

East Stanley School



P.E. Scheme of Work

Updated February 2022

Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Games Throwing and catching Invasion	Dance	Gymnastics	Gymnastics	Games	Athletics
Year 2	Invasion games	Dance	Gymnastics	Games (cricket)	Net and Wall games (Tennis)	Athletics
Year 3	Invasion games	Dance	Gymnastics	Games - Striking and Fielding (Cricket/Kick Rounders)	Net and Wall Games (Tennis)	Athletics OAA
Year 4	Invasion games	Dance	Gymnastics	Games - Striking and fielding (Cricket)	Net and Wall Games (Tennis)	Athletics OAA
Year 5	Invasion games	Dance	Gymnastics	Games - Striking and Fielding (Cricket/Kick Rounders)	Net and Wall Games (Tennis)	Athletics OAA
Year 6	Invasion games	Dance	Gymnastics	Games - Striking and Fielding (Cricket/Kick Rounders)	Net and Wall Games (Tennis)	Athletics OAA
Swimming KS2 Time depending on ability of swimmers	Year 6	Year 6 Year 5	Year 5	Year 4	Year 4 Year 3	Year 3

Medium Term Plan

Year Group	Term	Topic/Theme	Learning objectives	Key vocabulary	Resources	Assessment opportunities
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Year 1	Autumn 1	<p>Games - Throwing and Catching (Invasion)</p> <p>Pupils should be taught to: master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>To be able to throw a ball/beanbag with accuracy.</p> <p>To be able to show an awareness of space.</p> <p>To be able to catch a ball/beanbag with some control.</p> <p>To observe, describe and copy what others are doing.</p> <p>To work collaboratively with a partner.</p>	<p>Striking</p> <p>Catching</p> <p>Own space</p> <p>Team</p> <p>Speed</p> <p>Direction</p> <p>Passing</p> <p>Controlling</p> <p>Shooting</p> <p>Scoring</p>	<p>Cones, benches, bibs, hula hoops, beanbags, small hurdles, small balls, quoits, witches hat cones</p> <p>iPEP planning videos</p>	
	Autumn 2	<p>Dance - The UK celebrations</p> <p>Pupils should be taught to perform dances using simple movement patterns.</p>	<p>Able to demonstrate egg shapes.</p> <p>Able to demonstrate actions representing a chick.</p> <p>Able to demonstrate sudden and explosive dynamics.</p> <p>Able to use different floor patterns in the space.</p> <p>Able to develop relationships - create an excited dance with a partner.</p>	<p>Travel</p> <p>Stillness</p> <p>Direction</p> <p>Space</p> <p>Body parts</p> <p>Levels</p> <p>Speed</p>	<p>iPEP planning videos</p>	
	Spring 1	<p>Gymnastics - Balance and agility</p> <p>Pupils should be taught to develop balance, agility and co-</p>	<p>Show an awareness of personal and general space.</p>	<p>Forwards</p> <p>Backwards</p> <p>Sideways</p> <p>Roll</p> <p>Slow</p>	<p>Landing mats, hoops, agility tables, benches, cones.</p>	

		<p>ordination, and begin to apply these in a range of activities.</p> <p>Gymnastics - Jump into the past</p> <p>Pupils should be taught to attempt different gymnastic rolls and to describe what others are doing as well as develop their knowledge of significant historical sporting events or figures throughout history.</p>	<p>To move with some confidence, imagination and safety.</p> <p>To travel using 'caterpillar', 'monkey' & 'crab' walk.</p> <p>To travel in 'crawling soldier' position.</p> <p>Discuss safety when using apparatus.</p> <p>To explore some different rolls.</p> <p>To explore gymnastic actions and still shapes.</p> <p>To watch copy and describe what they and others have done.</p> <p>To create some wide & narrow shapes.</p> <p>To take off, jump & land with control.</p>	<p>Body parts Shape Jump Travel Stretch Wide Narrow</p>	<p>iPEP short term planning videos</p>	
	<p>Spring 2</p>	<p>Gymnastics - Position and direction</p> <p>Pupils should be taught to develop balance whilst moving between positions as well as attempt to balance on small</p>	<p>To move from one body position to another.</p> <p>To perform balances on different levels.</p>	<p>Forwards Backwards Sideways Roll Slow Body parts Shape</p>	<p>iPEP short term planning Landing mats, hoops, agility tables, benches, cones.</p>	

