

Bantock Primary School Long Term Planning Physical Education

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	PE	Locomotion - Walking	Gymnastics - Moving	Ball Skills – Hands 1	Dance – Nursery Rhymes	Locomotion - Jumping	Ball Skills – Feet 1
	PE	Locomotion - Walking	Dance – Ourselves	Gymnastics - Moving	Dance - Dinosaurs	Locomotion - Jumping	Gymnastics – High, Low, Over and Under
Reception	Skills	<ul style="list-style-type: none"> - Explore/develop walking - Explore walking in different pathways - Sustain walking Explore marching - Apply walking into a game 	<ul style="list-style-type: none"> - Moving in sequence - Responding in movement to words and music - Moving with props and contrasting tempos - Creating their own movements - Exploring opposites 	<ul style="list-style-type: none"> - Explore moving and making shapes using different body parts - Explore moving in different directions - Explore big and small ways of moving and making shapes - Moving in pairs - Creating shapes in pairs 	<ul style="list-style-type: none"> - Moving with control - Adding movements together - Responding to rhythm in character - Adding expression to our characters' (dinosaur) movements - Performing with a partner - Exploring relationships 	<ul style="list-style-type: none"> - Explore/develop jumping - Apply jumping into a game - Jumping for distance - Explore jumping high - Explore hopping 	<ul style="list-style-type: none"> - Introduction to high, low, over and under - Introduction to the apparatus - Applying high and low on apparatus
	Games	Ball Skills – Hands 1	Ball Skills – Hands 2	Ball Skills – Feet	Ball Skills – Feet	Games for Understanding	Games for Understanding
	Skills	<ul style="list-style-type: none"> - Explore pushing - Explore rolling - Explore bouncing - Explore bouncing into space - Combine pushing and rolling - Combine rolling, pushing and bouncing 	<ul style="list-style-type: none"> - Explore throwing overarm - Explore throwing underarm - Explore rolling - Explore stopping a ball - Explore catching 	<ul style="list-style-type: none"> - Explore moving with a ball using our feet - Develop moving with a ball using our feet - Understand dribbling - Develop dribbling against an opponent 	<ul style="list-style-type: none"> - Explore moving with a ball using our feet - Develop moving with a ball using our feet - Understand dribbling - Develop dribbling against an opponent 	<ul style="list-style-type: none"> - Taking turns/keeping the score - Understanding and playing by the rules - Avoiding a defender - Preventing an attacker from scoring 	<ul style="list-style-type: none"> - Taking turns/keeping the score - Understanding and playing by the rules - Avoiding a defender - Preventing an attacker from scoring
	PE	Locomotion - Jumping	Dance – Growing	Gymnastics – Body Parts	Locomotion – Running	Gymnastics – Custom Wolves Coaches	Dance – The Zoo
Year 1	Skills	<ul style="list-style-type: none"> - Recap jumping - Develop jumping - Explore how jumping affects our bodies - Explore skipping - Apply skipping and jumping into a game 	<ul style="list-style-type: none"> - Responding to rhythm - Developing the growing plant 'dance' - Introduction to motifs - Creating movement sequences - Relationships and performance 	<ul style="list-style-type: none"> - Introduction to big/small body parts - Combining big and small with wide, narrow and curled - Transition between wide narrow and curled using big and small body parts - Adding (linking) movements together 	<ul style="list-style-type: none"> - Explore running - Apply running into a game - Explore running at different speeds - Running for speed: Acceleration - Explore running in a team - Consolidate running, apply running into a game 		<ul style="list-style-type: none"> - Exploring expression - Developing our movements, adding movements together - Responding to a rhythm: Introducing partner work - Creating an animal sequence motifs - Exploring relationships within our motifs
	Games	Ball Skills – Hands 1	Games for Understanding	Ball Skills – Feet Wolves Coaches	Ball Skills – Hands 2	Team Building	Health and Well-being
	Skills	<ul style="list-style-type: none"> - Develop dribbling/passing and receiving - Combine dribbling, passing and receiving, keeping possession - Develop dribbling/passing and receiving to score a point - Combine dribbling, passing and receiving to score a point 	<ul style="list-style-type: none"> - Understanding the principles of attack/defence - Applying attacking/defending principles into a game - Consolidate attacking/defending 		<ul style="list-style-type: none"> - Introduce throwing with accuracy - Apply throwing with accuracy in a team - Introduce stopping a ball - Develop sending (rolling) skills to score a point - Consolidate sending and stopping to win a game 	<ul style="list-style-type: none"> - Introducing teamwork - Develop teamwork - Building trust and developing communication - Cooperation and communication - Explore simple strategies - Problem solving: Consolidate teamwork 	<ul style="list-style-type: none"> - Introduce and explore agility - Introduce and explore balance - Introduce and explore coordination: Bouncing, rolling and throwing
Year 2	PE	Locomotion – Dodging	Gymnastics - Linking	Locomotion – Jumping	Dance – Custom Wolves Coaches	Gymnastics – Pathways	Dance – Mr Candys Sweet Shop
	Skills	<ul style="list-style-type: none"> - Explore dodging - Develop dodging - Apply dodging: Explore attacking and defending - - Apply dodging in teams 	<ul style="list-style-type: none"> - Developing linking - Linking on apparatus - Jump, roll, balance sequences/on apparatus - Creation of sequences - Completion of sequences and performance 	<ul style="list-style-type: none"> - Consolidate jumping - Apply jumping into a game - Linking jumping - Explore jumping combinations - Develop jumping combinations 		<ul style="list-style-type: none"> - Explore/develop zigzag pathways/on apparatus - Explore/develop curved pathways/on apparatus - Creation of pathway sequences - Completion of pathways sequences and performance 	<ul style="list-style-type: none"> - Responding to stimuli - Developing our motif with expression and emotion - Applying choreography in our motifs - Extending our motifs - Sequences, relationships and performance

