



Physical Education Long Term Plan 2021-2022

	Autumn:		Spring:		Summer:	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><u>Throwing and catching</u> <u>Objectives</u> Can throw underarm Can throw overarm Can throw a variety of different size and weight balls using a range of styles Can catch a variety of different size and weight balls</p> <p><u>Net and Wall</u> <u>Objectives</u> Can demonstrate control of a racket when balancing objects on it Can demonstrate the correct technique when holding a racket Can serve a ball over a net using suitable body parts Can use a backhand technique to push a</p>	<p><u>Gymnastics -Travel and shapes</u> <u>Objectives</u> Can dribble a ball using a range of body parts. Can pass a ball accurately using a range of body parts. Can receive a ball using a range of body parts. Can shoot at a target using rolling and kicking</p> <p><u>Dance</u> <u>Objectives</u> Can learn a basis dance</p>	<p><u>Gymnastics 2-Balances and Jumps</u> <u>Objectives</u> <u>TBC</u></p> <p><u>Attacking and Defending</u> <u>Objectives</u> Can identify and find space. Can show understanding of basic attacking principles. Can show understanding of basic defending principles. Can show understanding of basic tactics in a game. Can weave in and out of stationary objects at pace.</p>	<p><u>Net and Wall</u> <u>Objectives</u> Can demonstrate control of a racket when balancing objects on it Can demonstrate the correct technique when holding a racket Can serve a ball over a net using suitable body parts Can use a backhand technique to push a stationary ball along the floor Can use a forehand technique to push a stationary ball along the floor</p> <p><u>Sending and Receiving</u> <u>Objectives</u> Can dribble a ball using a range of body parts. Can pass a ball accurately using a range of body parts. Can receive a ball using a range of body parts.</p>	<p><u>Striking and Fielding</u> <u>Objectives</u> Can demonstrate the correct grip and stance with a range of equipment Can demonstrate an understanding of how to stay safe when others are using striking equipment Can pick up and throw a stationary ball in one movement Can strike a ball accurately along the floor</p> <p><u>Attacking and Defending</u> <u>Objectives</u> Can identify and find space. Can show understanding of basic attacking principles.</p>	<p><u>Athletics</u> <u>Objectives</u> Adjust running pace smoothly. Can demonstrate a variety of jumping styles. Can describe the effect of throwing from sitting, kneeling or standing. Can perform hop and jump combinations with balance and control. Can throw and retrieve equipment safely.</p> <p><u>Sending and Receiving</u> <u>Objectives</u> Can dribble a ball using a range of body parts. Can pass a ball accurately using a range of body parts. Can receive a ball using a range of body parts.</p>