	body parts (hands & feet) on different levels.	<p>Show a clear beginning & end to shapes/sequences.</p> <p>To further explore the large and small apparatus.</p> <p>To balance on small body parts with control.</p>	<p>Jump</p> <p>Travel</p> <p>Stretch</p> <p>Wide</p> <p>Narrow</p>	videos	
Summer 1	<p>Partner games - Strike and Field</p> <p>Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. Pupils should begin to understand the importance of working well within a pair and a small group in order to achieve targets.</p> <p>Balance and control - Striking</p> <p>Pupils should be shown how to strike a ball or object using a racket using techniques encouraged to develop balance and control.</p>	<p>To work collaboratively with a partner.</p> <p>To use a range of small equipment.</p> <p>To throw to a partner with developing accuracy.</p> <p>To be able to 'mirror' a partner's movements.</p> <p>To be able to listen and observe.</p> <p>To aim and strike an object towards a set target.</p> <p>To balance a ball on a racket with control.</p> <p>To recognise and begin to use space in games.</p> <p>To attempt to strike a ball over and beyond a target.</p>	<p>Striking</p> <p>Catching</p> <p>Own space</p> <p>Team</p> <p>Speed</p> <p>Direction</p> <p>Passing</p> <p>Controlling</p> <p>Shooting</p> <p>Scoring</p>	<p>iPEP</p> <p>short term planning videos</p> <p>Beanbags, Range of soft balls, Cones/ Witches Hats, Buckets, Bibs, Hula Hoops, Quoits, Blindfolds</p> <p>iPEP</p> <p>short term planning videos</p> <p>Beanbags, Range of soft balls/ tennis balls, Range of racquets</p>	

			To attempt to 'set' a ball in the air repetitively (Volleyball).		(Tennis-varying sizes), Cones, Hula Hoops, Benches, Witches Hats	
Summer 2	<p>Athletics - fundamentals</p> <p>Pupils will have the opportunity to cover foundation and fundamental skills linked to running, throwing and jumping disciplines, through fun and creative activities</p>	<p>To develop a range of skills associated with Athletics</p> <p>To understand how to change direction, levels and speeds</p> <p>To develop a range of skills for distance and accuracy</p> <p>To develop understanding of how we can use our body to improve performance</p> <p>To develop skills in preparation for Athletic style events.</p>	<p>Throw</p> <p>High Low</p> <p>Skip Aim</p> <p>Fast Slow</p> <p>Safely Step</p> <p>Bounce Jump</p> <p>Leap Hop</p> <p>Repeat Run</p> <p>Target</p> <p>Overarm Underarm</p> <p>Walking Jogging</p> <p>Accelerate</p> <p>Baton Relay</p> <p>Push Take off</p> <p>Landing</p> <p>Evaluate Improve</p>	<p>iPEP</p> <p>short term</p> <p>planning</p> <p>videos</p> <p>Cones, Witches Hats,</p> <p>Measuring</p> <p>Tape, Range of</p> <p>Throwing</p> <p>Equipment</p> <p>(soft balls, quoits etc.),</p> <p>Stopwatch,</p> <p>Small Hurdles,</p> <p>Blue Gym Mats</p>		
	<p>Athletics - Running and jumping</p> <p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>				<p>iPEP</p> <p>short term</p> <p>planning</p> <p>videos</p> <p>Bibs, Cones,</p> <p>Witches Hats,</p> <p>Beanbags,</p> <p>Range of soft balls, Buckets/</p> <p>Targets,</p> <p>Skipping Ropes</p>	

			<p>To consolidate appropriate running technique.</p> <p>To jump with control & balance on landing.</p> <p>To jump whilst travelling.</p> <p>To throw towards a stationary target.</p> <p>To know what the term 'healthy eating' means.</p>			
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Year Group	Term	Topic/Theme	Learning objectives	Key vocabulary	Resources	Assessment opportunities
Year 2	Autumn 1	<p>Sending and Receiving (Invasion)</p> <p>Pupils should be taught to: master basic movements including passing and receiving, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>To begin to aim towards a given target.</p> <p>To accurately pass and receive a range of balls.</p> <p>To further increase their understanding of space.</p> <p>To pass a ball using different parts of the body.</p> <p>To receive a ball using different parts of the body.</p>	<p>Striking</p> <p>Catching</p> <p>Own space</p> <p>Team</p> <p>Speed</p> <p>Direction</p> <p>Passing</p> <p>Controlling</p> <p>Shooting</p> <p>Scoring</p>	<p>Balls, beanbags, cones bibs or tags & hula hoops.</p> <p>Range of different sized balls (small, medium and large) cones & bibs.</p> <p>iPEP planning videos</p>	
	Autumn 2	<p>Dance The UK - Traditional Dances</p> <p>Pupils should be taught to perform dances using simple movement patterns.</p>	<p>Able to demonstrate star and arch shapes.</p> <p>Able to demonstrate folk dance actions.</p> <p>Able to demonstrate happy and energetic dynamics.</p> <p>Able to use the space to create different formations.</p>	<p>Travel</p> <p>Stillness</p> <p>Direction</p> <p>Space</p> <p>Body parts</p> <p>Levels</p> <p>Speed</p>	<p>iPEP planning videos</p>	

