



Subject: PE

Long Term Plan Including Key Knowledge

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	<ul style="list-style-type: none"> -Negotiate space and obstacles safely, with consideration for themselves and others. -Demonstrate strength, balance and coordination when playing. -Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. -Explain the reasons for rules, know right from wrong and try to behave accordingly. -Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 				Athletics / Sports Day -To understand different actions, running, jumping and throwing Cycling -	Athletics / Sports Day -To understand different actions, running, jumping and throwing Cycling -
Year 1	Multi-skills <i>Throwing, catching, rolling and receiving</i> -To know hands should be out ready to catch -To know you need to watch the ball when throwing and catching Cycling -	Netball / Basketball -To know to use a chest pass -To recognise not to move with the ball Dance -To recognise the movements in the music as stimulus for actions -To recognise turns, jumps and floor patterns <i>+ 2 weeks cycling</i>	Dance with yoga - To understand breathing techniques for calm movements Gym <i>Routine and skills focus</i> -To know mats must be carried at waist height by two people -To know teddy bear, pencil, and round the world rolling action -To know a balance must be held still <i>Equipment focus</i> -To recognise how to use equipment safely -To know different travelling actions using equipment <i>+ 2 weeks cycling</i>	Tennis -To understand safety when holding a bat, racket or club Tri-golf -To recognise safety when striking the ball -To understand use of the 2 clubs <i>+ 2 weeks cycling</i>	Athletics / Sports Day -Focus on running -To recognise to run in the lanes on the track -To recognise different jumps, 1-foot take-off, 2-foot take-off, 2 to 2, 2 to 1, 1 to other -To recognise different throws, under arm and overarm <i>+ 2 weeks cycling</i> Forest School (from Sept 2023)	Football -To know to use feet to send the ball <i>+ 2 weeks cycling</i> Forest School (from Sept 2023)
Year 2	Cycling (3 weeks) - Multi-skills (3 weeks) <i>Throwing, catching and striking</i> -To have hands out ready to catch -To watch the ball when throwing and catching -To recognise underarm, overarm and chest throw	Netball / Basketball -To know to use a chest pass and a bounce pass -To know to keep feet still when the ball is your hand <i>+ 2 weeks cycling</i> Forest School	Swimming Gym <i>Routine and skills development focus</i> -To know mats must be carried at waist height by two people -To know teddy bear, pencil, and round the world roll -To know a balance must be held still for 3 seconds	Swimming Dance -To follow set dance warm up -To recognise pictures to use as stimulus to tell story through dance -To recognise gesture as part of dance	Cricket -To know body position when striking a ball -To know how to stop and retrieve a ball using hands -To know how to aim the ball using underarm/overarm Athletics / Sports Day -Focus on running -To understand running with controlled arms and legs	Football -To recognise to use side of foot to send the ball Tri-Golf -To recognise safety when striking the ball -To understand different use of the 2 clubs -To know when to use a putter or chipper

	Forest School		<i>Equipment focus</i> -To know safety rules on different pieces of equipment -To transfer skills from floor to apparatus, roll, balance and travel		-Focus to include jumping and throwing too -To know different jumps, hop, leap, 2 footed jump etc -To know different throws used in activities, bowl, roll, overarm and underarm <i>+ Cycling catch-up</i>	<i>+ Cycling catch-up</i>
Year 3	Tag rugby -To know the ball must be passed backwards Dance -To use the counts of the music (8 beats) -To know repetition, levels and footwork to compose dance	Netball / Basketball -Introducing basic skills -To recognise a shoulder pass, chest pass and bounce pass -Start to recognise how to land for correct footwork All-inclusive games <i>Boccia and curling</i> -To understand the rules of the games	Gym <i>Routine and skills development focus</i> -To know teddy bear, pencil, stunt, round the world and a forward roll -To know a forward and stunt roll <i>Equipment focus</i> -To recognise safety rules for different pieces of equipment -To know straddle, star and tuck jumps and to how to land safely Forest School	Tennis -To know how to use a racket for forehand and backhand -To send the ball over a net Forest School	Athletics / Sports Day -To know different jumps, standing long jump, standing broad jump -To refine running technique, arms hip to chin, head still Cricket -To know how to stop and retrieve a ball using hands -To know how to aim the ball using underarm/overarm	Athletics / Sports Day -To recognise different techniques when throwing different objects, tennis ball, turbo javelin, shot Rounders -To know the ball is passed to bases -To understand striking position
Year 4	Tag rugby -To know when you are tagged the game is stopped, tags are replaced and you take a pass Forest School	Netball / Basketball -Focus on game situation skills -To know shooting must be from the semi-circle -To understand 3 seconds with the ball to pass Forest School	Dance -To recognise the music beats and friendship as stimulus for dance -To share performance -To know how to perform in pairs, trios and quartets Gym <i>Routine / skills focus</i> -To know and refine skills rolling, flight, balance -To understand partner balances through matching/mirroring <i>Equipment focus</i> -To know benches must be carried by two people -To recognise safety rules for different pieces of equipment -To understand working in pairs using canon/unison to create sequences	Football -To know a goal is scored when the ball crosses the line -To understand the role of a defender -To know when the ball goes out of play, there must be a throw in -To know how to pass the ball with control -To understand the term dribbling Tennis - To know how to score in tennis. -To understand court areas	Swimming Athletics / Sports Day -To understand a push, pull and overarm throw -To refine running technique, extend stride -To know different starting positions	Swimming Rounders -To understand tactics to use when fielding

