



P.E

Our School Intent. How is the curriculum organised?

Key Concepts and approaches

The key concepts from the National Curriculum repeat throughout Lilycroft’s curriculum. This leads to skills learned in previous years being developed throughout the school.

Our curriculum inspires all pupils to succeed and excel in competitive sport and other physical activities. We aim to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. These opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Year Group	Autumn Block 1	Spring Block 2	Summer Block 3
REC	<ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing. Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future PE sessions and other physical disciplines including dance, gymnastics, sport and swimming. Use core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of ‘screen time’ - having a good sleep routine - being a safe pedestrian. <p><u>(Gross Motor)</u></p> <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. <p><u>Dance elements</u></p>		



- Listen attentively, move to and talk about music, expressing their feelings and responses.
- Watch and talk about dance and performance art, expressing their feelings and responses.
- Explore and engage in music making and dance, performing solo or in groups.

Teamwork/resilience

Show resilience and perseverance in the face of challenge. Show resilience and perseverance in the face of challenge.

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Work and play cooperatively and take turns with others.

<p>Year 1</p>	<p><u>Ball Skills (object manipulation)</u> Throwing- Underarm, overarm, chest pass, bounce pass, bowling.</p> <p>Catching</p> <p>Dribbling- Basketball, Football</p> <p>Passing and receiving- basketball, football, rugby</p> <p>End Points</p> <ul style="list-style-type: none"> • To develop basic movements including throwing, catching, and dribbling. • To apply these movements in a range of 	<p><u>Gymnastics and Dance</u> Spinning- asymmetrical spins, spinning on apparatus Balancing- Solo, Partner, Group Jumping- Tucked, Pencil, Star, Half Turn, Full Turn Travelling- Jogging, Skipping, Hopping, Sidestepping, Crawling etc. Expressive movement – perform spins and balances in different formations as part of a wider routine.</p> <p>End Points</p> <ul style="list-style-type: none"> • To develop basic movements including jumping, balancing, and traveling. • To develop balance, agility, 	<p><u>Racket Skills</u> Racket Control Striking- Forehand, backhand, volley, serve</p> <p>Simple Racket games End Points</p> <ul style="list-style-type: none"> • To develop basic movements including striking, throwing, and catching. • To apply these movements in a range of activities. <p>Skills: I can ...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> • Send and receive a ball with some degree of accuracy • Move quickly into good positions to catch 	<p><u>Target Games</u> Striking a ball at a target</p> <p>Punting TriGolf End Points</p> <ul style="list-style-type: none"> • To develop basic movements including striking, throwing, and catching. • To apply these movements in a range of activities. <p>Skills: I can ...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> • Coordinate the skill of punting a ball consistently 	<p><u>Striking and Fielding Games</u> Throwing – Underarm and Overarm</p> <p>Catching – stop a ball with 2 hands creating a barrier behind it with my feet or body. Use both hands whilst fielding Chasing and retrieving a ball</p> <p>Fielding techniques- Long Barrier, Short Barrier</p> <p>Striking and fielding games End points</p> <ul style="list-style-type: none"> • To develop basic movements including striking, throwing, catching and basic fielding techniques. • To apply these movements in a 	<p><u>Athletics</u> Throwing-Javelin</p> <p>Jumping -Long jump (short run up) Triple jump (leap, jump and hop)</p> <p>Running – Running Technique, Starting Positions, Baton Passing End Points</p> <ul style="list-style-type: none"> • To develop basic movements including running, jumping, and throwing. • To apply these movements in a range of activities and games. <p>Skills: I can...</p> <p>Lesson 1</p>
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<p><i>activities.</i></p> <p><i>Skills: I can ...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> Run skilfully Negotiate space successfully <p>Lesson 2</p> <ul style="list-style-type: none"> Pick up, carry and put down with care Use tools to help me manipulate objects <p>Lesson 3</p> <ul style="list-style-type: none"> Show increasing control over an object Control my emotions when playing games <p>Lesson 4</p> <ul style="list-style-type: none"> Balance on one leg Move through an obstacle course skilfully <p>Lesson 5</p> <ul style="list-style-type: none"> Be excited about, and confident in, my jobs Encourage my teammates whilst I wait my turn <p>Lesson 6</p>	<p><i>and co-ordination.</i></p> <ul style="list-style-type: none"> To perform a gymnastics routine using simple movement patterns. <p><i>Skills: I can ...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> Perform controlled spins Support my body weight in symmetrical balances <p>Lesson 2</p> <ul style="list-style-type: none"> Perform asymmetrical spins on side front back and bottom Demonstrate quality work on the floor and apparatus Balance asymmetrically <p>Lesson 3</p> <ul style="list-style-type: none"> Work with a partner to perform routines in different formations Perform a combination of symmetrical and 	<p>Lesson 2</p> <ul style="list-style-type: none"> Strike a ball with some degree of accuracy Volley a ball by getting in line and underneath it <p>Lesson 3</p> <ul style="list-style-type: none"> Send a ball with increasing accuracy Keep a rally going with a partner <p>Lesson 4</p> <ul style="list-style-type: none"> Develop a good grip and stance Begin to strike with more consistency and accuracy on the forehand <p>Lesson 5</p> <ul style="list-style-type: none"> Return a ball, after one bounce, that has been thrown to me by a partner Begin to rally a few shots with more success <p>Lesson 6</p> <ul style="list-style-type: none"> Strike a backhand from my own feed Play a game against an opponent using a variety of shots 	<ul style="list-style-type: none"> Work with a friend and encourage them to punt better <p>Lesson 2</p> <ul style="list-style-type: none"> Coordinate the action of punting with either foot Punt a ball with increasing accuracy with both feet <p>Lesson 3</p> <ul style="list-style-type: none"> Strike a ball at a target using equipment Strike with increasing accuracy <p>Lesson 4</p> <ul style="list-style-type: none"> Strike a ball, at a target, with some degree of force Strike into spaces <p>Lesson 5</p> <ul style="list-style-type: none"> Choose correctly when it is best to throw underarm and when to throw overarm Throw a ball overarm with some accuracy at a target <p>Lesson 6</p> <ul style="list-style-type: none"> Throw overarm on, 'one bounce' to a friend 	<p><i>range of activities and games.