



Subject: Physical Education

2023-2024

## Coit PE Subject Long Term Plan 2023-2024

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	A1	A2	SP1	SP2	SU1	SU2	
	Introduction to PE	Introduction to PE	Dance (GS4PE) Unit 1	Dance (GS4PE) Unit 2	Games (GS4PE) Unit 1	Games (GS4PE) Unit 2	
FS	Children will be introduced to Physical Education. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities, which will develop fundamental movement skills such as running, jumping, skipping. Children will also play simple games and begin to understand and use rules.  Key Skills: Moving safely, running, jumping, throwing, catching, following a path, rolling  Key Concepts:  Movement Balance Agility Coordination	Introduction to PE (GS4PE) Unit 2  Children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.  Key Skills: Moving safely, running, jumping, throwing, catching, following a path, rolling  Key Concepts:  Movement Balance	Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback.  Key Skills: Travel, action, perform, copy  Key Concepts:  Movement Balance Agility Coordination	Children will develop their expressive movement through the topic of 'places'. Children explore space and how to use space safely. They explore traveling actions, shapes and balances. Children choose their own actions in response to a stimulus. They also are given the opportunity to copy, repeat and remember actions. They continue to use counting to help them keep in time with the music. They explore dance through the world around them. They perform to others and begin to provide simple feedback.  Key Skills: Travel, action, perform, copy  Key Concepts:  Movement Balance Agility Coordination	Children will develop their understanding of playing games. Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.  Key Skills: Running, balancing, changing direction, striking a ball, throwing  Key Concepts:  Movement Balance Coordination Collaboration Fairness	Children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They will also start to understand how to work as a team, take turns, keep the score, play against an opponent and play by the rules.  Key Skills: Running, balancing, changing direction, striking a ball, throwing  Key Concepts:  Movement Balance Coordination Collaboration Fairness	



Fairness **Agility** Coordination **Fairness Fundamentals Unit 1 Sports Day Practice Gymnastics (GS4PE) Gymnastics (GS4PE) Fundamentals Unit 2 Ball skills Unit 1** Children will develop their Children will develop their Children explore basic Children explore basic Children will develop their Children will practise fundamental movement fundamental movement movements, creating movements, creating ball skills through the races such as sprints, skills. Fundamental skills skills. Fundamental skills shapes, balances, jumps shapes, balances, jumps topic of 'minibeasts'. skipping, egg and spoon, will include balancing, will include balancing, and rolls. They begin to and rolls. They begin to Children will develop and the sack race. Pupils fundamental ball skills running, changing running, changing develop an awareness of develop an awareness of will be ranked into seats direction, jumping, space and how to use it space and how to use it such as rolling and so they are racing against direction, jumping, hopping and travelling. hopping and travelling. safely. They perform basic safely. They perform basic receiving a ball, throwing children of similar ability. Children will develop fine skills on both floor and Children will develop fine skills on both floor and to a target, bouncing and The children will also and gross motor skills and gross motor skills apparatus. They copy, catching, dribbling with practise team work by apparatus. They copy, through a range of through a range of taking part in team create, remember and create, remember and feet and kicking a ball. activities. They will learn activities. They will learn Children will be able to challenges. repeat short sequences. repeat short sequences. how to stay safe using how to stay safe using develop their fine and They begin to understand They begin to understand Key Skills: Running, using levels and directions using levels and directions gross motor skills though space, working space, working throwing, catching, independently and with a independently and with a when travelling and when travelling and a range of game play teamwork balancing. balancing. using a variety of partner. partner. equipment. Children will **Key Concepts:** Key Skills: Balancing, Key Skills: Balancing, Key Skills: Shapes, **Key Skills:** Shapes, be given opportunities to Movement running, jumping, running, jumping, balances, jumps, rock and balances, jumps, rock and work independently and Agility changing direction, changing direction, roll, barrel roll, straight roll, barrel roll, straight with a partner. Coordination roll, progressions of a roll, progressions of a hopping, travelling hopping, travelling Competition forward roll, travelling forward roll, travelling **Key Skills: Key Concepts: Key Concepts:** Collaboration Movement Movement **Key Concepts:** Rolling a ball, stopping a Fairness **Key Concepts:**  Balance Balance Technique Movement Movement rolling ball, Agility Agility Balance Balance Coordination Coordination **Agility Agility** throwing at a target, Collaboration Collaboration Coordination Coordination tracking a ball, bouncing Collaboration Collaboration a ball, dribbling a ball with feet, kicking a ball **Key Concepts:** 

Movement



Y1 Fundamentals (GS4PE)

Pupils will explore the

Pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas.

