



# Newton-le-Willows Primary School

Nurture the Potential to Succeed



## PE Long Term Plan 2023-2024

	Autumn	Spring	Summer
<b>Year Nur</b>	<p><b>Physical Development (gross motor)</b></p> <p>In this unit, Children will begin to develop their movement, balancing, and riding skills, using bikes and scooters. The children will begin to use large muscle movements in order to wave equipment such as flags and streamers. Children will begin to increasingly follow rules when using bikes and start to do this independently. (PSED) The children will become increasingly independent when undressing or dressing, such as putting on their own coat and doing up zips when going outdoors. (PD)</p>	<p>In this unit, children will begin carefully navigate themselves around an obstacle course. They will go up steps with care using alternate feet. Children will begin to match their developing physical skills to tasks and activities to make their way over the obstacle course. They will decide an appropriate movement, such as crawling, walking or running, based on the size of equipment used (PD).</p> <p>Children will collaborate with others when using large items, in order to create their own obstacle courses. Children will begin to increasingly follow and understand rules when using equipment and do this independently (PSED). Children will begin to take part in group activities which they may make up themselves.</p> <p>The children will become increasingly independent when undressing or dressing, such as putting on their own coat and doing up zips when going outdoors. (PD)</p>	<p>In this unit, children will use music to express themselves. They will listen to music and respond to what they have heard, expressing their thoughts and feelings through movement and dance. Children will continue to manage their movement and balancing skills in order to hop, skip and stand on one leg in order to hold a pose.</p>
<b>Year Rec</b>	<p><b>Ball Skills/Games Activities</b></p> <p>In this unit, children will learn to negotiate space successfully when playing racing or chasing, adjusting speed and avoiding obstacles. They will revise and refine fundamental movement skills they have already acquired, such as running and walking. They will combine these different movements with ease in order to navigate around the space. (PD). Children will show increasing control over an object in pushing, patting, throwing catching or kicking it. (PD)</p> <p>Children will begin to show a preference for a dominant hand/foot and participate in team games which include opposing sides. They will keep play going by responding to what others are saying or doing.</p> <p>Children will begin to manage their needs during team games, learning to take turns and celebrating others achievements (PSED). They will begin to recognise and talk about the different factors that support overall health and well-being, such as physical activity. (PD)</p>	<p><b>Dance</b></p> <p>In this unit, children will start to enjoy joining in with dance and begin to move rhythmically, creating movement in response to music, including moving in a way that copies an animal, linking several movements together and will also use movement to express feelings. Children will practise these dances each week in order to refine and build on their previous learning. They will listen attentively to different types of music, and begin to express their feelings and responses through talk and movement. Children will also watch dance and performance art and express their feelings about these and respond through talk and movement. (EAD) The children will continue to develop their overall body-strength, balance, co-ordination and agility, which is needed to engage successfully in future P.E. sessions. (PD) They will continue to understand and talk about the different factors that support overall health and well-being, such as physical activity. (PD)</p> <p><b>Body Movement (Gymnastics)</b></p> <p>In this unit, children will begin to climb equipment using alternate feet, travelling with confidence and skill around, under, over and through balancing and climbing equipment. Children will begin to understand that equipment and tools have to be used safely.</p> <p>Children will learn shapes with their bodies and can stand momentarily on one foot when shown. Children will experiment with different ways of moving and jumping off an object landing appropriately. They will observe the effects of activity on their bodies. Children will progress towards a more fluent style of moving. (PD) Children will continue to manage their own needs, developing self-confidence and working with others, helping and encouraging. (PSED)</p>	<p><b>Developing Partner Work/Multi-skills</b></p> <p>In this unit, children will learn to negotiate space successfully when playing racing or chasing, adjusting speed and avoiding obstacles. They will show increasing control over an object in pushing, patting, throwing catching or kicking it. The children will move energetically round a space, demonstrating a range of movements such as running, walking, hopping, jumping. Children show a preference for a dominant hand/foot and participate in team games which include opposing sides and use some number names in them accurately, keeping play going by responding to what others are saying or doing. Children begin to observe the effects of activity on their bodies. (PD). Children will continue to work on managing their needs through sharing resources, working collaboratively, taking turns and celebrating the achievements of others. (PSED) They will understand the reasons for rules within games and follow them accordingly.</p>