</i></p> <p><i>Skills: I can...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> Use both hands whilst fielding Get into line with the ball and field it <p>Lesson 2</p> <ul style="list-style-type: none"> Stop a ball with 2 hands, creating a barrier behind it with my feet or body Hit a ball to the leg side <p>Lesson 3</p> <ul style="list-style-type: none"> Bowl a ball overarm at a target Strike a ball off a tee through the off side <p>Lesson 4</p> <ul style="list-style-type: none"> Pick up a ball with one hand and throw it underarm Call for runs sensibly and decisively when batting <p>Lesson 5</p> <ul style="list-style-type: none"> Chase and retrieve a ball Make good decisions when batting about 	<ul style="list-style-type: none"> Show a sense of anticipation to begin work React quickly Demonstrate agility, balance and coordination <p>Lesson 2</p> <ul style="list-style-type: none"> Jump in a variety of ways Coordinate a run with a jump <p>Lesson 3</p> <ul style="list-style-type: none"> Discover and develop different styles of jumping Leap, jump and hop <p>Lesson 4</p> <ul style="list-style-type: none"> Jump in a variety of ways competently Add a short run up to my jump <p>Lesson 5</p> <ul style="list-style-type: none"> Throw with good technique Throw with a run up <p>Lesson 6</p> <ul style="list-style-type: none"> Help a peer improve their performance with good feedback Demonstrate a variety of athletic techniques competently
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<ul style="list-style-type: none"> • <i>Thread objects</i> • <i>Play games fairly</i> 	<p><i>asymmetrical spins on patches</i></p> <p><i>Lesson 4</i></p> <ul style="list-style-type: none"> • <i>Spin at different levels on points</i> • <i>Perform a sequence of spins on points, with a mixture of symmetrical and asymmetrical shapes</i> • <i>Hold balances on different points of the body</i> <p><i>Lesson 5</i></p> <ul style="list-style-type: none"> • <i>Hold balances at different levels</i> • <i>Spin out of balances to form a sequence</i> <p><i>Lesson 6</i></p> <ul style="list-style-type: none"> • <i>Perform spins and balances in different formations as part of a wider routine</i> • <i>Perform in different formations i.e. adjacent, front and back, mirroring</i> 	<ul style="list-style-type: none"> • <i>Move fluently around the court</i> 	<ul style="list-style-type: none"> • <i>Receive a ball consistently well after one bounce</i> 	<p><i>when to run and when not to</i></p> <p><i>Lesson 6</i></p> <ul style="list-style-type: none"> • <i>Bowl either under or overarm with some accuracy</i> • <i>Wicket keep effectively</i> • <i>Apply a range of skills</i> 	
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<p>Year 2</p> <p><u>Ball Skills (fundamental skills 3)</u> Throwing- Underarm, overarm, chest pass, bounce pass, bowling.</p> <p>Catching</p> <p>Dribbling- Basketball, Football</p> <p>Passing and receiving- basketball, football, rugby Possession games</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master basic movements including throwing, catching, and dribbling. To apply these movements in a range of activities and games. <p>Skills: I can...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> Skip using a rope Jump in a variety of ways <p>Lesson 2</p>	<p><u>Gymnastic skills (pathways and spinning)</u> Rolling- Tucked, Pencil, Sideways, Forwards, Backwards</p> <p>Balancing- Solo, partner and group</p> <p>Jumping- Tucked, Pencil, Star, Half Turn, Full Turn</p> <p>Travelling- Jogging, Skipping, Hopping, Sidestepping, Crawling etc.</p> <p>Rhythm Patterns</p> <p>Creating a movement sequence</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master basic movements including jumping, balancing, and traveling. To develop balance, agility, and co-ordination. 	<p><u>Racket Skills (Net and wall game skills)</u> Racket Control – Tennis and Badminton</p> <p>Striking – Forehand and Backhand</p> <p>Simple Racket games- (How many bounces until the ball falls to the floor)</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master basic movements including striking, throwing, and catching. To apply these movements in a range of activities and games. <p>Skills: I can...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> Send and receive a ball with some degree of accuracy 	<p><u>Target Games (3)</u> Striking a ball at target</p> <p>Punting</p> <p>Tri Golf (additional unit)</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master basic movements including striking, throwing, and pushing. To apply these movements in a range of activities and games. <p>Skills: I can ...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> Throw a ball underarm with either hand and with some accuracy at a target Take parts in challenges enthusiastically and taking turns <p>Lesson 2</p>	<p><u>Striking and Fielding Games (2) and Invasion games)</u> Throwing – Underarm and Overarm, bowling</p> <p>Catching</p> <p>Striking</p> <p>Fielding techniques- Long Barrier, Short Barrier</p> <p>Mini Games- Cricket, Rounders</p> <p><u>End points</u></p> <ul style="list-style-type: none"> To master basic movements including striking, throwing, catching and basic fielding techniques. To apply these movements in a range of activities and games. <p>Skills: I can ...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> Catch a ball after one bounce Strike a ball off a tee <p>Lesson 2</p>	<p><u>Athletics</u> Throwing-Javelin</p> <p>Jumping -Long Jump, Triple Jump, High Jump</p> <p>Running – Running Technique, Starting Positions, Baton Passing</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master basic movements including running, jumping, and throwing. To apply these movements in a range of activities and games. <p>Skills: I can ...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> Show a sense of anticipation to begin work React quickly Demonstrate agility, balance and coordination <p>Lesson 2</p>
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- Dribble a ball with either hand
 - Travel with a ball with my head up and with the ball under control
- Lesson 3
- Receive a ball and trap it
 - Cushion a pass sent to me
- Lesson 4
- Pass in different ways
 - Pass accurately
- Lesson 5
- Jump for height
 - Broad jump for distance
- Lesson 6
- Catch consistently well
 - Signal that I want the ball