			Able to develop relationships - folk dance moves with a partner.			
Spring 1	Gym - Balance & Co-ordination Pupils should be taught to develop balance, agility and co-ordination, and begin to apply these in a range of activities.	Travel, showing change of speed and direction. Develop body awareness through varying body balances. To perform 'Teddy bear' & 'Pencil' rolls. To adopt the positions 'happy cat' & 'angry cat'. Create, remember and perform simple movement sequences.	Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow	Landing mats, Agility tables, benches, bibs, cones. iPEP planning videos		
Spring 2	Gym - Famous People Pupils should be taught to develop balance, agility and co-ordination, and begin to apply these in a range of activities. Optional opportunity to learn about some famous sporting figures from the past.	To take weight on different body parts. To develop knowledge of balance on large & small body parts. To adopt the positions forward and side lunge. To transition between positions 'Cup' & 'Saucer'. To set up apparatus safely and securely.	Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow	Bibs x 5, red, yellow and green cones, cones, gym mats, benches. agility tables, bibs x 3, hula hoops. iPEP planning videos		
Summer 1	Group Games (Strike & Field)	To be able to work effectively within a small group.	Striking Catching Own space	Cones, balls (football, netball and		

		<p>Pupils should be taught to: master basic movements including passing and receiving, as well as developing balance, agility and co-ordination, and begin to apply these in a range of group based activities.</p> <p>Striking for Accuracy (Net Games)</p> <p>Pupils should be shown how to strike a ball or object using a racket, using techniques encouraged to develop balance, control & accuracy.</p>	<p>To attempt to create a group game using small equipment.</p> <p>To develop agility and co-ordination.</p> <p>To negotiate space effectively in group games.</p> <p>To develop co-ordination when running.</p> <p>To aim, strike & follow through towards a target.</p> <p>To hit an object with varying power using a racket.</p> <p>To be able to hit a ball or object towards a partner.</p> <p>To explore a badminton racket and shuttlecock.</p> <p>To attempt a 'forearm' or 'bump' pass (Volleyball).</p>	<p>Team Speed Direction Passing Controlling Shooting Scoring</p>	<p>tennis) hula hoops, ropes, markers, soft balls, buckets, bean bags, balloons, quoits, skipping ropes. iPEP planning videos Newspaper or A3 sheets of card/paper.</p> <p>Cones, tennis balls, tennis rackets, hula hoops, cones, beanbags, badminton rackets, shuttlecocks and large soft balls.</p> <p>iPEP planning videos</p>	
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	<p>Summer 2</p>	<p>Movements (Athletics)</p> <p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>To run in a coordinated & fluent way over obstacles.</p> <p>Develop awareness of distance & weight.</p> <p>To throw a range of different throwing implements.</p> <p>Developing awareness of distance & height.</p> <p>To hit a ball off a tee.</p>	<p>Throw</p> <p>High Low</p> <p>Skip Aim</p> <p>Fast Slow</p> <p>Safely Step</p> <p>Bounce Jump</p> <p>Leap Hop</p> <p>Repeat Run</p> <p>Target</p> <p>Overarm Underarm</p> <p>Walking Jogging</p> <p>Accelerate</p> <p>Baton Relay</p> <p>Push Take off</p> <p>Landing</p> <p>Evaluate Improve</p>	<p>Differently weighted balls - shot putt, cricket ball & 1kg or medicine ball, basket balls, small hurdles, beanbags, soft javelin, hoops & witches hat cones.</p> <p>Ball tee (can be a large cone), rounders or small bat, large & medium sized soft balls, small hurdles.</p> <p>Large soft ball x5, benches, cricket balls, basketballs, quoits.</p> <p>iPEP planning videos</p>	
	<p>Rule Making (Outdoor Adventure)</p> <p>Pupils should be given the opportunity to continue to</p>		<p>Rules Maps</p> <p>Partner and Team Work</p> <p>Competition Direction</p> <p>Skills Symbols</p>	<p>Large soft balls x 6, benches x 4, beanbags x 6, hula hoops,</p>		

		develop the fundamental skills of travelling, throwing and balancing as well as starting to recognise how different rules work within a game.	<p>To continually develop fundamental skills.</p> <p>To take part in competitive activities.</p> <p>To begin to work as a team.</p> <p>To further develop thinking and creativity.</p> <p>To create different rules for games.</p>	<p>Move/Travel Safely</p> <p>Instructions Route</p> <p>Trust Team Building</p> <p>Problem Solving</p> <p>Strategy</p> <p>Communication (verbal and non-verbal)</p>	<p>quoits, cones, skipping ropes, medium oft balls.</p> <p>iPEP planning videos</p>	
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Year Group	Term	Topic/Theme	Learning objectives	Key vocabulary	Resources	Assessment opportunities
Year 3	Autumn 1	<p>Passing for Possession (Invasion - Basketball & Football)</p> <p>Pupils should be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate.</p>	<p>To be able to pass a ball accurately and with speed.</p> <p>To be able to catch a ball consistently.</p> <p>To be able to pass with control and technique.</p> <p>To further increase their understanding of space.</p>	<p>Keep possession</p> <p>Scoring goals</p> <p>Keeping score</p> <p>Making space</p> <p>Pass/send/receive</p> <p>Travel with a ball</p> <p>Make use of space</p> <p>Points/goals</p> <p>Rules</p> <p>Tactics</p> <p>Batting</p> <p>Fielding</p> <p>Defending</p>	<p>iPEP Short term planning</p> <p>Videos</p> <p>Range of Footballs (different size and weight), Basketballs, Tennis Balls, Cones, Witches Hats, Bibs, Goals (Cones/</p>	