Key Skills: jumping, balancing, controlling muscles, holding a position

#### **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination

#### Target Games (GS4PE)

In this unit pupils will develop their aim using both underarm and overarm actions. Pupils will be given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and selfmanage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe.

**Key Skills:** Underarm throwing, Overarm throwing, Aim

Hand eye co-ordination

## **Key Concepts:**

- Movement
- Coordination
- Communication
- Tactics
- Decision making

#### Invasion (GS4PE)

Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending and what being 'in possession' means. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents.

Key Skills: Throwing, catching, kicking, dribbling with hands and feet, dodging

## **Key Concepts:**

- Movement
- Agility
- Coordination

## Fitness (GS4PE)

In this unit, pupils develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best.

**Key Skills:** Agility, balance, coordination, speed, stamina, skipping

## **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Fitness
- Sequence
- Evaluation and improvement

## Coordination

Collaboration

# Sending and Receiving (GS4PE)

Pupils will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe.

<u>Key Skills:</u> Rolling, kicking, throwing, catching, tracking

## **Key Concepts:**

- Movement
- Agility
- Coordination
- Collaboration

## Net and Wall (GS4PE)

Pupils will be introduced to the basic skills required in Net and Wall games. Pupils will learn the importance of the ready position. They will develop throwing, catching and racket skills, learning to track and hit a ball. They will learn to play against an opponent and over a net. They will begin to use rules and simple tactics when playing against a partner. They will be encouraged to demonstrate good sportsmanship and show respect towards others.

**Key Skills**: Throwing, catching, hitting a ball, tracking a ball

- Movement
- Coordination
- Fairness
- Technique



Subject: Physical Education

2023-2024

## Ball Skills (GS4PE)

Pupils will develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks.

Key Skills: Rolling, kicking, throwing, catching, dribbling, bouncing

#### **Key Concepts:**

- Movement
- Coordination
- Collaboration

## **Gymnastics (GS4PE)**

Pupils learn to use space safely and effectively. They explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing.

**Key Skills:** Travelling, shapes, balances, jumps, barrel roll, straight roll, progressions of a forward roll

#### **Key Concepts:**

- Movement
- **Balance**
- Agility
- Coordination
- Sequence
- Technique

#### Dance (GS4PE)

Competition

Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.

Key Skills: Travel, action, shape, perform, copy

## **Key Concepts:**

- Movement
- **Agility**
- Coordination
- Collaboration
- Sequence

## Yoga (GS4PE)

Pupils learn about mindfulness and awareness. They begin to learn poses and techniques that will help them connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance. The learning includes postures, breathing and meditation taught through fun and engaging activities.

Key Skills: Breathing, balance, flexibility, strength, coordination

- Balance
- Fitness
- Technique

#### Team Building (GS4PE)

Pupils develop their communication and problem solving skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They are given the opportunity to discuss and plan their ideas.

**Key Skills**: Balancing, travelling

## **Key Concepts:**

- Movement
- Balance
- Collaboration
- Fairness

## **Sports Day Practice**

Children will practise races such as sprints, skipping, egg and spoon, and the sack race. Pupils will be ranked into seats so they are racing against children of similar ability. The children will also practise team work by taking part in team challenges.

**Key Skills:** Running, throwing, catching, teamwork

#### **Key Concepts:**

- Movement
- Agility
- Coordination
- Competition
- Collaboration
- Fairness
- Technique

- Coordination
- Sequence



Subject: Physical Education

2023-2024

#### Y2 Dance (GS4PE)

Pupils will explore space and how their body can move to express an idea, mood, character or feeling. They will expand their knowledge of travelling actions and use them in relation to a stimulus. They will build on their understanding of dynamics and expression. They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing. They will be given the opportunity to work independently and with others to perform and provide feedback beginning to use key terminology.

Key Skills: Travel, action, shape, perform, copy, using dynamics, using expression, using speed, using pathways

#### **Key Concepts:**

- Movement
- Balance
- Coordination
- Collaboration

#### Gymnastics (GS4PE)

Pupils learn through exploring and developing basic gymnastic actions on the floor and using apparatus. They develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. They learn to work safely with and around others and whilst using apparatus. Pupils are given opportunities to provide feedback to others and recognise elements of high quality performance.

Key Skills: Shapes, balances, shape jumps, take-off and landing, travelling, barrel roll, straight roll, forwards roll

## **Key Concepts:**

- Movement
- Balance

## Sending and Receiving (GS4PE)

Pupils will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe.