- To perform a gymnastics routine using simple movement patterns.
- Skills: I can...
- Lesson 1
- Jump with a 90 degree turn
 - Turn through 180 degrees
 - Jump through 180 and 270 degrees from a standing start
- Lesson 2
- Create a sequence in zig zag pathways
 - Demonstrate variety in my movements
 - Perform with clear starting and finishing positions
- Lesson 3
- Demonstrate zig zag and straight pathways in my sequence work

- Move quickly into good positions to catch
- Lesson 2
- Strike a ball with some degree of accuracy
 - Volley a ball by getting in line and underneath it
- Lesson 3
- Send a ball with increasing accuracy
 - Keep a rally going with a partner
- Lesson 4
- Develop a good grip and stance
 - Begin to strike with more consistency and accuracy on the forehand
- Lesson 5
- Return a ball, after one bounce, that has been thrown to me by a partner
 - Begin to rally a few shots with more success
- Lesson 6
- Strike a backhand from my own feed

- Kick a ball with some accuracy with both feet
 - Strike at targets that move
- Lesson 3
- Roll with good technique with either hand
 - Roll with some accuracy with either hand
- Lesson 4
- Punt a ball with some accuracy with both feet
 - Strike with more control over the height of my punt
- Lesson 5
- Strike a ball, with a racket or bat, at a target with some degree of force
 - Strike with a degree of accuracy
- Lesson 6
- Aim with accuracy at a target so it hits on the second bounce
 - Throw flatter and with more force

- Bowl overarm with a straight arm
 - Stop the ball consistently as wicket keeper
- Lesson 3
- Pick up a ball one handed and return it underarm
 - I can return the ball quickly from my bootlaces
- Lesson 4
- Strike a ball to leg from a short delivery
 - I can back my friends up in the field
 - Make along barrier
- Lesson 5
- Chase a ball and throw it back accurately
 - Strike a ball off a tee whilst on the move
- Lesson 6
- Play a game applying the skills I have learned
 - Demonstrate the school games values

- Jump in a variety of ways
 - Coordinate a run with a jump
- Lesson 3
- Discover and develop different styles of jumping
 - Leap, jump and hop
- Lesson 4
- Jump in a variety of ways competently
 - Add a short run up to my jump
- Lesson 5
- Throw with good technique
 - Throw with a run up
- Lesson 6
- Help a peer improve their performance with good feedback
 - Demonstrate a variety of athletic techniques competently



- *Perform with control and adaptations to my original work*
- *Work at all 3 levels*

Lesson 4

- *Perform a sequence of moves in a curved pathway*
- *Improve my work by acting upon feedback*

Lesson 5

- *Travel backwards and sideways as part of a sequence*
- *Link my movements together well*

Lesson 6

- *Perform a variety of moves on floor and apparatus using different pathways*
- *Make my sequences flow*

- *Play a game against an opponent using a variety of shots*
- *Move fluently around the court*