	<p>stationery ball along the floor Can use a forehand technique to push a stationery ball along the floor</p>			<p>Can shoot at a target using rolling and kicking.</p>	<p>Can show understanding of basic defending principles. Can show understanding of basic tactics in a game. Can weave in and out of stationary objects at pace.</p>	<p>Can shoot at a target using rolling and kicking.</p>
Year 2	<p><u>Throwing & Catching Objectives</u> Can catch, whilst moving, a variety of different sized and weight balls Can accurately throw, whilst moving, a variety of balls using a range of styles Can use different throwing techniques to shoot at targets Can catch a range of other PE equipment (Quoits, Frisbees, etc.) Can accurately throw a range of other PE equipment (Quoits, Frisbees, etc.)</p> <p><u>Net & Wall Objectives</u> Can return a ball over a net using suitable parts of the body Can serve a ball over a net, into a specific area, using suitable body parts</p>	<p><u>Gymnastics 1- Travel & Space Objectives</u> Create a curled shape and travel in that shape over apparatus. Create a stretched shape and travel in that shape over apparatus. Effectively replicate a 5-piece sequence, incorporating 4 different components. Execute a log roll with correct form and technique. Execute a pike shape with correct form and technique. Execute a straddle shape with correct form and technique.</p> <p><u>Dance Objectives</u> perform dances using simple movement patterns</p>	<p><u>Gymnastics 2- Balances & Jumps Objectives</u> Create a group balance with 3 people, with all being linked together in some way. Effectively replicate a 5-piece sequence, incorporating 4 different components. Execute a star jump with correct form and technique. Execute a straight jump from apparatus with a safe and secure landing</p> <p><u>Attacking & Defending Objectives</u> Can demonstrate basic attacking principles. Can demonstrate basic defending principles. Can demonstrate basic tactics in a game. Can make in game decisions about space</p>	<p><u>Net & Wall Objectives</u> Can return a ball over a net using suitable parts of the body Can serve a ball over a net, into a specific area, using suitable body parts Can use a backhand technique to push a moving ball along the floor Can use a forehand technique to push a moving ball along the floor</p> <p><u>Sending & Receiving Objectives</u> Can dribble a ball using a variety of equipment. Can pass a ball accurately using a variety of equipment. Can receive a ball using a variety of equipment. Can shoot at a target using a variety of equipment. Can use a variety of equipment correctly and safely.</p>	<p><u>Striking & Fielding Objectives</u> Can pick up and throw a moving ball in one movement Can run safely with equipment in a range of sport specific ways Can strike a ball accurately over varying distances Can strike a ball off a tee using a range of equipment</p> <p><u>Attacking & Defending Objectives</u> Can demonstrate basic attacking principles. Can demonstrate basic defending principles. Can demonstrate basic tactics in a game. Can make in game decisions about space and act on them accordingly.</p>	<p><u>Athletics Objectives</u> Can accelerate from a variety of static positions and explain the differences. Can demonstrate the ability to change speed. Can hop for distance. Can jump from side to side with balance, speed and rhythm. Can run/jog at a consistent pace for a few minutes.</p> <p><u>Sending & Receiving Objectives</u> Can dribble a ball using a variety of equipment. Can pass a ball accurately using a variety of equipment. Can receive a ball using a variety of equipment. Can shoot at a target using a variety of equipment. Can use a variety of equipment correctly and safely.</p>

	<p>Can use a backhand technique to push a moving ball along the floor</p> <p>Can use a forehand technique to push a moving ball along the floor</p>		and act on them accordingly.			
Year 3	<p><u>Tennis</u> I can play a competitive game. I can develop technique.</p> <p><u>Cricket</u> I can throw and catch a ball. I can play a competitive game. I can use the basic principles for attacking and defending.</p>	<p><u>Hockey</u> I can play a competitive game. I can use the basic principles for attacking and defending.</p> <p><u>Gymnastics</u> I can develop flexibility, strength, technique, control and balance.</p>	<p><u>Swimming</u> I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p><u>Gymnastics</u> I can develop flexibility, strength, technique, control and balance.</p>	<p><u>Tag Rugby</u> I can play a competitive game. I can use the basic principles for attacking and defending.</p> <p><u>Swimming</u> I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>	<p><u>Netball</u> I can throw and catch a ball. I can play a competitive game. I can use the basic principles for attacking and defending.</p> <p><u>Swimming</u> I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>	<p><u>Athletics</u> I can develop flexibility, strength, technique, control and balance.</p> <p><u>Football</u> I can play a competitive game. I can use the basic principles for attacking and defending.</p>
Year 4	<p><u>Tennis Objectives</u> I can use foot movement to get into the optimum position to strike the ball. I can hit a ball fed from a partner with a forehand to a target. I can hit a ball fed from a partner with a backhand to a target.</p>	<p><u>Floor gymnastics Objectives</u> I can complete a 7-piece sequence including a minimum of 2 different components. I can create a group balance with 4 people, with all people linked together in some way. I can demonstrate advanced counter balances</p>	<p><u>Dodgeball Objectives</u> I can perform a snatch throw effectively and accurately in a game scenario. I can show an effective technique to dodge a ball travelling at chest height.</p>	<p><u>Netball Objectives</u> I can defend the player and the ball in a game scenario. I can demonstrate the attacking principles to successfully execute a 2 v 1 situations. I can demonstrate the defensive principles required in both 1 v 1 and 2 v 1 situations.</p>	<p><u>Rounders Objectives</u> I can accurately throw overarm at a target from a moving position. I can accurately throw underarm at a target from a moving position. I can strike a ball that has been bowled underarm.</p>	<p><u>Athletics Objectives</u> I can demonstrate effective technique for throwing a javelin. I can demonstrate effective technique using a heave throw. I can demonstrate effective technique using the sling throw.</p>