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Year 1	<p><b>Athletics</b></p> <p>In this unit, children will have the opportunity to explore footwork patterns and use varying speeds when running. They will develop their throwing techniques, including underarm, and explore the impact of power when throwing. They will end this unit by exploring jumping and begin to develop their control of jump and landing.</p> <p><b>Fundamental Bat and ball games- Striking and fielding/ Net and wall</b></p> <p>In this unit, children will be developing their basic understanding of striking and fielding games such as rounders. They will learn skills used such as throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They will build on their prior knowledge of how to roll a ball towards a target and how to stop a rolling ball. They will develop accuracy in underarm and overarm throwing and consistency in catching. They will practice and understand the roles of the batter, bowler and fielder and begin to run around bases to score points in these types of games and how to play to the rules. Children will also develop their basic understanding of net and wall games such as tennis, they will learn how to develop control when handling a racket and how to send a ball using a racket. They will learn how to play over a line acting as a net, how to defend space and think about where about to place the ball.</p>	<p><b>Basketball - Fundamental Invasion Skills</b></p> <p>In this unit, children will develop their sending and receiving skills such as throwing, catching and bouncing a ball. The children will learn how to throw a ball towards a target, receive a roll/throw back and be able to stop, send and receive a ball with their hands. Children will develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They will continue to develop their dribbling with both hands. They will learn how to pass to a teammate using both their hands and be able to move into space and show awareness of defenders. They will develop their understanding of attacking and defending. Pupils will be given opportunities to work with a range of different sized balls and apply their skills individually, in pairs and in small groups. They also have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules.</p> <p><b>Dance</b></p> <p>In this unit, children will learn how to create movements to resemble a specific animal and how to describe and identify which movements accurately and expressively represent their animal. They will begin to understand the concept of performing movements in time of music and start to remember short movement phrases. They will begin to understand how using different speeds is important and how to tell a story through dance.</p> <p><b>Gymnastics</b></p> <p>In this unit, children will develop their strength and flexibility when performing a range of basic gymnastics shapes. They will be introduced to different ways of travelling using changes in speed, level and direction whilst also developing control and balance when performing a range of jumps. They will also look to perform different balances and develop a range of rocking actions. They will finish the unit by performing different rolls and combining it with a range of other shapes, actions and movements in a sequence.</p>	<p><b>Bean bag and Ball Skills - fundamental ball skills</b></p> <p>In this unit, child will develop their fundamental bean bag/ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet. The children will be able to develop their co-ordination and technique when throwing and catching using the under and over arm throw. They will learn how they can roll a ball to hit a target and develop their co-ordination to be able to stop a rolling ball. They will develop their throwing and catching skills whilst letting the ball bounce. They will learn how to develop control and co-ordination when dribbling with a ball with their hands. They will then learn how to send and receive a ball with a hockey stick and tennis racket.</p> <p><b>Football - fundamental invasion, sending and receiving skills</b></p> <p>In this unit, children will develop their sending and receiving skills such as throwing and catching, rolling, kicking and stopping a ball. The children will learn how to kick a ball towards a target, receive a rolling back and be able to stop, send and receive a ball with their feet. Children will develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They will continue to develop their dribbling with both their hands and feet. They will learn how to pass to a teammate using both their hands and feet and be able to move into space and show awareness of defenders. They will develop their understanding of attacking and defending. Pupils will be given opportunities to work with a range of different sized balls and apply their skills individually, in pairs and in small groups. They also have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules.</p>

	Autumn	Spring	Summer
Year 2	<p><b>Athletics</b></p> <p>In this unit, children will further develop their running technique and running action, including choice of pace over distances. They will begin to improve their accuracy in throwing by using a range of targets over increasing distances. They will end this unit by developing their jumping techniques by concentrating on body positioning on take-off.</p> <p><b>Fundamental Bat and ball games- Striking and fielding/ Net and wall</b></p> <p>In this unit, children will be mastering the fundamental movement skills linked to striking and fielding games such as rounders. They will master skills used such as throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They will build on their prior knowledge of how to roll a ball towards a target and how to stop a rolling ball effectively. They will have increased accuracy in underarm and overarm throwing and consistency in catching. They will understand the roles of the batter, bowler and fielder and will run around bases to score points in these types of games and learn how to play to the rules. Children will also develop master the basic fundamental movement skills required in Net and Wall games. The children will understand the importance of the ready position and be able to defend space on a court using the skill. They will further develop control when handling a racket and how to send a ball using a racket. They will further develop how to play over a line, how to defend space and think about where about to place the ball with increased accuracy and consistency. They will learn to play against an opponent and over a line acting as a net.