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<p>Year 3</p>	<p><u>Football</u></p> <p>Passing- Inside foot, outside foot, direct passing, lob pass</p> <p>Dribbling</p> <p>Defending</p> <p>Football tactics</p> <p>Competitive games 2 v 2</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To further develop key skills including passing, dribbling, and defending. To play small sided competitive games and to apply the basic principles of attacking and defending. <p>Skills: I can...</p> <p>Lesson 1</p>	<p><u>Expressive Movement (Dance around the world)</u></p> <p>Types of Movement- High, Medium, Low</p> <p>Rhythm Patterns</p> <p>Creating a sequence</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To develop flexibility, strength, technique, control, and balance To perform a sequence using a range of movement patterns <p>Skills: I can...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> Develop a motif demonstrating some agility, balance, coordination and precision <p>Lesson 2</p> <ul style="list-style-type: none"> Creatively change static actions into 	<p><u>Tennis</u></p> <p>Racket Control- To hold a racket correctly</p> <p>Striking- To strike the ball with accuracy</p> <p>Serving- To serve the ball with accuracy</p> <p>Returning- To return the ball which has been served over the net</p> <p>Rallying- To perform a controlled rally with another player</p> <p>Competitive games 1 v 1</p> <p><u>Table Tennis (additional unit)</u></p> <p>Bat Control- To hold a bat correctly</p> <p>Striking- To strike the ball with accuracy</p> <p>Serving- To serve the ball with accuracy</p>	<p><u>Basketball</u></p> <p>Passing- Chest pass, bounce pass, overhead pass and wrap around pass</p> <p>Dribbling- One hand dribbling, double dribbling, travelling, carrying, pivoting</p> <p>Shooting- Jump shot, hook shot, bank shot, free throw, layup, slam dunk</p> <p>Defending</p> <p>Basketball Tactics</p> <p>Competitive games 2 v 2</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To further develop key skills including passing, dribbling, and defending. To play small sided competitive 	<p><u>Cricket</u></p> <p>Throwing – Underarm and Overarm</p> <p>Catching</p> <p>Striking</p> <p>Fielding techniques- Long Barrier, Short Barrier</p> <p>Competitive cricket games</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To further develop key skills including throwing, catching, fielding, and striking To play large sided competitive games and to master the principles of striking and fielding. <p>Skills: I can...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> Stand sideways-on, with a high back lift, ready to receive a ball Step back and across to pull a short ball 	<p><u>Athletics</u></p> <p>Throwing-Javelin</p> <p>Jumping -Long Jump, Triple Jump, Reaching High Jump</p> <p>Running – 10m, 20m, 30m Relay, 100m</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To further develop key skills including running, throwing, and jumping To take part in small scale competitive activities <p>Skills: I can...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> Use the correct technique to start a sprint race Develop my coordination to improve my speed
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<ul style="list-style-type: none"> • Trap a ball and cushion it when receiving • Pass the ball accurately <p>Lesson 2</p> <ul style="list-style-type: none"> • Dribble a ball using both feet and manipulate it using different parts of the foot • Shield a ball from an opponent <p>Lesson 3</p> <ul style="list-style-type: none"> • Turn confidently with a football • Play a small game and demonstrate my turns <p>Lesson 4</p> <ul style="list-style-type: none"> • Make good decisions when in possession • Use a numerical advantage by overloading, overlapping and underlapping • Compensate for a numerical disadvantage by being very well organised <p>Lesson 5</p>	<p>travelling movements</p> <ul style="list-style-type: none"> • Show different levels and pathways when I travel <p>Lesson 3</p> <ul style="list-style-type: none"> • Communicate effectively with a partner <p>Lesson 4</p> <ul style="list-style-type: none"> • Communicate effectively within a group <p>Lesson 5</p> <ul style="list-style-type: none"> • Communicate effectively within a group • Improve our ideas <p>Lesson 6</p> <ul style="list-style-type: none"> • Evaluate the work of others using accurate technical language 	<p>Returning- To return the ball which has been served over the net</p> <p>Rallying- To perform a controlled rally with another player</p> <p>Competitive games 1 v 1</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> • To further develop key skills including, striking, returning, serving, and rallying. • To play competitive games and to master the principles during a game. <p>Skills: I can...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> • Take up a 'ready position' and move into good positions to strike a ball 	<p>games and to apply the basic principles of attacking and defending.</p> <p>Skills: I can...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> • I can control a basketball using both hands and perform various skills <p>Lesson 2</p> <ul style="list-style-type: none"> • I can control the ball on the move (dribble) and keep my head up to be aware of my environment <p>Lesson 3</p> <ul style="list-style-type: none"> • I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass <p>Lesson 4</p> <ul style="list-style-type: none"> • I can pass the ball on the move with good technique and 	<p>Lesson 2</p> <ul style="list-style-type: none"> • Bowl a ball overarm with a straight arm • Take up a wicket keeping stance and take balls bowled on both sides of the wicket <p>Lesson 3</p> <ul style="list-style-type: none"> • Throw accurately and powerfully • Hit a ball by driving it and then run between a set of wickets, sliding my bat when necessary <p>Lesson 4</p> <ul style="list-style-type: none"> • Bat successfully with a partner, communicating effectively • Bowl with increasing accuracy <p>Lesson 5</p> <ul style="list-style-type: none"> • Bowl with a run up • Stop hard balls struck at me by forming a long barrier • Communicate effectively with a partner when batting <p>Lesson 6</p> <ul style="list-style-type: none"> • Back up my fellow fielders in the field 	<p>Lesson 2</p> <ul style="list-style-type: none"> • Hurdle efficiently and consistently • Sprint between hurdles <p>Lesson 3</p> <ul style="list-style-type: none"> • Develop the technique and consistency of my jumps • Jump consistently off the same foot • I can scissor kick <p>Lesson 4</p> <ul style="list-style-type: none"> • Throw overarm accurately • Throw overarm with power, for distance <p>Lesson 5</p> <ul style="list-style-type: none"> • Accurately replicate the technique for running, jumping and throwing events • Run a relay efficiently as part of a team <p>Lesson 6</p> <ul style="list-style-type: none"> • Replicate the techniques for running, jumping and throwing events in competitive situations
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<ul style="list-style-type: none"> Defend well, watching the ball, jockeying to await the moment to pounce and being decisive Focus and retain my concentration when the ball isn't in my area of the pitch <p>Lesson 6</p> <ul style="list-style-type: none"> Show the skills and knowledge you have developed in a competitive environment Get into sideways positions when receiving the ball 		<ul style="list-style-type: none"> Play a game of hand tennis trying to move my opponent around the court <p>Lesson 2</p> <ul style="list-style-type: none"> Hit consistent forehand returns Get into consistently good positions to hit the ball after one bounce <p>Lesson 3</p> <ul style="list-style-type: none"> Get into good positions to play backhand shots Strike the ball on the backhand with some consistency <p>Lesson 4</p> <ul style="list-style-type: none"> Volley a ball on the forehand and backhand striking the ball downwards <p>Lesson 5</p> <ul style="list-style-type: none"> Serve from the baseline into my opponent's side of the court Move into the correct position to 	<p>communicate with my team mates</p> <p>Lesson 5</p> <ul style="list-style-type: none"> I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball <p>Lesson 6</p> <ul style="list-style-type: none"> I can dribble, pass and shoot the basketball using correct the correct technique to play in a game 	<ul style="list-style-type: none"> Play purposefully in a competitive game, taking on multiple roles effectively 	<ul style="list-style-type: none"> Challenge myself to beat previous performances
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			<p><i>play a variety of shots</i></p> <p>Lesson 6</p> <ul style="list-style-type: none"> Use tactics against an opponent 			
Year 4	<p><u>Rugby (tag rugby)</u></p> <p><i>Handling skills- Two handed carry, once handed carry, swapping carrying arm</i></p> <p><i>Passing- left to right, right to left, offloading</i></p> <p><i>Rugby tactics- Attacking, defending</i></p> <p><i>Competitive games 2 v 2</i></p> <ul style="list-style-type: none"> To develop key skills including passing, handling, and defending. To play small sided competitive games and to master the principles of 	<p><u>Gymnastics (rolling, arching and bridges)</u></p> <p><i>Rolling- Tucked, Pencil, Sideways, Forwards, Backwards, Cartwheel</i></p> <p><i>Balancing- Solo, Partner, Group, Counter</i></p> <p><i>Jumping- Tucked, Pencil, Star, Half Turn, Full Turn</i></p> <p><i>Travelling- Jogging, Skipping, Hopping, Sidestepping, Crawling etc.</i></p> <p><i>Gymnastics Sequence with use of equipment</i></p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To develop flexibility, strength, technique, control, and balance. 	<p><u>Badminton</u></p> <p><i>Racket Control- To hold a racket correctly</i></p> <p><i>Striking- To strike the shuttle with accuracy</i></p> <p><i>Serving- To serve the shuttle with accuracy</i></p> <p><i>Returning- To return the shuttle which has been served over the net</i></p> <p><i>Rallying- To perform a controlled rally with another player</i></p> <p><i>Competitive games 1 v 1</i></p> <p><u>Table Tennis</u></p> <p><i>Bat Control- To hold a bat correctly</i></p> <p><i>Striking- To strike the ball with accuracy</i></p>	<p><u>Handball</u></p> <p><i>Passing- High pass, chest pass, in mid-air pass, bounce pass, ground pass</i></p> <p><i>Dribbling- Double dribble, kicking</i></p> <p><i>Shooting- Vertical jump shot</i></p> <p><i>Defending</i></p> <p><i>Handball Tactics</i></p> <p><i>Competitive games 5 v 5</i></p> <p><i>Handball Tactics</i></p> <p><i>Competitive games 5 V 5</i></p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To further develop key 	<p><u>Rounders</u></p> <p><i>Throwing – Underarm and Overarm</i></p> <p><i>Catching</i></p> <p><i>Striking</i></p> <p><i>Fielding techniques- Long Barrier, Short Barrier</i></p> <p><i>Competitive rounders games</i></p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To further develop key skills including throwing, catching, fielding, and striking. To play large sided competitive games and to master the principles of striking and fielding. <p><i>Skills: I can ...</i></p>	<p><u>Athletics</u></p> <p><i>Throwing- Javelin, (Discus), Seated Throw</i></p> <p><i>Jumping - Long Jump, Triple Jump, Running Long Jump, Running Triple Jump, Reaching High Jump</i></p> <p><i>Running – 10m, 20m, 30m Relay, 100m, 200m</i></p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To further develop key skills including running, throwing, and jumping To take part small scale competitive activities