			To work collaboratively within a small group.	Hitting	Witches Hats/ Benches/ Hoops/ Samba Goals- whatever is available), Hula Hoops	
Autumn 2	Dance Style - Bollywood Pupils should be taught to perform dances using simple movement patterns.		To express happy dynamics. To demonstrate physical skill - looking at the hands whilst dancing. To demonstrate Bollywood technique - 'mudras' and arm gestures. To demonstrate relationships - unison and canon. To create an illusion - 1 person with 6 arms.	Travel Stillness Direction Space Body parts Levels Speed Space Repetition Action and reaction Pattern	iPEP Short term planning Videos	
Spring 1	Gym - Symmetrical Shapes Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics with a focus on creating and copying shapes and body positions.		To build strength through pushing & pulling motions. To perform with developing symmetry. To use a change of direction in between jumps. To copy and add to a shape. To find different ways to exit and enter apparatus.	Stretch Push Pull Step Spring Crawl Still Slowly Tall Long Forwards High Low Roll Copy Jump Land Balance	iPEP Short term planning Videos Gym Mats, Benches, Agility Tables and Climbing Frame (if available)	

		<p>Gym - Jumping 'Splashing Rivers'</p> <p>Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics with a focus on creating and copying shapes and body positions.</p>	<p>To be able to perform some basic jumps.</p> <p>To demonstrate shapes whilst in the air.</p> <p>To develop knowledge of 'take off'.</p> <p>To develop knowledge of 'landing'.</p> <p>To change direction whilst jumping.</p>		<p>iPEP Short term planning Videos</p> <p>Gym Mats, Benches, Agility Tables and Climbing Frame (if available)</p>	
	<p>Spring 2</p>	<p>Striking and Exploring (Strike & Field)</p> <p>Pupils should be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate.</p>	<p>To be able to strike a ball with some accuracy.</p> <p>To vary the speed and direction of a ball.</p> <p>Perform the basic skills needed for the games with control and consistency.</p>	<p>Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points/goals Rules Tactics Batting</p>	<p>iPEP Short term planning Videos</p> <p>Range of striking-based equipment (Tennis Racquet, Cricket Bats, Rounders Bat),</p>	

			Describe what is successful in their own and other's play. To develop understanding of distance and power when striking.	Fielding Defending Hitting	Tennis Balls, Range of soft balls, Beanbags, Cones, Witches Hats, Hula Hoops	
Summer 1	Over the Net (Net Games) Pupils should be given the opportunity to explore a variety of different strokes as well as begin to identify specific rules that govern games.	To identify & describe some rules of tennis & badminton. To consolidate the underarm serve technique. To explore forehand hitting. To move towards a ball or object before striking it. To explore the 'serve' technique (volleyball/badminton).	Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points/goals Rules Tactics Batting Fielding Defending Hitting	iPEP Short term planning Videos Range of Racquets (Tennis and Badminton), Tennis Balls, Shuttlecocks, Soft balls/ Volleyballs, Nets (Tennis and Badminton if available), Cones, Witches Hats, Hula Hoops		
Summer 2	Being an Athlete (Athletics) Pupils should be taught to: use running (long & short distance), jumping and throwing in isolation and in combination as well as play competitive games, modified where appropriate.	To attempt to throw a shot putt using the rotation technique. To consolidate different throwing techniques. To attempt a javelin throw with correct technique. To be able to pass & receive a relay baton.	Sling Distance Steady pace Height Joints Leading leg Underarm Heart beat Jogging Hurdles Control Landing foot	Pull Sprint Accuracy Record Rhythm Measure Overarm Pulse rate Walk Landing Preferred Time	iPEP Short term planning Videos Cones, Witches Hats, Measuring Tape/ Trundle, Plastic Flags (if available), Tennis Balls/ Beanbags/	