<u>Key Skills:</u> Rolling, kicking, throwing, catching, tracking

## **Key Concepts:**

- Movement
- Agility
- Coordination
- Collaboration

## Target Games (GS4PE)

Pupils develop their understanding of the principles of target games. Pupils learn how to score points and play to the rules. They develop the skills of throwing, rolling, kicking and striking to targets. They begin to self-manage their own games selecting and applying the skills they have learnt appropriate to the situation.

<u>Key Skills:</u> Underarm throwing, Overarm throwing, Aim

Hand eye co-ordination

## **Key Concepts:**

- Movement
- Coordination
- Communication
- Tactics
- Decision making

#### Athletics (GS4PE)

Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop.

<u>Key Skills:</u> Running at varying speeds, combining running and jumping, throwing for distance

## **Key Concepts:**

- Movement
- Agility
- Coordination
- Fitness
- Technique

#### Invasion (GS4PE)

Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending and what being 'in possession' means. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents.

Key Skills: Throwing, catching, kicking, dribbling with hands and feet, dodging

- Movement
- Agility
- Coordination
- Competition



**Key Concepts:** 

Agility

Subject: Physical Education Subject Overview

Movement

**Balance** 

**Agility** 

2023-2024 Sequence Agility Coordination Sequence Technique Striking and Fielding Yoga (GS4PE) Fitness (GS4PE) Net and Wall (GS4PE) **Sports Day Practice Fundamentals (GS4PE)** (GS4PE) Pupils learn about Pupils will take part in a Pupils will develop the Children will practise Pupils develop their basic range of fitness activities basic skills involved in net races such as sprints, mindfulness and body Pupils will develop the understanding of striking awareness. They begin to to develop components of and wall games. They will skipping, egg and spoon, fundamental skills of and fielding games such fitness. Pupils will begin and the sack race. Pupils learn yoga poses and develop their balancing, running, as Rounders and Cricket. techniques that will help to explore and develop understanding of the will be ranked into seats changing direction, They learn skills including them to connect their agility, balance, principles of net and wall so they are racing against jumping, hopping and throwing and catching, mind and body. The unit coordination, speed and games such as using the children of similar ability. skipping. Pupils will be builds strength, flexibility ready position to defend The children will also stopping a rolling ball, stamina. Pupils will be given opportunities to retrieving a ball and and balance. The learning given the opportunity to their space and sending practise team work by work with a range of striking a ball. They are includes breathing and work independently and the ball away from an taking part in team different equipment. given opportunities to meditation taught with others. Pupils will opponent to maximise challenges. Pupils will be asked to through fun and engaging play one against one, one develop perseverance and their chances of scoring. observe and recognise **Key Skills:** Running, against two, and one activities. Pupils will work show determination to They will learn to play throwing, catching, improvements for their against three. They learn independently and with work for longer periods of games honestly, abiding own and others' skills teamwork how to score points and others, sharing ideas and by the rules and showing time. and identify areas of how to use simple tactics. creating their own poses respect towards their **Key Concepts:** strength. Pupils will be Key Skills: Agility, They learn the rules of the in response to a theme. opponents and balance, coordination, given the opportunity Movement games and use these to teammates. to work collaboratively **Key Skills:** Breathing, speed, stamina, skipping Agility play fairly. They show balance, flexibility, Key Skills: Throwing, with others, taking Coordination respect towards others **Key Concepts:** turns and sharing ideas. strength, coordination catching, hitting a ball, Competition when playing tracking a ball Collaboration Movement competitively and **Key Concepts:** Key Skills: jumping, Fairness Balance develop communication **Key Concepts:** Balance **Agility** Technique skills. balancing, running, Movement Coordination Coordination hopping, dodging, Coordination Key Skills: Throwing, **Fitness Fitness Fairness** skipping catching, retrieving a ball, Sequence Sequence Technique tracking a ball, striking a **Technique Evaluation and Key Concepts:** ball