Bantock Primary School Long Term Planning Physical Education

	Games	Ball Skills – Hands 1 Wolves Coaches	Games for Understanding	Ball Skills – Feet 1	Ball Skills – Hands 2	Team Building	Health and Well-being
	Skills		<ul style="list-style-type: none"> - Attacking/defending as a team - Understanding the transition between defence and attack - Create and apply attacking/ defensive tactics 	<ul style="list-style-type: none"> - Develop dribbling/ passing/receiving, keeping possession - Combine dribbling, passing and receiving, keeping possession/to score a point - Apply dribbling, passing and receiving as a team to score a point 	<ul style="list-style-type: none"> - Consolidate pupils application and understanding of underarm throwing - Applying the underarm and overarm throw to win a game - Applying the underarm throw to beat an opponent 	<ul style="list-style-type: none"> - Introducing teamwork - Develop teamwork - Building trust and developing communication - Cooperation and communication - Explore simple strategies - Problem solving: Consolidate teamwork 	<ul style="list-style-type: none"> - Consolidate agility - Consolidate balancing: Explore balancing on apparatus - Introduce and explore coordination: Dribbling and kicking
Year 3	PE	SWIMMING	SWIMMING	SWIMMING	Dance – Wild Animals	OAA – Orienteering	Gymnastics - Custom Wolves Coaches
	Skills				<ul style="list-style-type: none"> - Responding to stimuli - Developing character dance into a motif - Develop sequences with a partner in character that show relationships - Extending sequences with a partner in character 	<ul style="list-style-type: none"> - Creating and applying simple tactics - Developing leadership - Develop communication as a team - Create defending and attacking tactics as a team 	
	Games	Basketball	Football	Cricket Chance to Shine	Dodgeball Wolves Coaches	Tag Rugby	Rounders
	Skills	<ul style="list-style-type: none"> - Introduce dribbling; - Introduce passing and receiving - Combine dribbling and passing to create space - Develop passing, receiving and dribbling - Introduce shooting 	<ul style="list-style-type: none"> - Introduce/develop dribbling keeping control - Introduce passing and receiving - Combine dribbling and passing to create space - Develop passing, receiving and dribbling 			<ul style="list-style-type: none"> - Introduce moving with the ball, passing and receiving - Introduce tagging - Create space when attacking - Develop passing and moving - Combine passing/moving to create attacking opportunities 	<ul style="list-style-type: none"> - Develop fielding bowling with a backstop - Introduce batting; how - Develop batting; where and why - Introduce and apply basic fielding tactics
Year 4	PE	Gymnastics - Bridges	OAA – Problem Solving	Dance - Custom Wolves Coaches	Dodgeball	OAA – Communication and Tactics	Dance - Cats
	Skills	<ul style="list-style-type: none"> - Introduction to bridges - Application of bridge learning onto apparatus - Develop sequences with bridges - Sequence formation - Sequence completion 	<ul style="list-style-type: none"> - Benches and mats challenge - Round the clock card challenge - The pen challenge - The river rope challenge - Caving challenges 		<ul style="list-style-type: none"> - Introduce jumping and ducking - Develop throwing with accuracy and power over an increased distance - Develop catching - Consolidate dodging, jumping and ducking 	<ul style="list-style-type: none"> - Creating and applying simple tactics - Developing leadership - Develop communication as a team - Create defending and attacking tactics as a team 	<ul style="list-style-type: none"> - Responding to stimuli working together - Extending sequences with a partner in character - Exploring two contrasting relationships and interlinking dance moves
	Games	Basketball	Handball	Tag Rugby	Tennis	Rounders Wolves Coaches	Athletics
	Skills	<ul style="list-style-type: none"> - Refine dribbling - Refine passing and receiving - Refine passing and dribbling creating space - Refine passing and dribbling creating shooting opportunities - Introduce marking 	<ul style="list-style-type: none"> - Refine passing and receiving - Develop passing and creating space - Develop passing, moving and shooting - Combine passing and shooting - Introduce defending 	<ul style="list-style-type: none"> - Develop passing, moving and creating space - Apply learning to 3v3 mini games - Develop defending in game situations - Combine passing and moving to create an attack and score 	<ul style="list-style-type: none"> - Introduction tennis, outwitting an opponent - Creating space to win a point - Consolidate how to win a game introduce rackets - Introduce the forehand 		<ul style="list-style-type: none"> - Develop running at speed - Exploring our stride pattern - Exploring running at pace - Understand and apply tactics when running for distance - Javelin - Standing Triple Jump
Year 5	PE	Gymnastics- Counter Balance and Counter Tension	Dance - Custom Wolves Coaches	Health Related Exercise	SWIMMING	SWIMMING	SWIMMING
	Skills	<ul style="list-style-type: none"> - Introduction to Counter Balance - Application of Counter Balance learning onto apparatus 		<ul style="list-style-type: none"> - Explore and understand cardio fitness - Explore and understand flexibility fitness 			