Year 4	Autumn 1	<p>Passing and Moving (Invasion - Netball & Basketball)</p> <p>Pupils should be taught to: use running, jumping, throwing, passing and moving in isolation and in combination as well as play competitive games, modified where appropriate.</p>	<p>To know when to move within a game.</p> <p>To know when to pass during a game.</p> <p>Show an awareness of space and know how to use it in games.</p> <p>To travel using change of direction and speed easily.</p> <p>Describe what happens to their bodies when warming up.</p>	<p>Keep possession</p> <p>Scoring goals</p> <p>Keeping score</p> <p>Making space</p> <p>Pass/send/receive</p> <p>Travel with a ball</p> <p>Make use of space</p> <p>Points/goals</p> <p>Rules</p> <p>Tactics</p> <p>Batting</p> <p>Fielding</p> <p>Defending</p> <p>Hitting</p>	<p>iPEP Short term planning</p> <p>Videos</p> <p>Basketballs, Netballs, Cones, Witches Hats, Bibs, Hoops (Goals/ Nets/ Baskets</p>	
	Autumn 2	<p>Dance Style - Charleston</p> <p>Pupils should be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>To express cheeky and over the top dynamics.</p> <p>To demonstrate physical skill - flexed wrists.</p> <p>To demonstrate Charleston technique - footwork patterns.</p> <p>To demonstrate relationships - mirroring.</p> <p>To demonstrate contrasting levels in still positions.</p>	<p>Travel</p> <p>Stillness</p> <p>Direction</p> <p>Space</p> <p>Body parts</p> <p>Levels</p> <p>Speed</p> <p>Space</p> <p>Repetition</p> <p>Action and reaction</p> <p>Pattern</p>	<p>iPEP Short term planning</p> <p>Videos</p>	
	Spring 1	<p>Gym - What's my Direction?</p>	<p>To accelerate and decelerate whilst travelling.</p>	<p>Stretch Push</p> <p>Pull Step</p> <p>Spring Crawl</p>	<p>iPEP Short term planning</p> <p>Videos</p>	

	<p>Pupils should be taught to develop their rolling techniques as well as develop some knowledge of Rhythmic Gymnastics.</p>	<p>To develop some knowledge of Rhythmic Gymnastics.</p> <p>Perform a roll using control, body tension and flow.</p> <p>To use equipment within a sequence.</p> <p>Identify well performed skills when watching other groups.</p>	<p>Still Slowly Tall Long Forwards High Low Roll Copy Jump Land Balance</p>	<p>Gym Mats, Benches, (additional Gymnastics apparatus may be included), Cones, Witches Hats, Skipping Ropes, Hula Hoops, Tennis Balls/ Soft Balls</p>	
Spring 2	<p>Fielding (Strike & Field)</p> <p>Pupils should be taught to: strike and field in isolation and in combination as well as play competitive games, modified where appropriate.</p>	<p>Throw an object with varying speed and accuracy.</p> <p>Throw an object or ball overarm.</p> <p>Choose appropriate positioning when fielding.</p> <p>Intercept an object or ball.</p> <p>Work collaboratively in small teams.</p>	<p>Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points/goals Rules Tactics Batting Fielding Defending Hitting</p>	<p>iPEP Short term planning Videos</p> <p>Range of striking-based equipment (Tennis Racquet, Cricket Bats, Rounders Bat), Tennis Balls, Range of soft balls, Beanbags, Cones, Witches Hats, Hula Hoops</p>	
Summer 1	<p>Returning (Net Games - Tennis & Volleyball)</p>	<p>To develop reaction time and agility.</p> <p>To explore backhand hitting.</p>	<p>Keep possession Scoring goals Keeping score Making space Pass/send/receive</p>	<p>iPEP Short term planning Videos</p>	

		<p>Pupils should be given the opportunity to explore a variety of different strokes and techniques as well as develop reaction time and agility.</p>	<p>To attempt an overhand serve in tennis.</p> <p>To develop knowledge of returning & rallying.</p> <p>To attempt to 'Spike' in volleyball.</p>	<p>Travel with a ball</p> <p>Make use of space</p> <p>Points/goals</p> <p>Rules</p> <p>Tactics</p> <p>Batting</p> <p>Fielding</p> <p>Defending</p> <p>Hitting</p>	<p>Range of striking-based equipment (Tennis Racquets- different sizes), Tennis Balls, Range of soft balls, Beanbags, Cones, Witches Hats, Hula Hoops, Nets (if available), Volleyball/ Soft Ball</p>	
Summer 2	<p>Record Breaking (Athletics)</p> <p>Pupils should be taught to: use running (long & short distance), jumping and throwing in isolation and in combination as well as play competitive games, modified where appropriate.</p> <p>Decisions (Outdoor Adventure)</p>	<p>To jump for height & distance.</p> <p>To explore different body positions in flight.</p> <p>To jump hurdles with developing technique.</p> <p>To communicate clearly with partners & team mates.</p> <p>To locate some of the major muscles in the body.</p>	<p>Sling</p> <p>Distance</p> <p>Steady pace</p> <p>Height</p> <p>Joints</p> <p>Leading leg</p> <p>Underarm</p> <p>Heart beat</p> <p>Jogging</p> <p>Hurdles</p> <p>Control</p> <p>Landing foot</p> <p>Stamina</p> <p>Stance</p> <p>Approach</p> <p>Relay</p>	<p>Pull</p> <p>Sprint</p> <p>Accuracy</p> <p>Record</p> <p>Rhythm</p> <p>Measure</p> <p>Overarm</p> <p>Pulse rate</p> <p>Walk</p> <p>Landing</p> <p>Preferred</p> <p>Time</p> <p>Obstacles</p> <p>Diagonal</p> <p>Speed</p>	<p>iPEP Short term planning</p> <p>Videos</p> <p>Cones, Small Hurdles, Agility Ladders, Benches, Stopwatch, Measuring tape/ Trundle, Long Jump area (blue mats/ sand pit- if available), Tennis Balls</p> <p>iPEP Short term planning</p>	