improvement



Subject: Physical Education Subject Overview 2023-2024

Coordination Coordination Collaboration **Fairness** Technique Υ3 Dance (GS4PE) Dodgeball (GS4PE) Basketball (GS4PE) Athletics (GS4PE) OAA (GS4PE) Gymnastics (GS4PE) Pupils focus on improving Pupils develop problem Pupils create dances in Pupils will improve on key Pupils will be encouraged Pupils will develop basic the quality of their relation to an idea skills used in dodgeball to persevere when running, jumping and solving skills through a gymnastic movements. including historical and such as throwing, dodging developing competencies throwing techniques. They range of challenges. They are introduced to scientific stimuli. Pupils and catching. They learn in key skills and principles are set challenges for Pupils work as a pair and the terms 'extension' and work individually, with a how to apply simple such as defending, distance and time that small group to plan, solve, 'body tension.' They partner and in small tactics to the game to attacking, throwing, involve using different reflect and improve on develop the basic skills of groups, sharing their outwit their opponent. In catching and dribbling. styles and combinations strategies. They learn to rolling, jumping and ideas. Pupils develop their dodgeball, pupils achieve Pupils will learn to use of running, jumping and be inclusive of others and balancing and use them use of counting and this by hitting opponents attacking skills to throwing. As in all athletic work collaboratively to individually and in rhythm. Pupils learn to with a ball whilst avoiding maintain possession of activities, pupils think overcome challenges. combination. Pupils the ball. They will start by about how to achieve Pupils learn to orientate a use canon, unison, being hit. Pupils are given develop their sequence formation and levels in playing uneven and then map, identify key symbols opportunities to play their greatest possible work, collaborating with their dances. They will be move onto even sided and follow routes. games independently and speed, height, distance or others to use matching given the opportunity to are taught the importance games. Pupils will accuracy and learn how to Key Skills: map reading, and contrasting actions perform to others and understand the of being honest whilst persevere to achieve their working as a team, using and shapes and develop provide feedback using playing to the rules. Pupils importance of playing personal best. Pupils are new vocabulary, linking sequences key terminology. are given opportunities to fairly and keeping to the also given opportunities communication smoothly with actions rules. They will be evaluate and improve on to measure, time and **Key Skills:** Copying and that flow. Pupils develop their own and others encouraged to think record scores. **Key Concepts:** performing actions, using their confidence to about how to use skills, performances. Movement canon, unison, formation, Key Skills: sprinting, perform, considering the strategies and tactics to Coordination dynamics, pathways, **Key Skills:** Throwing, running over obstacles, quality and control of outwit the opposition as Collaboration direction catching, dodging, jumping for height and their actions. well as learn how to Sequence blocking distance, push and pull evaluate their own and **Key Concepts:** Key Skills: Individual point throw for distance others' performances, Movement **Key Concepts:** and patch balances, and how to identify a **Balance** Movement **Key Concepts:** straight roll, barrel roll, focus for improvement. Coordination Agility Movement forwards roll, straight Collaboration Competition Agility Key Skills: Throwing, jump, tuck jump, star Collaboration

**Fairness** 

catching, dribbling,

intercepting, changing

Coordination

**Fitness** 

Sequence



Subject: Physical Education Subject Overview 2023-2024

jump, rhythmic **Evaluation and** direction and speed, Technique gymnastics improvement shooting **Key Concepts: Key Concepts:** Movement Movement Balance **Balance** Agility Agility Coordination Coordination Sequence Competition Technique Collaboration **Fairness** Technique Hockey (GS4PE) Yoga (GS4PE) Fitness (GS4PE) Ball skills (GS4PE) **Sports Day Practice** Golf Pupils will develop the Pupils will learn to Pupils learn about Pupils will take part in a Pupils will have the skills and apply them to contribute to the game by mindfulness and body range of fitness challenges opportunity to develop striking, chipping, putting, Children will practise their accuracy and helping to keep awareness. They learn testing and record their and playing a short and races such as sprints, consistency when tracking scores. They will learn possession of the ball, use yoga poses and long game. They will skipping, egg and spoon, a ball. They will explore a simple attacking tactics techniques that will help about different develop their and the sack race. Pupils variety of throwing coordination, accuracy, using sending, receiving them to connect their components of fitness; techniques and will learn will be ranked into seats and control of and dribbling a ball. They mind and body. The unit speed, stamina, strength, to select the appropriate so they are racing against movements. These lesson looks to improve well coordination, balance and will start by playing throw for the situation. children of similar ability. plans will enable teachers agility. Pupils will be given uneven and then move being by building They will develop catching to provide pupils with The children will also opportunities to work at onto even sided games. strength, flexibility and with one and two hands activities that help them practise team work by They will begin to think balance. The learning their maximum and as well as dribbling with understand the principles taking part in team about defending and includes breathing and improve their fitness feet and hands. These of the golf game and challenges. winning the ball. Pupils levels. They will need to meditation taught skills will then be applied develop fluid movements will be encouraged to through fun and engaging persevere when they get to small group games. that can be used in game **Key Skills:** Running, Pupils will have the think about how to use activities. Pupils will work tired or when they find a situations. throwing, catching, opportunity to take on independently and with challenge hard and are skills, strategies and teamwork different roles and work tactics to outwit the others to create their own encouraged to support Pupils will be given the both individually and with yoga flows. others to do the same. opposition. Pupils will opportunity to work with others. a range of different understand the Pupils are asked to **Key Concepts:** equipment. Pupils will be recognise areas for importance of playing **Key Skills:** asked to observe and fairly and keeping to the improvement and suggest Movement Tracking, throwing, recognise improvements rules. They will be activities that they could Agility

catching, dribbling

for their own and others'



Subject: Physical Education

2023-2024

encouraged to be a supportive teammate and identify why this behaviour is important.

