



Toft Hill Primary School: PE Long Term Plan

Year	Autumn	Spring	Summer
1	<p><u>Locomotion</u> Key learning: Fundamental movements (jumping, running and skipping) NC: Master basic movements including running, jumping as well as developing balance agility and coordination</p> <p><u>Dance – Animals</u> Key learning: Develop a simple dance motif with short travelling sections NC: Perform dances using simple movement patterns</p>	<p><u>Fundamental Movement Skills 1</u> Key learning: Jumping, dribbling, travelling with a ball, catching, throwing and passing NC: Master basic movements and begin to apply these in a range of activities</p> <p><u>Gymnastics – Balancing and spinning</u> Key learning: Supporting bodyweight, performing spins, perform a short sequence, hold balances NC: Pupils access a broad range of activities to extend their agility, balance and coordination</p> <p><u>Striking and Fielding Game Skills 1</u> Key learning: Striking a ball, stopping a ball, throwing a ball, chasing and retrieving NC: Participate in team games and apply basic movements in a range of activities.</p>	<p><u>Invasion Games Skills 1</u> Key learning: Passing and catching, changing direction, attacking and defending NC: Developing simple tactics for attacking and defending</p> <p><u>Athletics</u> Key learning: Jumping, running, throwing, demonstrating agility balance and coordination NC: Master basic movements including running, jumping as well as developing balance agility and coordination</p>
2	<p><u>Gymnastics – Spinning, turning and twisting</u> Key learning: Performing twists and rolls, changing points of contact, developing routines NC: Develop balance, agility and coordination and begin to apply these. Engage in cooperative physical activities</p> <p><u>Fundamental Movement Skills 2</u> Key learning: Hopping, travelling backwards, combine running and jumping, dodging, striking NC: Master basic movements and begin to apply these in a range of activities</p>	<p><u>Dance – Fire of London</u> Key learning: Creating and performing a dance sequence NC: Perform dances using simple movement patterns</p> <p><u>Invasion Games Skills 2</u> Key learning: Throwing, bouncing, catching, track opponents, intercept passes, closing down space, NC: Participate in team games developing simple tactics for attacking and defending</p>	<p><u>Net and Wall Games Skills</u> Key learning: Positioning, striking, developing a stance, playing competitive games NC: Master basic movements including throwing and catching and engage in competitive physical activities</p> <p><u>Athletics</u> Key learning: Jumping, running, throwing, demonstrating agility balance and coordination NC: Master basic movements and apply these in a range of activities</p>
3	<p><u>Tag Rugby – Invasion Games</u> Key learning: Passing, tagging, catching, applying a range of skills effectively in a game NC: play competitive games and apply basic principles suitable for attacking and defending</p> <p><u>Dance – Dance around the world</u> Key learning: Translating themed actions in travelling movement patterns, performing and evaluating a dance sequence NC: Perform dances using a range of movements</p>	<p><u>Gymnastics – Linking movements together</u> Key learning: Holding balances with good control, linking high and low moves, creating a sequence of balance and rolls NC: Develop flexibility, strength, technique, control and balance through gymnastics</p> <p><u>Tri Golf</u> Key learning: Putting with accuracy, developing a stance, chipping, avoiding hazards NC: Play competitive games. Compare their performance with previous ones and demonstrate improvement</p>	<p><u>Cricket</u> Key learning: Batting, bowling, throwing and catching, fielding, competitive games NC: Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.</p> <p><u>Athletics</u> Key learning: Sprinting technique, hurdling, long jump, throwing overarm, relay teams NC: Use running, jumping and throwing in isolation and in combination. Compare their performance with previous ones and demonstrate improvement</p>