</p>	<p><b>Basketball - Fundamental Invasion Skills</b></p> <p>In this unit, children will be mastering fundamental movement skills linked with invasion games including their sending and receiving skills such as throwing and catching, rolling, bouncing, dribbling and stopping a ball. The children will roll a ball towards a target, receive a throwback with consistency and accuracy. They will develop their throwing and catching skills without the ball bouncing. They will bounce a ball with more consistency, developing their dribbling with both of their hands and become more consistent and accurate with this skill. They will understand who is on their team and attempt to send the ball towards them with more accuracy using both of their hands. They will learn how to dodge and find space away from the other team and stay with another player to try and prevent them from getting the ball. They will further develop their understanding of attacking and defending. Pupils will be given opportunities to work with a range of different sized balls and apply their skills individually, in pairs and in small groups. They also have the opportunity to play uneven and even sided games. They will develop their understanding in these types of games and the concept of how to score points and can remember the score.</p> <p><b>Dance</b></p> <p>In this unit, children will learn how to explore and perform a range of body actions with control, co-ordination and fluency, and show a contrast in shape to resemble different monsters. They will develop their memory in order to remember, repeat and link combinations of movement into simple sequences. They will select and link actions to create short phrases and sequences which express an idea, mood or feeling and have a clear beginning, middle and end.</p> <p><b>Gymnastics</b></p> <p>In this unit, children will further develop and improve their strength, flexibility and control when performing a range of basic movements. They will learn how to travel with body weight partly support by hands and learn how to perform a range of jumps individually and as part of a sequence, demonstrating control and good balance. They will develop strength and control when performing balances using different body parts and perform rocking actions in pike and straddle shapes with good strength and body tension. They will finish the unit by performing a forward roll with control and with a clean starting and finish position.</p>	<p><b>Fundamental Ball Skills</b></p> <p>In this unit, children will be mastering fundamental movement skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet. The children will be able to develop their co-ordination and technique when throwing and catching using the under and over arm throw with more consistency and accuracy. They will roll a ball to hit a target of varied distances more consistently and understand the importance of power. They will develop their co-ordination to be able to stop a rolling ball. They will learn how to develop control and co-ordination when dribbling with a ball at their feet and hands whilst travelling at an increased speed and look at changing direction.</p> <p><b>Football, Netball and Bench ball - fundamental invasion, sending and receiving skills</b></p> <p>In this unit, children will be mastering fundamental movement skills linked with invasion games including their sending and receiving skills such as throwing and catching, rolling, bouncing, dribbling, kicking and stopping a ball. The children will roll a ball towards a target, receive a rolling back and be able to stop, send and receive a ball with their feet with consistency and accuracy. They will develop their throwing and catching skills without the ball bouncing. They will develop their dribbling with both of their feet and become more consistent and accurate with this skill. They will understand who is on their team and attempt to send the ball towards them with more accuracy using both their hands and feet. They will learn how to dodge and find space away from the other team and stay with another player to try and prevent them from getting the ball. They will further develop their understanding of attacking and defending. Pupils will be given opportunities to work with a range of different sized balls and apply their skills individually, in pairs and in small groups. They also have the opportunity to play uneven and even sided games. They will develop their understanding in these types of games and the concept of how to score points and can remember the score.</p>

	Autumn Term	Spring Term	Summer Term
Year 3	<p><b>Athletics</b></p> <p>In this unit, children will improve their running ability for sustained periods of time and understand the importance of travelling at a suitable pace and the effects that running has on their heart rate. Children will develop their control and fluency when throwing over arm whilst developing their technique for a push throw. They will finish the unit by developing their jumping technique by looking at height and distance and begin to identify the differences between different take offs.</p> <p><b>Striking and Fielding - Cricket</b></p> <p>In this unit, children will learn how to develop their overarm throw by throwing a ball at a target during game situations. They will develop their range of throwing whilst learning ways of striking a ball using the correct technique for cricket and safely travelling with the bat. They will discover how to bowl using the correct technique. They will learn the rules and how to choose simple tactics when playing a game and start to identify parts of their own performance that can be improved. The children will then finish by applying all the skills learnt in a Level 1 Intra-sports competition.</p> <p><b>Invasion Games - Hockey</b></p> <p>In this unit, children will learn how to use, rotate and hold a hockey stick correctly and safely. They will learn how to show control when dribbling the ball with the hockey stick using the correct side. They will develop skills in changing speed and direction when practicing and in a game situation. Pupils will develop skills in how to pass accurately to stationary and moving targets and begin to understand concepts of when to make better decisions of when, how and where to pass in a game situation. They will look at how moving into space to receive is important and how it can also help when trying to keep possession with a game situation. They will finish the unit by learning different ways to communicate and how to use and talk about simple attacking and defending tactics, focusing on space. They will then apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>OAA</b></p> <p>In this unit, children will 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. The children will learn how to orientate a map, identify key symbols, follow routes and finally navigate around a grid. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p>	<p><b>Invasion Games - Basketball</b></p> <p>In this unit, children will learn to improve their basic ball handling and control skills when static and moving including moving with the ball. They will learn how to improve their chest, bounce and overhead pass technique. They will learn how to select the appropriate pass in competitive situations in order to keep possession of the ball. They will learn how to improve the ability to pass accurately and keep possession of the ball whilst also evaluating and suggesting ways to improve. They will master dribbling with both hands. They will learn how to create space to help keep possession of the ball by performing simple dodging movements successfully to receive and use signalling to communicate to team members. They will then apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Dance</b></p> <p>In this unit, children will develop their own movements, improvising freely and be able to perform a range of movements with control and fluency. They will learn how to remember repeat and perform simple movement phrases and routines which show dynamic and expressive qualities performing in unison and canon. They will learn how to work with a partner or small group to communicate ideas and adapt routine and sequences, so they match the different apparatus/stimuli used. To end the unit, they will then participate in a Level 1 Intra-sports competition creating their own dance sequence.</p> <p><b>Invasion Games - Tag Rugby</b></p> <p>In this unit, children will be introduced to the correct technique for passing in rugby and be able to practice and improve their ability to pass whilst also being able to describe the technique. They will learn how to select the correction direction to pass the rugby ball and develop an understanding of what to do after the ball has been passed. They will learn how to create space to help keep possession of the ball. To end the unit, they will then participate in a Level 1 Intra-sports competition.</p> <p><b>Gymnastics</b></p> <p>In this unit, children will develop and consolidate the use of and standing shapes. They will learn travelling movements when moving on floor or apparatus and develop a high-quality movement when performing a range of jumping actions. They will link and move between different balances, showing control whilst refining the 4-part balances. They will learn how to perform rocking actions using a dish to arch roll and tucked dish whilst also developing and improving their forward roll technique. They will learn how to perform a range of sideways rolls with control and body tension. To end the unit, they will then participate in a Level 1 Intra-sports competition creating their own gymnastic sequence.</p>	<p><b>Invasion Games - Football</b></p> <p>In this unit, children will learn how to use dribble skills with good control to score points with a game like situation. They will learn how to change speed and direction when dribbling and how to evaluate their own dribbling skills. They will learn how to pass the ball accurately when practising and make good decisions when choosing when, where and how to pass within a game. They will think about how moving into space to receive a pass is important and learn how getting into space can help a team to keep possession of the ball. They will learn verbal and non-verbal communication to ask for the ball and understand the role of an attacker and defender. To end the unit, they will then participate in a Level 1 Intra-sports competition.</p> <p><b>Invasion Games - Netball</b></p> <p>In this unit, children will learn to improve their basic ball handling and control skills when static and moving. They will learn how to improve their chest, bounce and overhead pass technique. They will learn how to select the appropriate pass in competitive situations in order to keep possession of the ball. They will learn how to improve the ability to pass accurately and keep possession of the ball whilst also evaluating and suggesting ways to improve. They will learn how to create space to help keep possession of the ball by performing simple dodging movements successfully to receive and use signalling to communicate to team members. They will then apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Striking and Fielding - Rounders</b></p> <p>In this unit, children will learn how to develop their overarm throw by throwing a ball at a target during game situations. They will develop their range of throwing whilst learning ways of striking a ball using the correct technique for rounders and safely travelling with the bat. They will discover how to bowl using the correct technique. They will learn how to choose simple tactics when playing a game and start to identify parts of their own performance that can be improved. The children will then finish by applying all the skills learnt in a game situation.</p> <p><b>Net Wall Games- Tennis</b></p> <p>In this unit, children will learn and develop the key skills required for tennis. They will be able to use the ready position and develop ball control and movements skills. They will develop an understanding of returning the ball using a forehand groundstroke and start to be able to rally using their forehand. They will learn the basics of the two hands backhanded whilst also learning how to score points and how to use skills, simple strategies and tactics to outwit the opposition.</p>

	Autumn	Spring	Summer