<u>Key Skills:</u> Dribbling, passing, receiving, intercepting, tackling

#### **Key Concepts:**

- Movement
- Agility
- Coordination
- Competition
- Collaboration
- Technique
- Sequence
- Health
- Fitness

**Key Skills:** Breathing, balance, flexibility, strength, coordination

#### **Key Concepts:**

- Balance
- Coordination
- Fitness
- Sequence
- Technique

do to do this. Pupils will be encouraged to work safely and with control.

<u>Key Skills:</u> Agility, balance, coordination, speed, stamina, strength, power

#### **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Fitness
- Sequence
- Evaluation and improvement

#### **Key Concepts:**

- Movement
- Coordination
- Collaboration
- Technique

skills and identify areas of strengths. Pupils will be given the opportunity to work on their own and others, taking turns and sharing ideas.

#### Key Skills:

Accuracy, balance, co-ordination, striking

#### Key Concepts:

- Movement
- Balance
- Agility
- Coordination
- Competition

- Coordination
- Competition
- Collaboration
- Fairness
- Technique

## Y4 Swimming (GS4PE)

This unit is aimed at beginner swimmers. In this unit pupils will learn about water safety and enjoy being in the water. They will learn how to travel, float and submerge with increasing confidence. Pupils will begin to learn to use legs and arms to propel them. Pupils will be given the opportunity to work independently and with others. They will develop confidence to persevere with new and challenging situations.

<u>Key Skills:</u> Float, travel, submerge, kick with legs, pull with arms, glide

This unit is aimed at developing swimmers. In this unit, pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to

## Gymnastics (GS4PE)

Pupils create more complex sequences. They learn a wider range of travelling actions and include the use of pathways. They develop more advanced actions such as inverted movements and explore ways to include apparatus. They will demonstrate control in their behaviour to create a safe environment for

### Cricket (GS4PE)

Pupils learn how to strike the ball into space so that they can score runs. When fielding, they learn how to keep the batters' scores low. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to deceive or avoid

## Athletics (GS4PE)

Pupils will develop basic running, jumping and throwing techniques.
They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to

## Rounders (GS4PE)

Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing, catching and batting skills. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the



Subject: Physical Education

2023-2024

travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.

<u>Key Skills:</u> Submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position

This unit is aimed at intermediate swimmers. Pupils focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Pupils have to keep afloat and propel themselves through the water. Pupils are given the opportunity to be creative, designing their own personal survival course and creating a synchronised swimming sequence. Pupils take part in team games, collaborating and communicating with others.

<u>Key Skills:</u> Rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, H.E.L.P and huddle positions

## **Key Concepts:**

- Movement
- Coordination
- Fitness
- Sequence
- Technique

themselves and others to work in. They work independently and in collaboration with a partner to create and develop sequences. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.

Key Skills: Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand

## **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Collaboration
- Sequence
- Technique

fielders, so that they can run between wickets to score runs. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.

Key Skills: Underarm and overarm throwing, catching, over and underarm bowling, batting

## **Key Concepts:**

- Agility
- Coordination
- Competition
- Fairness
- Technique

persevere to achieve their personal best. In this unit pupils are able to experience running for distance, sprinting, relay, long jump, vertical jump and javelin.

Key Skills: Pacing, sprinting, jumping for distance and height, throw, heave, launch for distance

#### **Key Concepts:**

- Movement
- Agility
- Balance
- Coordination
- Fitness
- Technique

opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.

<u>Key Skills</u>: Underarm and overarm throwing, catching, tracking a ball, fielding a ball, batting

- Agility
- Coordination
- Competition
- Fairness
- Technique





## Football (GS4PE)

Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition.

<u>Key Skills:</u> Dribbling, passing, ball control, tracking, jockeying, turning

## **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Competition
- Collaboration

## Dance (GS4PE)

Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli, working individually, in pairs and small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Pupils will develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work.

