



PE Long Term Plan 2024-2025



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS					
Fundamental Movements	Target Games	Gymnastics	Dance	Fundamental Movements	Athletics
<p>To follow simple instructions.</p> <p>To copy and perform actions.</p> <p>To stop a ball with consistency.</p>	<p>To explore overarm and underarm throws.</p> <p>To catch a ball with some success.</p>	<p>To maintain balance whilst running and changing direction.</p> <p>To demonstrate the key teaching points for an effective catch and select the right type of throw.</p>	<p>To copy simple movements.</p>	<p>To maintain balance whilst running and changing direction.</p> <p>To demonstrate the key teaching points for an effective catch and select the right type of throw.</p>	<p>To maintain balance whilst running quickly.</p> <p>To utilise the over-arm throw to throw at an area which is a greater distance away.</p>
Year 1					
Gymnastics	Dance	Invasion Games	Cricket	Tennis	Athletics
<p>Exploring movements and body shapes.</p> <p>Beginning to link movements including jumps.</p>	<p>Begin to link movements to sounds and music.</p>	<p>Begin to link movements to sounds and music.</p> <p>To participate in simple games.</p> <p>To receive a ball with basic control.</p> <p>To begin to develop hand-eye coordination.</p>	<p>To learn skills for striking and fielding games.</p>	<p>To explore tennis rackets and balls.</p> <p>To hit a tennis ball in the correct direction.</p>	<p>To understand the fundamentals of running, jumping and throwing.</p>
Yoga		Yoga		Yoga	
<p>To control my breathing.</p> <p>To recognise different poses.</p>		<p>To remember and repeat actions linking poses together.</p> <p>To confidently perform different poses.</p>		<p>To work with others to create simple poses.</p>	



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Year 2					
Gymnastics	Dance	Invasion Games	Cricket	Tennis	Athletics
To begin to create sequences including the use of equipment.	Describe dances using appropriate vocabulary To show control when exploring movements and within sequences.	To confidently send the ball to others in a range of ways. To develop an understanding of attacking/defending. To apply and combine a variety of skills.	To develop striking, catching and throwing skills.	To be able to hold a tennis racket correctly and hit a ball accurately.	To apply accuracy, control and co-ordination when running, jumping (standing) and throwing.
Yoga		Yoga		Yoga	
To move from one pose to another while thinking about my breath. To use clear shapes when performing poses.		To copy, repeat and remember yoga flows. To control my breathing during poses and remember different poses.		To work with others to create simple flows with control.	
Year 3					
Dance	Hockey	Gymnastics	Basketball	Cricket	Athletics
Create larger sequences by adapting movements and motifs. To begin to improvise to create simple dances.	Copy, explore and remember movements to create own sequences To begin to develop good technique when travelling, balancing and using equipment. Use skills with co-ordination and control in game situations.	Copy, explore and remember movements to create own sequences To begin to develop good technique when travelling, balancing and using equipment.	To be able to dribble legally when stationary. To begin to pass in different styles in small games. To understand the correct technique for shooting.	To practise correct technique for batting, catching and throwing including different ways of throwing. To practise correct techniques for fielding and apply in a game situation.	To begin to adjust speeds when running to ensure it is appropriate for the distance. To explore running jumps with some accuracy.
Tennis	To understand how to compete in a controlled manner.	Swimming			
To explore technique of forehand and backhand to build rallies. To begin to serve underarm.		Use arms and legs together to move effectively across a short distance in the water. Glide on front and back over short distances.			