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<p><i>attacking and defending.</i> <i>Skills: I can ...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> Scoop a ball up from the floor Dodge to avoid being tagged by an opponent Tag safely <p>Lesson 2</p> <ul style="list-style-type: none"> Pocket pass with accuracy from my right and left Make a target to receive the ball Send and receive a ball under pressure <p>Lesson 3</p> <ul style="list-style-type: none"> Pass a rugby ball backwards accurately Dummy a pass <p>Lesson 4</p> <ul style="list-style-type: none"> Pass backwards consistently Create an overlap <p>Lesson 5</p> <ul style="list-style-type: none"> Pass, missing out players in a line Set up defensively opposite an opponent 	<ul style="list-style-type: none"> To perform a sequence using a range of movement patterns. <p><i>Skills: I can ...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> Support my body weight on my hands and feet only Spin from one means of support to another <p>Lesson 2</p> <ul style="list-style-type: none"> Spin and take my weight in my hands Perform sequences using front and back asymmetrical supports and symmetrical spinning <p>Lesson 3</p> <ul style="list-style-type: none"> Create sequences involving different controlled rolls and front and back supports <p>Lesson 4</p> <ul style="list-style-type: none"> Create sequences, moving seamlessly from front and back 	<p>Serving- To serve the ball with accuracy</p> <p>Returning- To return the ball which has been served over the net</p> <p>Rallying- To perform a controlled rally with another player</p> <p>Competitive games 1 v 1</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To further develop key skills including, striking, returning, serving, and rallying. To play competitive games and to master the principles during a game. <p><i>Skills: I can ...</i></p> <p>Lesson 1</p>	<p><i>skills including passing, dribbling, and defending.</i></p> <ul style="list-style-type: none"> To play small sided competitive games and to apply the basic principles of attacking and defending. <p><i>Skills: I can ...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> Send using a javelin style pass accurately Catch a handball on the run <p>Lesson 2</p> <ul style="list-style-type: none"> Pass and receive the ball on the move Pass quickly under pressure <p>Lesson 3</p> <ul style="list-style-type: none"> Throw/shoot accurately using good overarm technique <p>Lesson 4</p> <ul style="list-style-type: none"> Intercept passes Block a shot <p>Lesson 5</p>	<p>Lesson 1</p> <ul style="list-style-type: none"> Send using good throwing technique Receive using good catching a technique <p>Lesson 2</p> <ul style="list-style-type: none"> Develop basic bowling and batting skills <p>Lesson 3</p> <ul style="list-style-type: none"> Develop my throwing skills Communicate with other players for the good of my team <p>Lesson 4</p> <ul style="list-style-type: none"> Field the ball off the ground using a variety of techniques <p>Lesson 5</p> <ul style="list-style-type: none"> Catch high balls comfortably Backpedal to catch balls over me <p>Lesson 6</p> <ul style="list-style-type: none"> Perform well in a range of positions in a competitive game 	<p><i>Skills: I can ...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> Use the correct technique to start a sprint race Develop my coordination to improve my speed <p>Lesson 2</p> <ul style="list-style-type: none"> Hurdle efficiently and consistently Sprint between hurdles <p>Lesson 3</p> <ul style="list-style-type: none"> Develop the technique and consistency of my jumps Jump consistently off the same foot I can scissor kick <p>Lesson 4</p> <ul style="list-style-type: none"> Throw overarm accurately Throw overarm with power, for distance <p>Lesson 5</p> <ul style="list-style-type: none"> Accurately replicate the technique for running, jumping and throwing events
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<p>Lesson 6</p> <ul style="list-style-type: none"> Apply a range of skills effectively in a game of rugby Play to the rules 	<p><i>supports to other balances</i></p> <ul style="list-style-type: none"> Form different shapes with my legs whilst in shoulder balances <p>Lesson 5</p> <ul style="list-style-type: none"> Work in different formations within a sequence Perform in unison to a set count <p>Lesson 6</p> <ul style="list-style-type: none"> Work in a pair Create a sequence of front and back supports which involve working under and over 	<ul style="list-style-type: none"> Assume the 'ready position' <p>Lesson 2</p> <ul style="list-style-type: none"> Serve on the backhand over a net Serve accurately <p>Lesson 3</p> <ul style="list-style-type: none"> Move quickly to be in a position to return the shuttle Hit shots overhead and on forehand and backhand in rallies <p>Lesson 4</p> <ul style="list-style-type: none"> Play a variety of powerful and deft shots Move around court using different footwork patterns <p>Lesson 5</p> <ul style="list-style-type: none"> Play a variety of different shots well Make the right decision usually about which shot to play <p>Lesson 6</p> <ul style="list-style-type: none"> Demonstrate the school games values Umpire and keep score in a game 	<ul style="list-style-type: none"> Participate purposefully in a small sided game Play to the rules of the game <p>Lesson 6</p> <ul style="list-style-type: none"> Show a wide range of skills Play in a variety of positions with equal proficiency Keep control of my emotions whilst playing a tournament 		<ul style="list-style-type: none"> Run a relay efficiently as part of a team <p>Lesson 6</p> <ul style="list-style-type: none"> Replicate the techniques for running, jumping and throwing events in competitive situations Challenge myself to beat previous performances
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Physical Education Long Term Plan