Key Skills: Performing actions, using canon, unison, formation, dynamics, character, structure, space

## **Key Concepts:**

- Movement
- Balance
- Coordination
- Collaboration

## Fitness (GS4PE)

Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn to understand different components of fitness; speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control when performing new tasks

**Key Skills:** Agility, balance, coordination, speed, stamina, strength, power

#### Netball (GS4PE)

Subject: Physical Education

Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal. Pupils will learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction.

<u>Key Skills:</u> passing, catching, footwork, intercepting, shooting

#### **Key Concepts:**

- Agility
- Coordination
- Fitness
- Collaboration
- Competition
- Technique

## Tag Rugby (GS4PE)

In this unit pupils will learn to keep possession of the ball using attacking skills. They will play uneven and then even sided games, developing strategies and social skills to self-manage games. Pupils will understand the importance of playing fairly and keeping to the rules. Pupils will think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances and suggest improvements.

<u>Key Skills:</u> Throwing, catching, running, dodging, tagging, scoring

#### **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Competition
- Collaboration

## **Sports Day Practice**

Children will practise races such as sprints, skipping, egg and spoon, and the sack race. Pupils will be ranked into seats so they are racing against children of similar ability. The children will also practise team work by taking part in team challenges.

<u>Key Skills:</u> Running, throwing, catching, teamwork

- Movement
- Agility
- Coordination
- Competition
- Collaboration
- Fairness
- Technique



	<ul><li>Fitness</li><li>Fairness</li><li>Technique</li></ul>	<ul> <li>Sequence</li> <li>Evaluation and improvement</li> </ul>	Key Concepts:  Movement Balance Agility Coordination Fitness Sequence Evaluation and improvement				
Y5	OAA (GS4PE)	Dance (GS4PE)	Gymnastics (GS4PE)	Cricket (GS4PE)	Athletics (GS4PE)	Tennis (GS4PE)	
	Pupils develop teamwork	Pupils learn different	Pupils create longer	Pupils develop the range	Pupils are set challenges	Pupils develop their	
	skills through completion	styles of dance, working	sequences individually,	and quality of striking and	for distance and time that	competencies in racket	
	of a number of challenges.	individually, as a pair and	with a partner and a small	fielding skills and their	involve using different	skills when playing Tennis.	
	Pupils work individually,	in small groups. In dance	group. They learn a wider	understanding of cricket.	styles and combinations	They learn specific skills	
	collaboratively in pairs	as a whole, pupils think	range of actions such as	They learn how to play	of running, jumping and	such as a forehand,	
	and groups to solve	about how to use	inverted movements to	the different roles of	throwing. As in all athletic	backhand, volley and	
	problems. They are	movement to explore and	include cartwheels and	bowler, wicket keeper,	activities, pupils think	underarm serve. Pupils	
	encouraged to be	communicate ideas and	handstands. They explore	fielder and batter. In all	about how to achieve	are given opportunities to	
	inclusive of others, share	issues, and their own	partner relationships such	games activities, pupils	their greatest possible	work cooperatively with	
	ideas to create strategies	feelings and thoughts. As	as canon and	have to think about how	speed, height, distance or	others and show honesty	
	and plans to produce the	they work, they develop	synchronisation and	they use skills, strategies	accuracy and learn how to	and fair play when abiding	
	best solution to a	an awareness of the	matching and mirroring.	and tactics to outwit the	persevere to achieve their	by the rules. Pupils	
	challenge. Pupils are also	historical and cultural	Pupils are given	opposition. In cricket,	personal best. They learn	develop their tactical	
	given the opportunity to	origins of different	opportunities to receive	pupils achieve this by	how to improve by	awareness, learning how	
	lead a small group. Pupils	dances. Pupils will be	and provide feedback in	striking a ball and trying to	identifying areas of	to outwit an opponent.	
	learn to orientate and	provided with the	order to make	deceive or avoid fielders,	strength as well as areas		
	navigate using a map.	opportunity to create and	improvements on their	so that they can run	to develop. Pupils are also		
		perform their work. They	performances. In	between wickets to score	given opportunities to	Key Skills: Forehand	
		will be asked to provide	Gymnastics as a whole,	runs. Pupils are given	lead when officiating as	groundstroke, backhand	
	Key Skills: working as a	feedback using the correct	pupils develop	opportunities to work in	well as observe and	groundstroke, forehand	
	team, reading a map	dance terminology and	performance skills	collaboration with others,	provide feedback to	volley, backhand volley,	
		will be able to use this	considering the quality	play fairly demonstrating	others. In this unit pupils	underarm serve	
		feedback to improve their		an understanding of the	learn the following		