Year 4	<p><b>Athletics</b></p> <p>In this unit, children will select the appropriate pace for them when running varied distances and look to further develop their technique for sprinting whilst starting to identify ways in which they can improve performance. Pupils will begin start to look at baton hand overs. Children will develop their control and ability to throw one handed whilst being able to understand and explain the technique of the javelin throw. They will also be able to know, explain and perform the correct technique for a push throw and measure and record their performance. They will conclude the unit by looking at height and distance for jumping however demonstrates a better technique with a range of motion and know how flexibility can be improved.</p> <p><b>Striking and Fielding - Cricket</b></p> <p>In this unit, the children will learn how to bowl underarm and overarm, throw, catch, field, stop a ball with increasing control/accuracy and begin to make use of space when striking with a cricket bat. Children will use their developing knowledge to analyse and comment on skills and techniques, varying these skills, actions and ideas within simple games. Children to warm up/cool down appropriately and understand how the body reacts during different types of exercise. The children will then finish by applying all the skills learnt in a Level 1 Intra-sports competition.</p> <p><b>Invasion Games - Hockey</b></p> <p>In this unit, children will learn how to perform dribbling skills at greater speed with more control and understand when they are attacking and defending. They will learn how to improve their passing technique and decision making when attacking in different ways whilst improving their intercepting skills and talking about transferring them to other games and activities. They will learn how to shoot at goal with more accuracy and describe why a team has or hasn't scored and how to choose the most appropriate tactical ideas when play a game. They will gain knowledge in how to reduce available space for the opposition and mark a player effectively when defending. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>OAA</b></p> <p>In this unit, children will further develop their problem-solving skills through a range of challenges. Pupils will work more effectively as a pair and small group to plan, solve, reflect and improve on strategies by being able to reflect on their challenges. The children will progress with orientating a map, identify key symbols, follow routes and navigate around a grid accurately and effectively. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p>	<p><b>Invasion Games - Basketball</b></p> <p>In this unit, children will learn how to improve their ability to dribble with both hands, control and handle a ball, using one hand or the other and both hands. They will learn how to pass the ball with better technique using a range of passes. They will learn how to perform simple dodges and movements to move away from an opponent and receive a pass. Pupils will understand the concept of pass and move and how it helps maintain possession. They will learn the basic defending skills/positions and understand how they can improve their interception skills by showing good positioning and timing. They will start to develop their understanding of set moves/plans to attack and identify the benefits for scoring opportunities. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Dance</b></p> <p>In this unit, the children will be provided with a wide range of stimuli. They will learn key movements and short routines from a specific time or place and then be given time to refine their routines so they can show their own creativity to improve the quality of movements, timings and dynamics. Pupils will be given the opportunities to perform their routines to others, providing success criteria for children to use to analyse and evaluate each other's performance. To end the unit, they will then participate in a Level 1 Intra-sports competition creating their own dance sequence.</p> <p><b>Invasion Games - Tag Rugby</b></p> <p>In this unit, children will learn how to improve their ability to pass accurately and consistently in order to keep possession of the ball. They will further develop their understanding of the correct direction to pass the rugby ball and know when and how to pass and what to do once a pass has been made. They will learn how to create space by performing good running lines to create space successfully to receive a pass and be introduced to the 'dummy' pass to outwit a defender. They will be introduced to the basic defending tactics and rules and understand why it's important to defend, and how to do this following the rules. They will learn and develop set moves and plans to understand how they increase the changes of scoring. To end the unit, they will then participate in a Level 1 (Intra) sports competition.</p> <p><b>Gymnastics</b></p> <p>In this unit, the children will learn how to use a combination of support shapes in a sequence whilst learning how to change between different ways of travelling to make a sequence more exciting. They will further develop their jumping by learning how to show control and precision in the take-off and landing. They will explore and develop 3-point balances and how to effectively use them with or as part of a sequence. They will continue to develop their rolling technique by showing good control and body tension and developing this further by learning how to perform a backwards roll safely. To end the unit, they will then participate in a Level 1 Intra-sports competition creating their own gymnastic sequence.</p>	<p><b>Invasion Games - Football</b></p> <p>In this unit, children will learn how to dribble the ball at greater speed and with more changes of direction in team games, showing awareness of when to attack and when to defend. Pupils will combine their dribbling and passing skills in game situations and start to evaluate their own teams' performance. They will develop an understanding of how regaining possession is important and how you can intercept and mark the receiving player. They will learn about keeping possession and scoring in attacking situations by making good decisions and how to improve their accuracy and technique when shooting. To finish, the pupils will make good decisions when choosing what's skills and tactical ideas to use, when to use them in game situations and how to communicate effectively to help teammates when they are attacking. They will then apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Invasion Games - Netball</b></p> <p>In this unit, children will learn how to perform a basic pivot movement, improve their ability to control and handle a ball, using one hand or the other and both hands. They will learn how to pass the ball with better technique using a range of passes. They will learn how to perform simple dodges and movements to move away from an opponent and receive a pass. Pupils will understand the concept of pass and move and how it helps maintain possession. They will learn the basic defending skills/positions and understand how they can improve their interception skills by showing good positioning and timing. They will start to develop their understanding of set moves/plans to attack and identify the benefits for scoring opportunities. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Striking and Fielding - Rounders</b></p> <p>In this unit, the children will learn how to bowl underarm, throw, catch, field, stop a ball with increasing control/accuracy and begin to make use of space when striking with a rounders bat. Children will use their developing knowledge to analyse and comment on skills and techniques, varying these skills, actions and ideas within simple games. Children to warm up/cool down appropriately and understand how the body reacts during different types of exercise. The children will then finish by applying all the skills learnt in a Level 1 Intra-sports competition.</p> <p><b>Net Wall Games- Tennis</b></p> <p>In this unit, children will further develop their ready position and practice underarm feeding. They will learn how to develop ball control using a tennis racket. They will gain confidence in hitting the ball using a forehand shot and be able to return the ball. They will continue to progress their backhand shot and understand when to use it. They will work co-operatively with a partner to keep a continuous rally going and begin to understand simple tactics in a game to outwit an opponent.</p> <p><b>Swimming</b></p>

	Autumn	Spring	Summer
Year 5	<p><b>Athletics</b></p> <p>In this unit, children will use control and consistency when sprinting whilst knowing what pace suits them best for distance running and how to be able to apply this to a competitive situation. Children will become more confident in using the correct technique for change over. They will know and explain the correct technique for both the shot put and javelin and identify ways in which they can improve their own and others performance. The children will perform a basic triple jump and long jump whilst being able to describe the different phases of the jump.</p> <p><b>Striking and Fielding - Cricket</b></p> <p>In this unit, the children will learn how to bowl a under and overarm bowl with increasing accuracy towards a target and recognise their own and other strengths and areas for development. They will develop their batting skills by being able to hit the ball accurately into space and apply basic principles of batting and fielding. They will develop their fielding skills of retrieving, stopping and throwing a ball. The children will then finish by applying all the skills learnt in a game situation and plan to outwit the opposition when fielding and batting in a tournament.</p> <p><b>Invasion Games - Hockey</b></p> <p>In this unit, children will learn how to avoid a defender both with and without possession and understand how to make good decisions when choosing to pass or dribble and use space and changes in speed and direction when moving towards the opponents' goal or area. They will learn how to move into space to make it easier to score when attacking and to defend these areas when defending. They will understand the concepts behind different formations as an attacking team and give team roles and responsibilities to take within game situations. They will develop an understanding of why practise is important in improving accuracy and consistency of skills and identify areas within a game that they can improve. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>OAA</b></p> <p>In this unit, children will develop their teamwork skills through completion of a number of challenges. Pupils will work individually, in pairs and groups to solve problems. They are encouraged to 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 will progress their understanding on to orientate and navigate using a map and be able to identify objects and locations. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p>	<p><b>Invasion Games - Basketball</b></p> <p>In this unit, children will learn how to perform the basic dribbling technique whilst showing increasing control when dribbling at a faster pace and changing direction. They will also identify when and why others lose control of the ball when dribbling. They will learn how to shield the ball in small sided games. They will learn how to effectively choose when to dribble or pass at the correct time in order to avoid losing possession. They will learn all about how to improve their own ability when defending a player with the ball and how to mark a player without the ball. They will develop their understanding and become more confident with the shooting technique. They will be introduced to the basic positions and rules and start to implement these within game situations. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Dance</b></p> <p>In this unit, children will have a theme of African and tribal dance from around the world. The children will learn and gain a better understanding of a range of people and dances. Children to learn how to use these actions to develop a short dance routine either with a partner or in small groups in the given style. Children will be encouraged to include a clear starting and finishing position and to include the appropriate emotion and expression to match the style of the dance. To end the unit, they will participate in a Level 1 Intra-sports competition creating their own sequences.</p> <p><b>Invasion Games - Tag Rugby</b></p> <p>In this unit, children will learn how to improve their 'running with the ball' technique by showing improved balance and control, especially when moving quickly and changing direction. The children will develop and describe when to run and when to pass to a team mate to avoid losing possession or to create scoring opportunities. They will learn how to describe the attacking line, and why it is effective as well as learn all about how to develop width when attacking and understand why this can be effective during attacks and why creating space is so important. They will learn and further develop their own understanding of the rules and apply these with game and competition situations. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Gymnastics</b></p> <p>In this unit, children will learn how to select and use a range of sitting, standing, support and lying shapes in a sequence whilst looks at how to use rotations to increase the difficulty of a straight jump. They will learn how to use large body parts such as the head to perform a well-controlled balance whilst learning how to take weight on hands by performing a cartwheel safely and with control. They will also learn how to change the starting and finishing positions when performing both the forwards and/or backwards roll. To end the unit, they will then participate in a Level 1 Intra-sports competition creating their own gymnastic sequence.</p> <p><b>Swimming</b></p>	<p><b>Invasion Games - Football</b></p> <p>In this unit, children will learn how to avoid a defender both with and without possession and understand how to make good decisions when choosing to pass or dribble and use space and changes in speed and direction when moving towards the opponents' goal or area. They will learn how to move into space to make it easier to score when attacking and to defend these areas when defending. They will understand the concepts behind different formations as an attacking team and give team roles and responsibilities to take within game situations. They will develop an understanding of why practise is important in improving accuracy and consistency of skills and identify areas within a game that they can improve. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Invasion Games - Netball</b></p> <p>In this unit, children will learn how to perform the basic pivot technique whilst in a game situation showing increasing control when changing direction. They will learn how to shield the ball in small sided games. They will learn how to effectively choose when to pivot, shoot or pass at the correct time in order to avoid losing possession. They will learn all about how to improve their own ability when defending a player with the ball and how to mark a player without the ball. They will develop their understanding and become more confident with the shooting technique. They will be introduced to the basic positions and rules and start to implement these within game situations. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Striking and Fielding - Rounders</b></p> <p>In this unit, the children will learn how to bowl a under arm bowl with increasing accuracy towards a target and recognise their own and others strengths and areas for development. They will develop their batting skills by being able to hit the ball accurately into space and apply basic principles of batting and fielding. They will develop their fielding skills of retrieving, stopping and throwing a ball. The children will then finish by applying all the skills learnt in a game situation and plan to outwit the opposition when fielding and batting in a tournament.</p> <p><b>Net Wall Games- Tennis</b></p> <p>In this unit, children will further develop their forehand and backhand groundstroke when returning a ball and choose the correct shot with some consistency and accuracy. They will learn the underarm serve and understand the rules of serving whilst developing their volley shot and understand when to use it within a game situation. The pupils will work collaboratively with a partner to compete against others. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p>

	Autumn	Spring	Summer
Year 6	<p><b>Athletics</b></p> <p>In this unit, children will describe and apply the three-point start with consistency and control whilst increasing their understanding of what a running pace is and learn how to work effectively to complete a full relay in a competitive situation. They will know, understand and use the correct technique with more speed and power to increase distance. They will know how to use the correct technique showing consistency, control and fluency.</p> <p><b>Striking and Fielding - Cricket</b></p> <p>In this unit, the children will learn how to throw with accuracy and power, choosing the most appropriate skills, tactics and actions to cause problems in a game of cricket. They will combine, vary and choose appropriate strategies and tactics, working within a team, with less focus on self. Children will learn to understand that a winning team has not always been the best one. Children to use a range of criteria to judge own and others' work, monitor their own heart rate and breathing, as well as understanding that heart rate and breathing slows after exercise and know and use the relationship between power and stamina. The children will then finish by applying all the skills learnt in a game situation and plan to outwit the opposition when fielding and batting in a tournament.</p> <p><b>Invasion Games - Hockey</b></p> <p>In this unit, children will learn how to perform skills at greater speed whilst communicating effectively to help teammates when attacking and defending. They will learn ways in which they can regain possession for their team through intercepting and tackling. They will further develop their movement into space when shooting from a range of distances and when in different positions. They will understand how to use more effective formations when attacking and defending and be able to identify the most important skills needed for a particular game. They will learn, understand and explain why possession has been lost or the team has failed to score. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>OAA</b></p> <p>In this unit, children will demonstrate their teamwork skills through completion of a number of challenges. Pupils will work individually, in pairs and groups to solve problems. They will share ideas to create in depth strategies and plans to produce the best solution to a challenge and justify why they haven't chosen a different strategy with understanding. Pupils will lead a small group showing good communication skills. Pupils will demonstrate their understanding on to orientate and navigate using a map and be able to identify objects and locations around various points on a map. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Swimming</b></p>	<p><b>Invasion Games - Basketball</b></p> <p>In this unit, children will learn how to master the pivot, use different types of passes with more speed, power, accuracy and control. They will shoot in basketball from different positions with increased accuracy. They will effectively move with/without the ball with regards to dribbling and they will select the correct decision when to shoot or pass. They will learn how to use a dodge or movement to outwit a defender and receive a pass. They will develop their defending skills when marking a player and marking space by using skills to prevent their opponent receiving the pass and identify advantages and disadvantages of zonal marking. They will develop their shooting technique so that it is more consistent and help others on how to develop their technique. They will increase their knowledge of the rules, positions and roles in which they play. They will learn how to improve their game play by working co-operatively and to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Dance</b></p> <p>In this unit, children will have a theme of Wonder (book). The children will learn what and how to enhance a performance. They will be able to select key actions from a routine and know how to improve their quality in term of time, expression and speed of movement. They will learn how to evaluate how expression and emotion are used in their own and other's routine to help portray the meaning of the dance. To end the unit, they will then participate in a Level 1 Intra-sports competition creating their own dance sequence.</p> <p><b>Invasion Games - Tag Rugby</b></p> <p>In this unit, children will learn how to improve passing technique and accuracy of passes by evaluating how well a team passes the ball and identify the reasons why possession is lost. They will learn how to improve their ability to run with the ball with more control and when changing speed and direction. They will learn how and why it is important to get into an attacking and defensive line and understand why these are effective in game situations. They will further develop their own knowledge of rules of Tag Rugby and implement them with small sided games and also understand and implement why set plans can increase the chances of scoring. To end the unit, they will then participate in a Level 1 (Intra) sports competition.</p> <p><b>Gymnastics</b></p> <p>In this unit, children will learn how to adapt, link and use a wide range of shapes in a sequence whilst developing and performing a range of jumps, including rotations, as part of a sequence. They will develop their ability to use large body parts to perform a well-controlled balance such as the V sit. They will develop and learn how to be able to take their weight on their hands safely and with confidence and perform well-coordinated partnered and group weighted balances as part of a sequence with apparatus. To end the unit, they will then participate in a Level 1 Intra-sports competition creating their own gymnastic sequence.</p>	<p><b>Invasion Games - Football</b></p> <p>In this unit, children will learn how to use different types of passes, perform skills at greater speed whilst communicating affectively to help teammates when attacking and defending. They will learn ways in which they can regain possession for their team through intercepting and tackling. They will further develop their movement into space when shooting from a range of distances and when in different positions. They will understand how to use more effective formations when attacking and defending and be able to identify the most important skills needed for a particular game. They will learn, understand and explain why possession has been lost or the team has failed to score. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Invasion Games - Netball</b></p> <p>In this unit, children will learn how to master the pivot, use different types of passes with more speed, power and control. They will learn how to use a dodge or movement to outwit a defender and receive a pass. They will develop their defending skills when marking a player and marking space by using skills to prevent their opponent receiving the pass and identify advantages and disadvantages of zonal marking. They will develop their shooting technique so that it is more consistent and help others on how to develop their technique. They will increase their knowledge of the rules, positions and roles and the area in which they play. They will learn how to improve their game play by working co-operatively and to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p> <p><b>Striking and Fielding - Rounders</b></p> <p>In this unit, the children will learn how to throw with accuracy and power, choosing the most appropriate skills, tactics and actions to cause problems in a game of rounders. They will combine, vary and choose appropriate strategies and tactics, working within a team, with less focus on self. Children will learn to understand that a winning team has not always been the best one. Children to use a range of criteria to judge own and others' work, monitor their own heart rate and breathing, as well as understanding that heart rate and breathing slows after exercise and know and use the relationship between power and stamina. The children will then finish by applying all the skills learnt in a game situation and plan to outwit the opposition when fielding and batting in a tournament.</p> <p><b>Net Wall Games- Tennis</b></p> <p>In this unit, children will further develop their forehand and backhand groundstroke when returning a ball and choose the correct shot with some consistency and accuracy. The children will learn to use a split step to react quickly to the ball and keep a continuous rally going. They will become more consistent and accurate with the volley and understand when to use it in a game situation. They will develop their accuracy of the underarm serve and learn to use the official scoring system. The pupils to finish the unit, will apply the skills covered in a competitive competition (Level 1 Intra-sports competition).</p>