	<p>I can hit a ball fed from a partner with a forehand volley to a target. I can hit a ball fed from a partner with a backhand volley to a target.</p> <p>Swimming Weekly swimming lessons.</p>	<p>with one partner off the ground. I can execute a bent leg linking move with correct form and technique. I can execute a full turn jump with correct form and technique from apparatus. I can execute a half turn jump with correct form and technique from apparatus. I can execute a shoulder balance with correct form and technique. I can execute a side roll with correct form and technique.</p>	<p>I can show an effective technique to dodge a low travelling ball. I can show an understanding and ability to deflect a dodgeball effectively.</p> <p>Gymnastics - Rhythm <u>Objectives</u></p> <ul style="list-style-type: none"> • <u>TBC</u> 	<p>Tag Rugby <u>Objectives</u> I can demonstrate the attacking principles to successfully execute a 2 v 1 situations. I can demonstrate the defensive principles to successfully execute a 2 v 1 situations. I can find creative solutions to beat a defender in a 1 v 1. I understand and perform a switch pass.</p>	<p>Hockey <u>Objectives</u> I can demonstrate the attacking principles to successfully execute a 2 v 1 situations. I can demonstrate the defensive principles to successfully execute a 2 v 1 situations. I can find creative solutions to beat a defender in a 1 v 1. I can demonstrate safely the required skills to tackle an opponent on the open side. I can demonstrate safely the required skills to tackle an opponent on the reverse side.</p>	<p>I can demonstrate effective technique for using the push throw. I can jump a distance from one foot to two feet. I can maintain a good running technique when sprinting over obstacles.</p> <p>Football <u>Objectives</u> <u>TBC</u></p>
<p>Year 5</p>	<p>Tennis <u>Objectives</u> I can demonstrate understanding of basic tactics for attacking in a game of tennis. I can demonstrate understanding of basic tactics for defending in a game of tennis. I can demonstrate ability to move to the centre of the court after each shot. I can Serve the ball over the net.</p> <p>Cricket <u>Objectives</u> I can begin to bowl with line and length. I can</p>	<p>Gymnastics- Floor <u>Objectives</u> TBC</p> <p>Dance</p> <p>Swimming <u>Objectives</u> I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different water-based situations</p>	<p>Gymnastics- Rhythm <u>Objectives</u> TBC</p> <p>Dance</p> <p>Swimming <u>Objectives</u> I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in</p>	<p>Netball <u>Objectives</u> I can demonstrate understanding of attacking principles in conditioned, small-sided games. I can demonstrate understanding of defending principles in conditioned, small-sided games. I can demonstrate understanding of potential solutions to improve the performance of self and others. I can demonstrate understanding of self and others performance v's objectives.</p>	<p>Rounders <u>Objectives</u> I can bowl accurately and with the correct technique. I can demonstrate understanding of basic rounders tactics in a variety of games. I can show an understanding of the importance of communication when running around posts. I can strike a ball underarm to specific target areas.</p> <p>Hockey <u>Objectives</u></p>	<p>Athletics <u>Objectives</u> I can demonstrate a dynamic javelin throw. I can demonstrate a dynamic heave throw. I can demonstrate a dynamic sling throw. I can demonstrate a dynamic push throw. Demonstrate the ability to maintain a smooth running pace relevant to distance covered. Hop, step and jump in the correct sequence.</p> <p>Football <u>Objectives</u> I can demonstrate understanding of attacking principles in</p>