		<p>Pupils should be given the opportunity to apply different strategies to solve problems as well as develop their map reading skills and comprehension.</p>	<p>Develop some knowledge of orienteering.</p> <p>To create their own course for a partner to follow.</p> <p>To learn some common map symbols.</p> <p>Choose & apply strategies to meet problems.</p> <p>Use a map to travel around a simple course.</p>	<p>Rules Partner and Team Work Competition Skills Move/Travel Safely Instructions Trust Team Building Problem Solving Strategy Communication (verbal and non-verbal) Algorithm</p> <p>Maps Direction Symbols Route</p>	<p>Videos</p> <p>Maps, Compass, Paper/ Pencils (creating maps), Cones, Witches Hats, Benches, Quoits, Beanbags, Skipping Ropes, Hula Hoops, Attached resources, Whiteboard/ Whiteboard pens</p>	
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Year Group	Term	Topic/Theme	Learning objectives	Key vocabulary	Resources	Assessment opportunities
Year 5	Autumn 1	<p>Rules and Concepts (Invasion - Football & Netball)</p> <p>Pupils should be taught the importance of having rules within a game and how these rules are supposed to facilitate a game's flow. Pupils will be shown what it means to 'invade' from an individual and team based context.</p>	<p>To develop knowledge of attacking and defending.</p> <p>To know how to 'mark' an opponent.</p> <p>To further develop their understanding of space.</p> <p>To recognise the importance of rules within games.</p> <p>Understanding the need to warm up and cool down.</p>	<p>Keeping possession</p> <p>Passing</p> <p>Dribbling</p> <p>Shooting</p> <p>Support</p> <p>Marking</p> <p>Attackers/defenders</p> <p>Marking</p> <p>Team play</p> <p>Batting</p> <p>Fielding</p> <p>Bowler</p> <p>Defending</p> <p>Hitting</p>	<p>iPEP Short term planning</p> <p>Videos</p> <p>Footballs (range of sizes),</p> <p>Netballs,</p> <p>Cones, Witches</p> <p>Hats, Hula Hoops, Bibs, Beanbags, Tennis Balls</p>	
	Autumn 2	<p>Dance Style - Rock n' Roll</p> <p>Pupils should be taught to perform dances using a range of</p>	<p>Able to express energetic dynamics.</p>	<p>Travel Stillness</p> <p>Direction Space</p> <p>Body parts Levels</p> <p>Speed Space</p>	<p>iPEP Short term planning</p> <p>Videos</p>	

	<p>movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Able to demonstrate physical skill - extension through the limbs.</p> <p>Able to demonstrate Rock n' Roll technique - Hand jive and flicks.</p> <p>Able to demonstrate relationships - contact work.</p> <p>Able to execute lifts safely and competently.</p>	<p>Repetition</p> <p>Action and reaction</p> <p>Pattern Dance style</p> <p>Technique Pattern</p> <p>Rhythm Variation</p> <p>Unison Canon</p> <p>Action Reaction</p>		
Spring 1	<p>Gym - Travelling & Turning 'Earthquakes'</p> <p>Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics.</p>	<p>Show clear differences between levels, speeds and directions.</p> <p>Perform actions, shapes and balances clearly, consistently and fluently.</p> <p>Demonstrate body tension and extension.</p> <p>Adapt sequences to include a partner or a small group.</p> <p>Vary direction, levels and pathways.</p>	<p>Muscles</p> <p>Joints</p> <p>Symmetrical/asymmetrical</p> <p>Rotation Turn</p> <p>Shape Landing</p> <p>Take-off Flight</p> <p>Performance/evaluation</p>	<p>iPEP Short term planning</p> <p>Videos</p> <p>Gym Mats, Benches, (additional Gymnastics apparatus may be included)</p>	
Spring 2	<p>Striking and Fielding- Cricket</p> <p>Pupils will develop skills through mini games covering; catching, fielding, bowling, batting and developing tactical awareness. Lessons will link previous focus</p>	<p>To develop a range of skills associated to catching and fielding</p> <p>To develop underarm and overarm throwing techniques</p>	<p>Keeping possession</p> <p>Passing</p> <p>Dribbling</p> <p>Shooting</p> <p>Support</p> <p>Marking</p> <p>Attackers/defenders</p>	<p>iPEP Short term planning</p> <p>Videos</p> <p>Cricket bats, Tennis balls/ Soft Cricket</p>	