Key Concepts:	work. Pupils will work safely with each other and show respect towards others.  Key Skills: Performing actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions  Key Concepts:  Movement Balance Coordination Collaboration Sequence Evaluation and improvement	and control of their actions.  Key Skills: Symmetrical and asymmetrical balances, straight roll, forward roll, backward roll, straddle roll, cartwheel, bridge, shoulder stand, handstand  Key Concepts:  Movement Balance Agility Coordination Collaboration Sequence Technique	rules, as well as being respectful of the people they play with and against.  Key Skills: Underarm and overarm throwing, catching, over and underarm bowling, batting, long and short barrier  Key Concepts:  Agility Coordination Competition Fairness Technique	athletic activities: running over longer distances, sprinting, relay, long jump, triple jump, shot put and javelin.  Key Skills: Pacing, sprinting, relay changeovers, jumping for distance and height, push and pull throw for distance  Key Concepts:  Movement Agility Balance Coordination Fitness Technique Evaluation and improvement	Key Concepts:
Pupils will develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as	Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn different components of fitness including speed, stamina, strength, coordination,	Pupils focus on developing the skills they need to play continuous rallies in volleyball. They will learn about the ready position, ball control, sending a ball over a net and how to use these skills to make the	In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game	Tag Rugby (GS4PE)  Pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging.  When attacking, pupils will support the ball carrier using width and	Children will practise races such as sprints, skipping, egg and spoon, and the sack race. Pupils will be ranked into seats so they are racing against children of similar ability. The children will also



Subject: Physical Education

2023-2024

defending skills to gain possession. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self managing games, as well as developing their ability to evaluate their own and others' performances.

Key Skills:Throwing,Key Skillcatching, dribbling,coordinintercepting, shootingstamina

#### **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Competition
- Collaboration
- Fairness
- Technique

balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas in which they make the most improvement using the data they have collected.

<u>Key Skills:</u> Agility, balance, coordination, speed, stamina, strength, power

#### **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Fitness
- Sequence
- Evaluation and improvement

game difficult for their opponent. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils will be given the opportunity to work collaboratively with others and will develop confidence to achieve their best. They will understand the importance of abiding by rules to keep themselves & others safe. Pupils will develop character and control through engaging with coping strategies when exposed to competition and will be given the opportunity to take on the role of referee.

<u>Key Skills</u>: Volleying, throwing, serving, ready positions

## **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Competition
- Collaboration

situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self managing games.

<u>Key Skills:</u> Dribbling, passing, receiving, tackling, creating and using space

## **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Competition
- Collaboration
- Fairness
- Technique

drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self managing games, as well as developing their ability to evaluate their own and

Key Skills: Throwing, catching, running, dodging, tagging, scoring

others' performances.

## **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Competition
- Collaboration

practise team work by taking part in team challenges.

<u>Key Skills:</u> Running, throwing, catching, teamwork

- Movement
- Agility
- Coordination
- Competition
- Collaboration
- Fairness
- Technique



**Fairness Technique Tactics** Y6 Football (GS4PE) Dance (GS4PE) Athletics (GS4PE) Tennis (GS4PE) Gymnastics (GS4PE) Gymnastics (GS4PE) Pupils will improve their Pupils use their Pupils use their Pupils will focus on Pupils are set challenges Pupils develop their defending and attacking knowledge of knowledge of for distance and time that racket skills when playing developing an idea or play, developing further compositional principles compositional principles involve using different tennis. They learn specific theme into dance knowledge of the e.g. how to use variations e.g. how to use variations styles and combinations skills such as a forehand, choreography. They will principles and tactics of in level, direction and in level, direction and of running, jumping and backhand, volley and work in pairs and groups each. Pupils will begin to pathway, how to combine pathway, how to combine throwing. As in all athletic underarm serve. Pupils using different develop consistency and and link actions, how to and link actions, how to activities, pupils think develop their tactical choreographing tools to control in dribbling, relate to a partner and relate to a partner and about how to achieve awareness including how create dances e.g. passing and receiving a apparatus, when apparatus, when their greatest possible to play with a partner and formations, timing, and ball. They will also learn developing sequences. developing sequences. speed, height, distance or against another pair. They dynamics. Pupils will the basics of goalkeeping. They build trust when They build trust when accuracy and learn how to are encouraged to show have opportunities to Pupils will evaluate their working collaboratively in working collaboratively in persevere to achieve their respect for their choreograph, perform own and other's larger groups, using larger groups, using personal best. They learn teammates as well as and provide feedback on performances, suggesting formations to improve formations to improve how to improve by their opponents when self dance. Pupils think improvements. They will the aesthetics of their the aesthetics of their identifying areas of managing games. Pupils about how to use learn the importance of performances. Pupils are performances. Pupils are strength as well as areas are also given movement to convey playing games fairly, given opportunities to given opportunities to to develop. Pupils are also opportunities to reflect ideas, emotions, feelings abiding by the rules of the receive and provide receive and provide given opportunities to on their own and other's and characters. Pupils game and being feedback in order to make feedback in order to make lead when officiating as performances and will show an awareness well as observe and respectful of their improvements on improvements on identify areas to improve. teammates, opponents of keeping others safe performances. In performances. In provide feedback to and referees. and will have the Gymnastics as a whole, Gymnastics as a whole, others. In this unit pupils opportunity to lead pupils develop pupils develop learn the following **Key Skills:** Forehand performance skills performance skills athletic activities: long others through short groundstroke, backhand considering the quality considering the quality distance running, Key Skills: Dribbling, groundstroke, forehand warm ups. and control of their and control of their sprinting, hurdles, high passing, ball control, volley, backhand volley, actions. actions. jump, triple jump, discus tracking, jockeying, underarm serve, split step and shot put. turning, goalkeeping Key Skills: Movement to a **Key Concepts:** beat, combing actions, Key Skills: Straddle roll. **Kev Skills**: Straddle roll. combining stories Movement forward roll, backward forward roll, backward Balance