4	<p><u>Gymnastics – Rolling and travelling low</u> Key learning: Forward rolls, linking rolls into a sequence, rolling on apparatus, rolling backwards, creating sequences NC: Develop flexibility, strength, technique, control and balance through gymnastics Tag Rugby – Invasion Games Key learning: Offside, Passing, tagging, catching, attacking and defending NC: play competitive games and apply basic principles suitable for attacking and defending Dance – Romans Key learning: Translating themed actions in travelling movement patterns, using canon and formation changes NC: Perform dances using a range of movements</p>	<p><u>Gymnastics – Arching and Bridges</u> Key learning: Supporting body weight, performing sequences, variety of rolls and supports, creating sequences NC: Develop flexibility, strength, technique, control and balance through gymnastics Swimming Key learning: Variety of strokes, swimming distance of 25m, safe self rescue. NC: swim competently, confidently and proficiently over a distance of at least 25m. Use a range of strokes effectively. Perform safe self-rescue. Tennis Key learning: Striking forehand, backhand, volleying, serving, using tactics. NC: play competitive games and apply basic principles suitable for attacking and defending</p>	<p><u>Cricket</u> Key learning: Batting, bowling overarm, throwing and catching, stopping balls, fielding, competitive games NC: Play competitive games and apply attacking and defending principles. Use throwing and catching in combination. Swimming Key learning: Variety of strokes, swimming distance of 25m, safe self rescue. NC: swim competently, confidently and proficiently over a distance of at least 25m. Use a range of strokes effectively. Perform safe self-rescue.</p>
5	<p><u>Swimming</u> Key learning: Variety of strokes, swimming distance of 25m, safe self rescue. NC: swim competently, confidently and proficiently over a distance of at least 25m. Use a range of strokes effectively. Perform safe self-rescue. Tag Rugby – Invasion Games Key learning: Offside, pop pass, attacking and defending, applying a range of skills effectively in a game NC: play competitive games and apply basic principles suitable for attacking and defending. Compare performance with previous one and demonstrate improvement Dance – Haka Key learning: Developing a motif, change static actions into travelling movements, perform sequence, evaluate performances NC: Perform dances using a range of movements</p>	<p><u>Gymnastics – Under and Over</u> Key learning: Rolling over partners, supporting partners weight, vaulting, travelling over apparatus, creating performances with seamless transition NC: Develop flexibility, strength, technique, control and balance through gymnastics Dodgeball Key learning: Throwing with accuracy and power, dodging evading, catching, attacking and defending NC: play competitive games and apply basic principles suitable for attacking and defending. Basketball Key learning: Chest pass, bounce pass, dribbling, marking opponents, shooting, attacking and defending skills NC: Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.</p>	<p><u>Athletics</u> Key learning: Running at different tempos, throwing with accuracy and power, throwing after a run up, triple jump, vertical jump NC: Master basic movements including running, jumping as well as developing balance agility and coordination and apply these in a range of activities Cricket Key learning: Catching, throwing with accuracy, batting offside and leg side, bowling with a run up, fielding tactics, linking skills to play competitive games NC: Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.</p>
6	<p><u>Tag Rugby – Invasion Games</u> Key learning: Offside, pop pass, pocket pass dummy pass, attacking and defending, organising positions, applying a range of skills effectively in a game NC: play competitive games and apply basic principles</p>	<p><u>Gymnastics – Group Sequencing</u> Key learning: Create group sequences involving flight, formations and pathways, spin on points and patches, perform sequences NC: Develop flexibility, strength, technique, control and</p>	<p><u>Rounders</u> Key learning: Catching, throwing accurately, bowling, striking, fielding tactics, attacking and defending tactics NC: Play competitive games and apply attacking and defending principles. Use throwing and catching in</p>



	<p>suitable for attacking and defending. Compare performance</p> <p>Dance – Dance through the ages</p> <p>Key learning: create a performance using canons, unison, direction and level, perform sequence, evaluate performances using technical language</p> <p>NC: Perform dances using a range of movements</p>	<p>balance through gymnastics</p> <p>Netball</p> <p>Key learning: Passing in a variety of ways, anticipate play, shooting, creating space, attacking and defending</p> <p>NC: Play competitive games and apply attacking and defending principles. Use throwing and catching in combination.</p> <p>Dodgeball</p> <p>Key learning: Throwing with accuracy and power, dodging evading, catching, attacking and defending</p> <p>NC: play competitive games and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in combination.</p>	<p>combination.</p> <p>Athletics</p> <p>Key learning: Running at different tempos, throwing with accuracy and power, throwing after a run up, triple jump, vertical jump, shot putt</p> <p>NC: Master basic movements including running, jumping as well as developing balance agility and coordination and apply these in a range of activities</p>
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