	to developed practices before introducing a new skill	<p>To develop bowling technique using overarm and underarm techniques</p> <p>To develop understanding and skills surrounding batting for space</p> <p>To understand the rules of kwik cricket and put developed skills into practice.</p>	<p>Marking</p> <p>Team play</p> <p>Batting</p> <p>Fielding</p> <p>Bowler</p> <p>Defending</p> <p>Hitting</p>	<p>balls, Portable</p> <p>Wickets,</p> <p>Cones/ Floor</p> <p>Markers,</p> <p>Batting tees (if available),</p> <p>Benches</p>	
Summer 1	<p>Accuracy & Rallies (Net Games)</p> <p>Pupils should be given the opportunity to explore a variety of different strokes and techniques in tennis, badminton & volleyball as well as develop acceleration & speed.</p>	<p>To develop acceleration & speed.</p> <p>To consolidate backhand and forehand strokes.</p> <p>To explore the 'smash' in badminton.</p> <p>To explore the 'lobbing' technique in tennis.</p> <p>To explore 'overarm serve' in volleyball.</p>	<p>Keeping possession</p> <p>Passing</p> <p>Dribbling</p> <p>Shooting</p> <p>Support</p> <p>Marking</p> <p>Attackers/defenders</p> <p>Marking</p> <p>Team play</p> <p>Batting</p> <p>Fielding</p> <p>Bowler</p> <p>Defending</p> <p>Hitting</p>	<p>iPEP Short term planning</p> <p>Videos</p> <p>Range of Racquets (Tennis, Badminton),</p> <p>Tennis Balls, Shuttlecocks, Cones, Witches Hats, Nets (Tennis and Badminton- if available), Benches, Volleyballs/ Soft Balls, Agility Ladders, Small Hurdles</p>	
Summer 2	<p>Olympic Training (Athletics)</p> <p>Pupils should be taught to: use running (long & short distance), jumping and throwing in isolation and in combination as</p>	<p>To develop knowledge of the triple jump technique.</p> <p>To begin a sprint in the crouching position.</p>	<p>Sprint</p> <p>Distance</p> <p>Height</p> <p>Pacing</p> <p>Obstacles</p> <p>Hurdles</p> <p>Speed</p> <p>Team</p> <p>Measure</p> <p>Target</p> <p>Rhythm</p> <p>Leading leg</p> <p>Throwing</p> <p>Accuracy</p>	<p>iPEP Short term planning</p> <p>Videos</p> <p>Discus/ Quoits (depending on availability),</p>	

		<p>well as play competitive games, modified where appropriate.</p> <p>Leadership (Outdoor Adventure)</p> <p>Pupils should be given the opportunity to learn about the countryside code in terms of respect for people & the environment as well as problem solve, record information and further develop their knowledge of orienteering.</p>	<p>To throw a discus with developing technique.</p> <p>Develop the basic skills for acceleration.</p> <p>To develop knowledge of how to gain & maintain fitness.</p> <p>Develop communication through speaking & listening.</p> <p>Work as a group to overcome a challenge.</p>	<p>Take off Time Release Accuracy Target Position Control Run up</p> <p>Stamina Projectory Performance Take off Time Measure Height Hurdles</p> <p>Rules Partner and Competition Skills Move/Travel Instructions Trust Problem Solving Strategy Communication (verbal and non-verbal) Algorithm</p> <p>Maps Direction Symbols Route Team Building</p>	<p>Stopwatch, Measuring Tape/ Trundle, Blue Mats/ Sand pit (jumping), Cones, Witches Hats, Floor Markers</p> <p>iPEP Short term planning Videos</p> <p>Maps, Compass, Paper/ Pens, Whiteboard/ Whiteboard pens, Benches, Beanbags, Quoits, Skipping Ropes, other equipment to be used as obstacles/ points of interest for a key</p>	
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			<p>Learn some different ways of tying knots.</p> <p>Take part in competitive orienteering activities.</p> <p>Plan a short loop course for a partner or group.</p>			
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Year Group	Term	Topic/Theme	Learning objectives	Key vocabulary	Resources	Assessment opportunities
Year 6	Autumn 1	Invasion Games- Rugby League Pupils should be taught the importance of having rules within a game and how these	To develop pupils skills and understanding surrounding the passing technique.	Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass,	iPEP Short term planning Videos	