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Year 4					
Football	Gymnastics	Dance	Netball	Tennis	Athletics
<p>To show confidence in using ball skills in various ways.</p> <p>To apply basic skills for attacking and defending.</p> <p>To take part in competitive games and apply techniques taught.</p>	<p>To link skills with control, technique, co-ordination and fluency.</p> <p>Demonstrate understanding of composition by performing more complex sequences with varied body shapes and apparatus.</p>	<p>To begin to create longer sequences in larger groups.</p> <p>To demonstrate rhythm and spatial awareness.</p> <p>To begin to self-evaluate performances using correct vocabulary.</p>	<p>To show the correct footwork when throwing and catching.</p> <p>To throw the ball with accuracy at the correct weight and to catch with moderate success.</p>	<p>To explore the variety of shots which can be played.</p> <p>To begin to take part in a competitive tennis game.</p>	<p>To begin to build a variety of running techniques and use with confidence.</p> <p>To use correct technique and demonstrate accuracy when running, throwing and jumping.</p>
Swimming			Cricket	Golf	
<p>Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.</p> <p>Begin to co-ordinate breath in time with basic strokes showing some consistency in timing.</p> <p>Comfortably demonstrate sculling head first, feet first and treading water.</p>			<p>To apply correct techniques for fielding and batting in a game situation.</p> <p>To use ABC (agility, balance, co-ordination) to field a ball well.</p>	<p>To explore the correct technique for some shots.</p> <p>To play different shots with some accuracy.</p>	



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Year 5					
Tennis	Hockey	Gymnastics	Basketball	Cricket	Athletics
<p><i>To identify and apply techniques for different shots which can be played.</i></p> <p><i>To develop the techniques for ground strokes and volleys.</i></p> <p><i>To use the scoring system and court for singles tennis.</i></p>	<p><i>Shows confidence in using ball skills in various ways, and can link these together.</i></p> <p><i>Takes part in competitive games with a strong understanding of tactics.</i></p>	<p><i>To apply combined skills accurately, appropriately and consistently showing precision, control and fluency.</i></p> <p><i>Develops strength, technique and flexibility throughout performances.</i></p> <p><i>Analyse and comment on skills and techniques and how these are applied in their own and others' work. To begin to self-evaluate.</i></p>	<p><i>To show an understanding of the rules including travelling and double dribble in game situations.</i></p> <p><i>To be able to pass consistently in different styles.</i></p> <p><i>To accurately shoot accurately in isolation and begin to shoot in game situations.</i></p>	<p><i>To further develop skills including an accurate and effective overarm bowl and to run between the wickets.</i></p> <p><i>To apply all the skills learned by playing in competitive matches showing an understanding of the rules.</i></p>	<p><i>To perform a running jump with more than one component.</i></p> <p><i>Beginning to record peers performances, and evaluate these using correct vocabulary.</i></p>
Dance		Swimming		Skiing	
<p><i>To begin to exaggerate dance movements and motifs using expression.</i></p> <p><i>To demonstrate strong movements throughout a fluent dance sequence.</i></p>		<p><i>Confidently and consistently retrieve an object from the floor with the same breath.</i></p> <p><i>Confidently demonstrate good technique in a wider range of strokes over increased distances.</i></p> <p><i>Comfortably demonstrate sculling head first, feet first and treading water.</i></p>		<p><i>To learn the basic skills of skiing.</i></p> <p><i>To begin to slow while skiing.</i></p> <p><i>To explore turning when skiing.</i></p>	



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Year 6					
Football	Gymnastics	Dance	Netball	Cricket	Athletics
<p>To consistently use ball skills with coordination, control and fluency.</p> <p>To apply skills in game situations effectively to maintain possession.</p>	<p>Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions.</p>	<p>To perform with confidence, using a range of movement patterns and demonstrating consistent precision.</p> <p>To move appropriately and with the required style in relation to the stimulus</p>	<p>To pass with a degree of consistency in three styles in isolation.</p> <p>To show the correct footwork in game situations.</p> <p>To show an understanding of the rules.</p>	<p>To learn batting control and develop fielding skills to stop the ball effectively while under pressure.</p> <p>To apply tactics in order to beat another team.</p>	<p>Demonstrates accuracy and confidence in throwing and jumping activities.</p> <p>To develop running ability by exploring starting positions and use of the baton.</p>
Swimming				Tennis	Golf
<p>Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.</p> <p>Combine gliding and transitioning into an appropriate stroke with good control.</p> <p>Select and apply the appropriate survival technique to the situation.</p>				<p>To select shots with a desired outcome in a game situation.</p> <p>To develop technique for the overhead serve.</p>	<p>To demonstrate that I can use the correct technique for some shots.</p> <p>To play different shots with increasing accuracy.</p>