<p>Year 5</p>	<p><u>Football (flag football additional unit)</u></p> <p>Passing- Inside foot, outside foot, direct passing, lob pass</p> <p>Dribbling</p> <p>Defending</p> <p>Football tactics</p> <p>Competitive games 5 v 5</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master key skills including passing, dribbling, and defending. To play large sided competitive games and to master the principles of attacking and defending. <p>Skills: I can ... Lesson 1</p>	<p><u>Dance (dance through the ages)</u></p> <p>Types of Movement- High, Medium, Low</p> <p>Rhythm Patterns</p> <p>Creating a sequence</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To develop flexibility, strength, technique, control, and balance. To perform a sequence using a range of movement patterns. <p>Skills: I can ... Lesson 1</p> <ul style="list-style-type: none"> Develop a motif demonstrating some agility, balance, coordination and precision <p>Lesson 2</p>	<p><u>Tennis</u></p> <p>Racket Control</p> <p>Racket Control- To hold a racket correctly</p> <p>Striking- To strike the ball with accuracy</p> <p>Serving- To serve the ball with accuracy</p> <p>Returning- To return the ball which has been served over the net</p> <p>Rallying- To perform a controlled rally with another player</p> <p>Competitive games 2 v 2</p> <p><u>Table Tennis</u></p> <p>Bat Control- To hold a bat correctly</p> <p>Striking- To strike the ball with accuracy</p>	<p><u>Basketball</u></p> <p>Passing- Chest pass, bounce pass, overhead pass and wrap around pass</p> <p>Dribbling- One hand dribbling, double dribbling, travelling, carrying, pivoting</p> <p>Shooting- Jump shot, hook shot, bank shot, free throw, layup, slam dunk</p> <p>Defending- Noncontact</p> <p>Basketball Tactics</p> <p>Competitive games 3 v 3</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master key skills including passing, dribbling, and defending. 	<p><u>Cricket</u></p> <p>Throwing – Underarm and Overarm</p> <p>Catching</p> <p>Striking</p> <p>Fielding techniques- Long Barrier, Short Barrier</p> <p>Competitive cricket games</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master key skills including throwing, catching, fielding, and striking To play large sided competitive games and to master the principles of striking and fielding. <p>Skills: I can ... Lesson 1</p> <ul style="list-style-type: none"> Catch consistently well under pressure (Year 5) Throw accurately overarm (Year 6) 	<p><u>Athletics</u></p> <p>Throwing- Javelin,(Discus), Seated Throw,</p> <p>Jumping - Long Jump, Triple Jump, Running Long Jump, Running Triple Jump, Reaching High Jump</p> <p>Running – 10m, 20m, 30m Relay, 100m, 200m</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To further develop key skills including running, throwing, and jumping To take part small scale competitive activities <p>Skills: I can ... Lesson 1</p> <ul style="list-style-type: none"> Change pace and run at different tempos
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<ul style="list-style-type: none"> • Demonstrate skill and close control • Pass the ball and move into space <p>Lesson 2</p> <ul style="list-style-type: none"> • Combine skills to allow my team to retain possession. • Dribble at different tempos <p>Lesson 3</p> <ul style="list-style-type: none"> • Identify which shooting technique to use to be successful • Keep the ball moving when running at an opponent <p>Lesson 4</p> <ul style="list-style-type: none"> • Communicate well with my teammates • I can defend thoughtfully, slowing attackers down and not overcommitting too soon <p>Lesson 5</p> <ul style="list-style-type: none"> • Combine skills to create a goal scoring opportunity 	<ul style="list-style-type: none"> • Creatively change static actions into travelling movements • Show different levels, pathways and directions when I travel <p>Lesson 3</p> <ul style="list-style-type: none"> • Communicate effectively with a partner • Lesson 4 • Communicate effectively within a group <p>Lesson 5</p> <ul style="list-style-type: none"> • Communicate effectively within a group • Improve our ideas <p>Lesson 6</p> <ul style="list-style-type: none"> • Evaluate the work of other's using simple technical language 	<p>Serving- To serve the ball with accuracy</p> <p>Returning- To return the ball which has been served over the net</p> <p>Rallying- To perform a controlled rally with another player</p> <p>Competitive games 2 v 2</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> • To master key skills including, striking, returning, serving, and rallying. • To play competitive games and to master the principles during a game. • To understand the rules and to be able to umpire their own games. <p><i>Skills: I can ...</i></p>	<ul style="list-style-type: none"> • To play large sided competitive games and to master the principles of attacking and defending. <p><i>Skills: I can ...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> • I can control a basketball using both hands and protect the ball under pressure <p>Lesson 2</p> <ul style="list-style-type: none"> • I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass <p>Lesson 3</p> <ul style="list-style-type: none"> • I can use different skills such as varying speed and direction to get past defenders <p>Lesson 4</p> <ul style="list-style-type: none"> • I can mark a player or an area of the court to limit 	<p>Lesson 2</p> <ul style="list-style-type: none"> • Pull a ball from a short delivery to the leg side • I can bowl with a short run up and straight arm with some accuracy <p>Lesson 3</p> <ul style="list-style-type: none"> • Perform a range of fielding techniques confidently and consistently • Bowl with a run up <p>Lesson 4</p> <ul style="list-style-type: none"> • Bowl with consistent accuracy and length • Pick up and return a ball with one hand quickly and consistently well • Use my feet to get to the pitch of the ball when batting <p>Lesson 5</p> <ul style="list-style-type: none"> • Show tactical awareness as a fielder • Bowl out of the back of my hand • Play a square cut shot <p>Lesson 6</p>	<ul style="list-style-type: none"> • Sustain my pace over longer distances <p>Lesson 2</p> <ul style="list-style-type: none"> • Throw with accuracy and power using the pull technique • Throw after a run up <p>Lesson 3</p> <ul style="list-style-type: none"> • Throw with greater force and over longer distances • Throw with greater control, accuracy and efficiency <p>Lesson 4</p> <ul style="list-style-type: none"> • Perform the correct techniques for triple jump, high jump and standing vertical jump • Measure accurately my performance at standing vertical jumping <p>Lesson 5</p>
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Physical Education Long Term Plan