	<p>strike the ball with a cross bat (Hook shot). I can demonstrate understanding of basic tactics for attacking, both whilst fielding and batting, in a game of cricket.</p> <p>I can demonstrate understanding of basic tactics for defending, both whilst fielding and batting, in a game of cricket.</p>		<p>different water-based situations</p>	<p>Tag Rugby <u>Objectives</u> I can demonstrate understanding of attacking principles in conditioned, small-sided games. I can demonstrate understanding of defending principles in conditioned, small-sided games. I can demonstrate understanding of potential solutions to improve the performance of self and others. I can demonstrate understanding of self and others performance v's objectives.</p>	<p>I can demonstrate understanding of attacking principles in conditioned, small-sided games. I can demonstrate understanding of defending principles in conditioned, small-sided games. I can demonstrate understanding of potential solutions to improve the performance of self and others. I can demonstrate understanding of self and others performance v's objectives.</p>	<p>conditioned, small-sided games. I can demonstrate understanding of defending principles in conditioned, small-sided games. I can demonstrate understanding of potential solutions to improve the performance of self and others. I can demonstrate understanding of self and others performance v's objectives.</p>
<p>Year 6</p>	<p>Cricket <u>Objectives</u> Effectively keep score in a game of cricket. Effectively umpire a game of cricket. *Demonstrate basic tactics for attacking, both whilst fielding and batting, in a game of cricket. Demonstrate basic tactics for defending, both whilst fielding and batting, in a game of cricket.</p> <p>Tennis <u>Objectives</u> Demonstrate basic tactics for attacking in a game of tennis.</p>	<p>Hockey <u>Objectives</u> Demonstrate selection & application of skills, tactics and compositional ideas during attack in a Quicksticks game. Demonstrate selection & application of skills, tactics and compositional ideas during defence in a Quicksticks game. Demonstrate ability to evaluate the performance of self and others. Demonstrate ability to offer advice and feedback to improve the performance of self and others.</p>	<p>Dodgeball <u>Objectives</u> Demonstrate selection & application of skills, tactics and compositional ideas during attack in a Dodgeball game. Demonstrate selection & application of skills, tactics and compositional ideas during defence in a Dodgeball game. Demonstrate ability to evaluate the performance of self and others. Demonstrate ability to offer advice and feedback to improve the performance of self and others.</p>	<p>Netball <u>Objectives</u> Demonstrate selection & application of skills, tactics and compositional ideas during attack in a High 5 Netball game. Demonstrate selection & application of skills, tactics and compositional ideas during defence in a High 5 Netball game. Demonstrate ability to evaluate the performance of self and others. Demonstrate ability to offer advice and feedback to improve the performance of self and others. Successfully umpire and keep score in a High 5 Netball game.</p>	<p>Rounders <u>Objectives</u> Demonstrate basic tactics, both whilst fielding and batting, in a game of Rounders. Demonstrate understanding of the rules of Rounders. Effectively keep score in a game of Rounders. Effectively umpire a game of Rounders.</p>	<p>Athletics <u>Objectives</u> Demonstrate understanding of stamina and effectively run over a long distance. Pass a relay baton at speed using a 'push pass'. Sprint over obstacles using consistent stride lengths. Sprint rapidly over short distances as an individual and in relays. Hop, step and jump with speed and balance.</p> <p>Swimming <u>Objectives</u> Swim competently, confidently and proficiently over a distance of at least 25 metres.</p>

	<p>Demonstrate basic tactics for defending in a game of tennis. Serve the ball across the court, over the net. Effectively score in a game of tennis. Effectively umpire in a game of tennis.</p>	<p>*Successfully umpire and keep score in a Quicksticks game. Floor Gymnastics <u>Objectives</u> tbc</p>	<p>• Successfully referee and keep score in a Dodgeball game. Rhythm Gymnastics <u>Objectives</u> • tbc</p>	<p>Tag Rugby <u>Objectives</u> Demonstrate selection & application of skills, tactics and compositional ideas during attack in a Tag Rugby game. Demonstrate selection & application of skills, tactics and compositional ideas during defence in a Tag Rugby game. *Demonstrate ability to evaluate the performance of self and others. Demonstrate ability to offer advice and feedback to improve the performance of self and others. Successfully referee and keep score in a Tag Rugby game</p>		<p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.</p>
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