Year 5	<p>Tag rugby</p> <ul style="list-style-type: none"> -To know a try is scored by placing the ball over the goal line with two hands -To know a player can only be tagged when they have the ball <p>All-Inclusive Games <i>Seated volleyball</i></p> <ul style="list-style-type: none"> -To know rules have been adapted and why 	<p>Dance</p> <ul style="list-style-type: none"> -To know different eras of music to create dance -To perform to class -To know taught dance and compose own dance -To refine dance composing and performing skills <p>Netball</p> <ul style="list-style-type: none"> -Game focus -To understand the basic rules: 3 seconds, offside and footwork, high 5's positions 	<p>Gym</p> <p><i>Sequences & equipment focus</i></p> <ul style="list-style-type: none"> -To know a sequence is made up of different actions -To understand the term counter balance <p>Sports Hall Athletics</p> <ul style="list-style-type: none"> -To understand how to record own and partner results 	<p>Football</p> <ul style="list-style-type: none"> -To refine skills to control ball -To develop game play <p>Basketball</p> <ul style="list-style-type: none"> -To know how to dribble the ball -To understand basic rules of game -To know how to use the backboard to score 	<p>Cricket</p> <ul style="list-style-type: none"> -To understand batting in pairs -To know to bowl underarm <p>Forest School</p>	<p>Athletics / Sports Day</p> <ul style="list-style-type: none"> -To recognise how to measure results -To understand different techniques for jumping and throwing <p>Rounders</p> <ul style="list-style-type: none"> -To know rules of game <p>Outdoor Adventurous <i>Thriftwood trip</i></p> <ul style="list-style-type: none"> -To understand how to work in a group to solve various challenges competing with other groups <p>Forest School</p>
Year 6	<p>Swimming</p> <p>Tag Rugby</p> <ul style="list-style-type: none"> -To know the game starts with a pass back -To develop game play 	<p>Swimming</p> <p>Netball</p> <ul style="list-style-type: none"> -To know the seven playing positions and most rules of the game -To use tactics in the game 	<p>Gym</p> <p><i>Sequences & equipment focus</i></p> <ul style="list-style-type: none"> -To refine rolling, flight, balance, taking weight on hands and creating sequences -To refine how to transfer their knowledge of travel, flight and balance to equipment -To understand how to create group and partner sequences <p>Forest School</p>	<p>Basketball</p> <ul style="list-style-type: none"> -To understand rules of the game -To know court area and scoring <p>Forest School</p>	<p>Athletics / Sports Day</p> <ul style="list-style-type: none"> -To refine techniques in jumping, throwing and running, for distance and time <p>Cricket</p> <ul style="list-style-type: none"> -To understand batting in pairs -To know to bowl overarm 	<p>Rounders</p> <ul style="list-style-type: none"> -To understand game play and key positions <p>Athletics / Sports Day</p> <ul style="list-style-type: none"> -To understand rules of measuring and timing for different events <p>Outdoor Adventurous <i>PGL / Thriftwood trips</i></p> <ul style="list-style-type: none"> -To set own challenges for other groups
Tournaments	KS2 Tag Rugby	KS1 Multi Skills KS2 Netball	UKS2 Sports Hall Athletics	KS1 Tri-Golf KS2 Football	UKS2 Cricket	KS2 Rounders Sports Day
<p>Lessons taught by Mrs Verge</p> <p>Lessons taught by Mr Bull</p>						
Forest School	Year 2 Year 4		Year 6 Year 3		Year 5 Year 1	