">Swimming</p> <p>Children will be taught to swim competently, confidently and proficiently over a distance of at least 25metres.</p>
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