Bantock Primary School Long Term Planning Physical Education

		<ul style="list-style-type: none"> - Sequence formation - Counter Tension - Sequence completion 		<ul style="list-style-type: none"> - Explore and understand strength fitness 			
	Games	Football	Netball Wolves Coaches	Hockey	Cricket Chance to Shine	Tag Rugby	Athletics
	Skills	<ul style="list-style-type: none"> - Refine dribbling and passing to maintain possession - Introduce and develop defending - Develop shooting - Refine attacking skills, passing, dribbling and shooting, introduce officiating 		<ul style="list-style-type: none"> - Develop defending; blocking and tacking - Refine dribbling/passing to create attacking opportunities - Refine attacking skills, passing dribbling and shooting - Refine defending skills developing transition from defence to attack 		<ul style="list-style-type: none"> - Refine passing and moving to create attacking opportunities - Explore different passes that can be used to outwit defenders - Refine defending as a team - Create and apply defending tactics. Develop officiating 	<ul style="list-style-type: none"> - Finishing a race - Evaluating our performance - Sprinting: My personal best - Relay changeovers - Shot Put - Introducing the Hurdles
Year 6	PE	Gymnastics (Custom) Wolves Coaches	Health Related Exercise	Dance – Carnival	Gymnastics - Matching/Mirroring	OAA - Orienteering/Problem Solving	OAA - Leadership
	Skills		<ul style="list-style-type: none"> - Develop a secure understanding of cardio fitness - Develop a secure understanding of flexibility fitness - Develop a secure understanding of strength fitness 	<ul style="list-style-type: none"> - Performing with technical control and rhythm in a group - Creating rhythmic patterns using the body - Experiencing dance from a different culture - Chorographical elements including still imagery 	<ul style="list-style-type: none"> - Introduction to matching/ mirroring - Application of matching/ mirroring learning onto apparatus - Sequence development 	<ul style="list-style-type: none"> - Face orienteering - Cone orienteering - Point and return - Point to point - Timed course - Orienteering competition 	<ul style="list-style-type: none"> - Understanding what makes an effective leader - Communicating as a leader - Introducing the STEP principle: Space , Task, Equipment and People
	Games	Football	Netball	Hockey	Handball	Dodgeball	Tennis Wolves Coaches
	Skills	<ul style="list-style-type: none"> - Consolidate keeping possession, develop officiating - Consolidate defending - Organise formations and manage teams - Organise formations decide tactics, manage teams and officiate games 	<ul style="list-style-type: none"> - Consolidate keeping possession, develop officiating - Consolidate defending - Create, understand and apply attacking/defending tactics in game situations 	<ul style="list-style-type: none"> - Consolidate keeping possession, develop officiating - Consolidate defending - Create, understand and apply attacking/defending tactics in game situations 	<ul style="list-style-type: none"> - Consolidate keeping possession, develop officiating - Understand and apply defending tactics in game situations - Consolidate defensive tactics; understand and apply defensive tactics in game scenarios 	<ul style="list-style-type: none"> - Consolidate/ understanding attacking and defending tactics - Transition between attack and defence - Applying the rules: Officiating games - Managing tactics and officiate games 	