## **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Competition
- Collaboration
- Fitness
- Fairness
- Technique

## **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Collaboration
- Sequence
- Evaluation and improvement

roll, counterbalance, countertension, group balances, cartwheel, bridge, shoulder stand, handstand, headstand, vault

#### **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Collaboration
- Sequence
- Technique

roll, counterbalance, countertension, group balances, cartwheel, bridge, shoulder stand, handstand, headstand, vault

#### **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Collaboration
- Sequence
- Technique

## Key Skills: Pacing, sprinting, relay changeovers, jumping for distance and height, push and fling throw for distance

#### **Key Concepts:**

- Movement
- Agility
- Balance
- Coordination
- Fitness
- Technique
- Evaluation and improvement

- Coordination
- Competition
- Collaboration
- Technique

#### Rounders (GS4PE)

Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler. backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group

#### Dodgeball (GS4PE)

Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They also learn how to select and apply tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils learn officiating skills when refereeing games

#### **Badminton**

Badminton is a net and wall game. In this unit pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In badminton, they do this by placing an object away from an opponent to make it difficult for them to return. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating

#### Yoga (GS4PE)

Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will be given the opportunity to work collaboratively with others and be given the opportunity to create

#### Netball (GS4PE)

In this unit pupils will develop defending and attacking play during even-sided 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting the ball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the importance of fair play and honesty while self managing games.

<u>Key Skills</u>: passing, catching, footwork, intercepting, shooting

#### Golf (GS4PE)

Pupils will develop skills and apply them to striking. chipping, putting and playing a short and long game. They will develop their coordination, accuracy and control of movements. These lesson plans will enable teachers to provide pupils with activities that help them understand the principles of golf and develop fluid movements that can be used in game situations. They will be confident in selecting the appropriate shot for the situation, Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strengths. Pupils will be given the opportunity to



Subject: Physical Education

2023-2024

to organise and selfmanage their own games. Pupils play with honesty and fair play when playing competitively.

<u>Key Skills:</u> Throwing and catching tracking, fielding and retrieving a ball, batting

## **Key Concepts:**

- Agility
- Coordination
- Competition
- Fairness
- Technique

and are given opportunities to evaluate and suggest improvements to their own and others' performances.

<u>Key Skills</u>: Throwing, catching, dodging, blocking

## **Key Concepts:**

- Movement
- Agility
- Competition
- Collaboration
- Fairness

an understanding of the rules, as well as being respectful of the people they play with and against.

**Key Skills:** Agility, balance, coordination, speed, stamina, strength, power

#### **Key Concepts:**

- Movement
- Balance
- Agility
- Coordination
- Fitness
- Sequence
- Evaluation and improvement

their own flows and lead others.

<u>Key Skills</u>: Balance, flexibility, strength, coordination

## **Key Concepts:**

- Balance
- Coordination
- Fitness
- Sequence
- Technique

#### **Key Concepts:**

- Agility
- Coordination
- Fitness
- Collaboration
- Competition
- Technique

work on their own and others, taking turns and sharing ideas. Pupils will be creative in designing their own course.

#### Key Skills:

Accuracy, balance, coordination, striking

#### Concepts:

- Movement
- Balance
- Agility
- Coordination
- Competition