<ul style="list-style-type: none"> • <i>Make the most of having and extra player/s on my team</i> <p>Lesson 6</p> <ul style="list-style-type: none"> • <i>Cooperate, communicate and collaborate with others to achieve shared goals</i> • <i>Officiate if given the chance</i> • <i>Play competitive games and control my emotions</i> 		<p>Lesson 1</p> <ul style="list-style-type: none"> • <i>Get into the 'ready position'</i> • <i>Grip a racket and get into sideways positions to strike the ball</i> <p>Lesson 2</p> <ul style="list-style-type: none"> • <i>Hit a forehand shot, consistently</i> • <i>Control where I hit the ball</i> <p>Lesson 3</p> <ul style="list-style-type: none"> • <i>Get into a good position and play backhand shots with some consistency</i> • <i>I can play deft shots near the net within a small area</i> <p>Lesson 4</p> <ul style="list-style-type: none"> • <i>Volley accurately on my forehand and backhand</i> <p>Lesson 5</p> <ul style="list-style-type: none"> • <i>Smash</i> • <i>Lob</i> • <i>Serve</i> <p>Lesson 6</p> <ul style="list-style-type: none"> • <i>Use some tactics against an opponent</i> 	<p><i>opportunities for the opposition</i></p> <p>Lesson 5</p> <ul style="list-style-type: none"> • <i>I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball</i> <p>Lesson 6</p> <ul style="list-style-type: none"> • <i>I can dribble, pass and shoot the basketball using correct the correct technique to play in a game</i> 	<ul style="list-style-type: none"> • <i>Link my skills and perform in a competitive game</i> • <i>Bowl by running in close to the wickets</i> 	<ul style="list-style-type: none"> • <i>Combine sprinting with hurdling</i> <p>Lesson 6</p> <ul style="list-style-type: none"> • <i>Transfer a relay baton efficiently as part of a team</i>
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Physical Education Long Term Plan

			<ul style="list-style-type: none"> Play a competitive game using a range of ground strokes 			
Year 6	<p><u>Rugby (Tag rugby)</u></p> <p>Handling skills- Two handed carry, once handed carry, swapping carrying arm</p> <p>Passing- left to right, right to left, offloading</p> <p>Rugby tactics- Attacking, defending</p> <p>Competitive games 4 v 4</p> <p>Refereeing</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master key skills including passing, handling, and defending. To play large sided competitive games and to master the principles of 	<p><u>Gymnastics (Flight and counter balance)</u></p> <p>Rolling- Tucked, Pencil, Sideways, Forwards, Backwards, Cartwheel</p> <p>Balancing- Solo, Partner, Group, Counter</p> <p>Jumping- Tucked, Pencil, Star, Half Turn, Full Turn</p> <p>Traveling- Jogging, Skipping, Hopping, Sidestepping, Crawling etc.</p> <p>Gymnastics Sequence with use of equipment</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To develop flexibility, strength, technique, control, and balance. To perform a sequence using 	<p><u>Badminton</u></p> <p>Racket Control- To hold a racket correctly</p> <p>Striking- To strike the shuttle with accuracy</p> <p>Serving- To serve the shuttle with accuracy</p> <p>Returning- To return the shuttle which has been served over the net</p> <p>Rallying- To perform a controlled rally with another player</p> <p>Competitive games 2 v 2</p> <p>Umpiring</p> <p><u>Table Tennis</u></p> <p>Bat Control- To hold a bat correctly</p> <p>Striking- To strike the ball with accuracy</p>	<p><u>Handball</u></p> <p>Passing- High pass, chest pass, in mid-air pass, bounce pass, ground pass</p> <p>Dribbling- Double dribble, kicking</p> <p>Shooting- Vertical jump shot</p> <p>Defending</p> <p>Handball Tactics</p> <p>Competitive games 5 v 5</p> <p>Refereeing</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master key skills including passing, dribbling, and defending. To play large sided 	<p><u>Rounders</u></p> <p>Throwing- Underarm, overarm</p> <p>Catching</p> <p>Striking</p> <p>Fielding techniques</p> <p>Competitive games 15 v 15</p> <p>Umpiring</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master key skills including throwing, catching, fielding, and striking To play large sided competitive games and to master the principles of striking and fielding. <p>Skills: I can ... Lesson 1</p>	<p><u>Athletics</u></p> <p>Throwing- Javelin, (Discus), Seated Throw</p> <p>Jumping - Long Jump, Triple Jump, Running Long Jump, Running Triple Jump, Reaching High Jump</p> <p>Running – 10m, 20m, 30m Relay, 100m, 200m Measuring</p> <p><u>End Points</u></p> <ul style="list-style-type: none"> To master develop key skills including running, throwing, and jumping To take part small scale competitive activities <p>Skills: I can ...</p>