		<p>rules are supposed to facilitate a game's flow. Pupils should be shown what it means to 'invade' from a competitive perspective.</p> <p>Pupils will have the opportunity to lead small groups in a range of activities, developing leadership skills, and taking on different rolls within a small team.</p>	<p>To continue to develop pupils passing techniques, enhancing the range, speed and accuracy pupils can send a pass.</p> <p>To consolidate passing, ball handling and evasion skills.</p> <p>To continue to develop skills, building on previous knowledge and continuing to develop a sense of decision-making in game-play scenarios.</p> <p>To experience an increased amount of game play scenarios, continue to develop pupils problem-solving skills.</p> <p>To consolidate skills and knowledge through a round robin tag rugby tournament.</p>	<p>Receive, Intercept, Reading the Game, Positioning, Intercept, Ball Play, Dummy</p>	<p>Rugby Balls, Cones, Witches Hats, Bibs, Tag Belts (if available), Benches, Hula Hoops, Poles (if available), Tennis/ Badminton nets (if available- skipping rope if not)</p>	
	<p>Autumn 2</p>	<p>Dance Style - Street Dance</p> <p>Pupils should be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>To express attitude and strong dynamics.</p> <p>To develop physical skill - strength in upper body.</p> <p>To demonstrate street dance technique - top rock, slides, helicopter.</p> <p>To demonstrate relationships - confrontation.</p>	<p>Travel Stillness Direction Space Body parts Levels Speed Space Repetition Action and reaction Pattern Dance style Technique Pattern Rhythm Variation Unison Canon Action Reaction</p>	<p>iPEP Short term planning Videos</p>	

			To explore space - directions and formation.			
Spring 1	Gym - 'Perfecting' In Which Quadrant? Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics. - This unit, 'Perfecting' In which Quadrant?' focuses on routines, positions, terminology, reviewing and perfecting techniques, with the Maths theme of 'coordinates' being utilised throughout.		To review and perfect holding shapes in flight. To form asymmetrical body shapes. To identify different elements of a gymnastic routine. To review some complex gymnastic positions. To use gymnastic terminology.	Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape Landing Take-off Flight Performance/evaluation	iPEP Short term planning Videos Gym Mats, Benches, (additional Gymnastics apparatus may be included)	
Spring 2	Striking & Fielding - Teamwork Pupils should be taught and consolidate the fundamental skills of striking and fielding during mini-games with an emphasis on working as a team in order to achieve success.		To field as a collaborative team unit. To strike a ball or object 'cleanly' using different equipment. To retrieve, intercept and stop a ball when fielding. To strike a ball or object using both sides of the body. Recognise their own and other's strengths.	Keeping possession Passing Dribbling Shooting Support Marking Attackers/defenders Marking Team play Batting Fielding Bowler Defending Hitting	iPEP Short term planning Videos Cricket bats, Rounders bat, Tennis Racquet, Tennis balls/ Soft Cricket balls, Hula Hoops, Cones, Rounders posts (if available), Witches Hats, Portable Wickets (if	

					available), Benches	
Summer 1	<p>Net Games for Points (Net Games)</p> <p>Pupils should be given the opportunity to explore & perfect a variety of different strokes and techniques within badminton, tennis & volleyball.</p>	<p>To develop aerobic fitness.</p> <p>To develop overall volleyball skills: set, forearm, serve & spike.</p> <p>To develop overall badminton skills: serve and smash.</p> <p>To develop overall tennis skills: fore/backhand, service and lob.</p> <p>To play competitively and evaluate performance.</p>	<p>Keeping possession</p> <p>Passing</p> <p>Dribbling</p> <p>Shooting</p> <p>Support</p> <p>Marking</p> <p>Attackers/defenders</p> <p>Marking</p> <p>Team play</p> <p>Batting</p> <p>Fielding</p> <p>Bowler</p> <p>Defending</p> <p>Hitting</p>	<p>iPEP Short term planning</p> <p>Videos</p> <p>Tennis Racquet, Badminton Racquet, Tennis Balls, Shuttlecocks, Tennis/ Badminton nets (if available), Bench, Volleyball/ Soft ball, Cones, Hula Hoops</p>		
Summer 2	<p>Going for Gold (Athletics)</p> <p>Pupils should be taught the fundamental skills of exploring space, striking and fielding during mini-games with an emphasis on throwing technique in order to improve control, accuracy and power.</p>	<p>To develop the technique in order to race walk.</p> <p>Learn to measure & record performance.</p> <p>To train the body to run for a longer duration.</p> <p>To sustain pace over longer distances.</p>	<p>Sprint</p> <p>Distance</p> <p>Height</p> <p>Pacing</p> <p>Obstacles</p> <p>Hurdles</p> <p>Speed</p> <p>Take off</p> <p>Time</p> <p>Release</p> <p>Accuracy</p> <p>Target</p> <p>Position</p> <p>Team</p> <p>Measure</p> <p>Target</p> <p>Rhythm</p> <p>Leading leg</p> <p>Throwing</p> <p>Accuracy</p> <p>Stamina</p> <p>Projectory</p> <p>Performance</p> <p>Take off</p> <p>Time</p> <p>Measure</p>	<p>iPEP Short term planning</p> <p>Videos</p> <p>Range of Athletics based equipment- Shot Putt (or equivalent), Discus (or quoit), Foam Javelin (or equivalent),</p>		