Physical Education Long Term Plan

<p><i>attacking and defending.</i> <i>Skills: I can ...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> • Pop pass and pocket pass • Tag someone safely • What constitutes a try and what doesn't <p>Lesson 2</p> <ul style="list-style-type: none"> • Send and receive a ball on the run and under pressure • Pass well to my left and right <p>Lesson 3</p> <ul style="list-style-type: none"> • Pass a rugby ball backwards consistently • Pass accurately • Dummy a pass <p>Lesson 4</p> <ul style="list-style-type: none"> • Pass missing out players in a line • Take a tap penalty with a dummy half <p>Lesson 5</p> <ul style="list-style-type: none"> • Attack in staggered lines 	<p><i>a range of movement patterns.</i></p> <ul style="list-style-type: none"> • To perform a sequence using a range of equipment. <p><i>Skills: I can ...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> • Hold controlled balances on a variety of points and patches on a given number of body parts • Create a sequence of moves in unison with a partner <p>Lesson 2</p> <ul style="list-style-type: none"> • Evaluate the work of others • Hold a range of symmetrical and asymmetrical counter balances • Work at different levels with weight on a variety of points and patches • Create a sequence of 	<p><i>Serving- To serve the ball with accuracy</i></p> <p><i>Returning- To return the ball which has been served over the net</i></p> <p><i>Rallying- To perform a controlled rally with another player</i></p> <p><i>Competitive games 2 v 2</i></p> <p><i>Umpiring</i></p> <p><u><i>End Points</i></u></p> <ul style="list-style-type: none"> • To master key skills including, striking, returning, serving, and rallying. • To play competitive games and to master the principles during a game. • To understand the rules and to be able to 	<p><i>competitive games and to master the principles of attacking and defending.</i></p> <p><i>Skills: I can ...</i></p> <p>Lesson 1</p> <ul style="list-style-type: none"> • Get into a good ready position to move quickly and receive the ball • I can send a ball accurately in different ways • I can move into space, signal to receive and catch consistently well <p>Lesson 2</p> <ul style="list-style-type: none"> • Pass and move into space • I can turn my body sideways to receive a pass <p>Lesson 3</p> <ul style="list-style-type: none"> • Move the ball on quickly to catch out the opposition • Pass and move to support the ball carrier. 	<ul style="list-style-type: none"> • Catch with soft hands • Throw accurately into space <p>Lesson 2</p> <ul style="list-style-type: none"> • Bowl accurately at a consistent height • Ground field consistently well <p>Lesson 3</p> <ul style="list-style-type: none"> • Catch and throw quickly from backstop • Strike with some accuracy into a given area <p>Lesson 4</p> <ul style="list-style-type: none"> • Back up fellow fielders in the outfield • Communicate with my fellow batsmen/women when between bases <p>Lesson 5</p> <ul style="list-style-type: none"> • Throw with real accuracy and under pressure • Play a full game in a small group taking on different roles within the team <p>Lesson 6</p>	<p>Lesson 1</p> <ul style="list-style-type: none"> • Change pace and run at different tempos • Sustain my pace over longer distances <p>Lesson 2</p> <ul style="list-style-type: none"> • Throw with accuracy and power using the pull technique • Throw after a run up <p>Lesson 3</p> <ul style="list-style-type: none"> • Throw with greater force and over longer distances • Throw with greater control, accuracy and efficiency <p>Lesson 4</p> <ul style="list-style-type: none"> • Perform the correct techniques for triple jump, high jump and standing vertical jump • Measure accurately my performance at
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Physical Education Long Term Plan

	<ul style="list-style-type: none"> Organise position so that I receive passes on the run <p>Lesson 6</p> <ul style="list-style-type: none"> Apply skills effectively Develop game understanding and compete in a game of Tag Rugby 	<p><i>moves in unison with a partner</i></p> <p>Lesson 3</p> <ul style="list-style-type: none"> Hold a range of symmetrical and asymmetrical counter balances Roll as part of a balancing and rolling sequence Challenge myself to improve <p>Lesson 4</p> <ul style="list-style-type: none"> Hold a range of symmetrical and asymmetrical counter balances with a partner Use my own body weight in opposition to the apparatus Link skills to perform actions and sequences <p>Lesson 5</p> <ul style="list-style-type: none"> Perform a sequence in canon at different levels 	<p><i>umpire their own games.</i></p> <p>Skills: I can ...</p> <p>Lesson 1</p> <ul style="list-style-type: none"> Assume a position of readiness Hit a forehand <p>Lesson 2</p> <ul style="list-style-type: none"> Perform a forehand and backhand serve Serve with accuracy <p>Lesson 3</p> <ul style="list-style-type: none"> Move quickly to be in a position to consistently return a shuttle I can serve long and short <p>Lesson 4</p> <ul style="list-style-type: none"> Demonstrate a split step and understand its use Chasse in to the net to retrieve shots Play deft shots <p>Lesson 5</p> <ul style="list-style-type: none"> Smash Drop shot 	<p>Lesson 4</p> <ul style="list-style-type: none"> Anticipate the play Shoot with power and accuracy Pass out of the back of my hand <p>Lesson 5</p> <ul style="list-style-type: none"> Disguise passes and dummy pass Think ahead and release the ball early when in possession <p>Lesson 6</p> <ul style="list-style-type: none"> Apply a range of skills purposefully in a game Demonstrate the school games values of passion, self-belief, respect, honesty, determination and teamwork 	<ul style="list-style-type: none"> Adapt my game according to the direct opponent/situation 	<p><i>standing vertical jumping</i></p> <p>Lesson 5</p> <ul style="list-style-type: none"> Combine sprinting with hurdling <p>Lesson 6</p> <ul style="list-style-type: none"> Transfer a relay baton efficiently as part of a team
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Physical Education Long Term Plan

- *Link asymmetrical counter tension balances and counter balances using transitional moves*
- *Evaluate the work of others using correct technical language*

Lesson 6

- *Work in a group*
- *Perform asymmetrical counter balances in a sequence, using canon or unison*
- *Use the apparatus and/or pupils when balancing*
- *Enjoy competing and challenging yourself to improve*

- *Perform different shots consistently and with accuracy*

Lesson 6

- *Compete in an intra school badminton tournament*
- *Demonstrate the school games values*