

### PE long term planning

Each year group should receive the following PE session. It is at the discretion of each class teacher where in the academic year they wish to teach each area. A wide base of skill should be taught and developed throughout the year.

Invasion games	Hockey Y4	Football	Netball Y6	Basketball Y5	Tag rugby Y4
Net/wall games	Tennis Y3				
Striking/fielding games	Kwik cricket Y3	Rounders Y5			

	Dance – teach children the highlighted vocabulary.	Games	Gymnastics	Athletics	OAA
Nursery					
Reception	<ul style="list-style-type: none"> <li>Join a range of different movements together.</li> <li>Change the speed of their actions</li> <li>Change the style of their movements</li> <li>Create a short movement phrase which demonstrate their own ideas.</li> </ul>	<p><b><u>STRIKING AND HITTING</u></b></p> <ul style="list-style-type: none"> <li>Hit a ball with a bat or racquet.</li> </ul> <p><b><u>THROWING AND CATCHING A BALL</u></b></p> <ul style="list-style-type: none"> <li>Roll equipment in different ways.</li> <li>Throw underarm.</li> <li>Throw an object at a target.</li> <li>Catch equipment using two hands.</li> </ul> <p><b><u>TRAVELLING WITH A BALL</u></b></p> <ul style="list-style-type: none"> <li>Move a ball in different ways, including bouncing and kicking.</li> <li>Use equipment to control a ball.</li> </ul> <p><b><u>PASSING A BALL</u></b></p> <ul style="list-style-type: none"> <li>Kick an object at a target.</li> </ul>	<p><b><u>ROLLS</u></b></p> <ul style="list-style-type: none"> <li>Curled side roll (egg roll)</li> <li>Log roll (pencil roll)</li> <li>Teddy bear roll</li> </ul> <p><b><u>JUMPS</u></b></p> <ul style="list-style-type: none"> <li>Straight jump</li> <li>Tuck jump</li> <li>Jumping Jack</li> <li>Half turn jump</li> </ul> <p><b><u>CARTWHEELS</u></b></p> <ul style="list-style-type: none"> <li>Bunny hop</li> </ul> <p><b><u>TRAVELLING AND LINKING ACTIONS</u></b></p> <ul style="list-style-type: none"> <li>Tiptoe, step, jump and hop</li> </ul> <p><b><u>SHAPES AND BALANCES</u></b></p> <ul style="list-style-type: none"> <li>Standing balances</li> </ul>	<p><b><u>RUNNING</u></b></p> <ul style="list-style-type: none"> <li>Run in different ways for a variety of purposes.</li> </ul> <p><b><u>JUMPING</u></b></p> <ul style="list-style-type: none"> <li>Jump in a range of ways, landing safely.</li> </ul> <p><b><u>THROWING</u></b></p> <ul style="list-style-type: none"> <li>Roll equipment in different ways.</li> <li>Throw underarm.</li> <li>Throw an object at a target.</li> </ul>	
Year 1	<ul style="list-style-type: none"> <li>Copy and repeat actions</li> </ul>	<b><u>STRIKING AND HITTING</u></b>	<b><u>ROLLS</u></b>	<p><b><u>RUNNING</u></b></p> <p>Vary their pace and speed when running.</p>	

	<ul style="list-style-type: none"> <li>Put a sequence of actions together to create a <b>motif</b>.</li> <li>Vary the speed of their actions.</li> <li>Use simple choreographic devices such as <b>unison</b>, <b>canon</b> and <b>mirroring</b>.</li> <li>Begin to improvise independently to create a simple dance.</li> </ul>	<ul style="list-style-type: none"> <li>Use hitting skills in a game.</li> <li>Practise basic striking, sending and receiving.</li> </ul> <p><b><u>THROWING AND CATCHING A BALL</u></b></p> <ul style="list-style-type: none"> <li>Throw underarm and overarm.</li> <li>Catch and bounce a ball.</li> <li>Use rolling skills in a game.</li> <li>Practise accurate throwing and consistent catching.</li> </ul> <p><b><u>TRAVELLING WITH A BALL</u></b></p> <ul style="list-style-type: none"> <li>Travel with a ball in different ways.</li> <li>Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</li> </ul> <p><b><u>PASSING A BALL</u></b></p> <ul style="list-style-type: none"> <li>Pass the ball to another player in a game.</li> <li>Use kicking skills in a game.</li> </ul>	<p>Log roll (controlled) Curled side roll (egg roll) (controlled)</p> <ul style="list-style-type: none"> <li>Teddy bear roll (controlled)</li> </ul> <p><b><u>JUMPS</u></b></p> <p>Straight jump</p> <ul style="list-style-type: none"> <li>Tuck jump</li> <li>Jumping jack</li> <li>Half turn jump</li> <li>Cat spring</li> </ul> <p><b><u>VAULTS</u></b></p> <ul style="list-style-type: none"> <li>Straight jump off springboard</li> </ul> <p><b><u>HANDSTANDS.</u></b></p> <p><b><u>CARTWHEELS.</u></b></p> <p><b><u>ROUNDOFFS</u></b></p> <ul style="list-style-type: none"> <li>Bunny hop</li> <li>Front support wheelbarrow with partner</li> </ul> <p><b><u>TRAVELLING AND LINKING ACTIONS</u></b></p> <p>Tiptoe step jump and hop Hopscotch Skipping Galloping</p> <p><b><u>SHAPES AND BALANCES</u></b></p> <p>Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes</p>	<p>Run with a basic technique over different distances.</p> <p>Show good posture and balance.</p> <p>Jog in a straight line.</p> <p>Change direction when jogging.</p> <p>Sprint in a straight line.</p> <p>Change direction when sprinting.</p> <p>Maintain control as they change direction when jogging or sprinting.</p> <p><b><u>JUMPING</u></b></p> <p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Perform a short jumping sequence.</p> <p>Jump as high as possible.</p> <p>Jump as far as possible.</p> <p>Land safely and with control.</p> <p>Work with a partner to develop the control of their jumps.</p> <p><b><u>THROWING</u></b></p> <p>Throw underarm and overarm.</p>	
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Year 2	<ul style="list-style-type: none"> <li>Copy, remember and repeat actions.</li> <li>Create a <b>short motif</b> inspired by a stimulus.</li> <li>Change the speed and level of their actions.</li> <li>Use simple choreographic devices such as unison, canon and mirroring.</li> <li>Use different transitions within a dance <b>motif</b>.</li> <li>Move in time to music.</li> <li>Improve the timing of their actions.</li> </ul>	<p><b><u>STRIKING AND HITTING</u></b></p> <ul style="list-style-type: none"> <li>Strike or hit a ball with increasing control.</li> <li>Learn skills for playing striking and fielding games.</li> <li>Position the body to strike a ball.</li> </ul> <p><b><u>THROWING AND CATCHING A BALL</u></b></p> <ul style="list-style-type: none"> <li>Throw different types of equipment in different ways, for accuracy and distance.</li> <li>Throw, catch and bounce a ball with a partner.</li> <li>Use throwing and catching skills in a game.</li> <li>Throw a ball for distance.</li> <li>Use hand-eye coordination to control a ball.</li> <li>Vary types of throw used.</li> </ul> <p><b><u>TRAVELLING WITH A BALL</u></b></p>	<p><b><u>ROLLS</u></b></p> <ul style="list-style-type: none"> <li>Log roll (controlled)</li> <li>Curled side roll (egg roll) (controlled)</li> <li>Teddy bear roll (controlled)</li> <li>Rocking for forward roll</li> <li>Crouched forward roll</li> </ul> <p><b><u>JUMPS</u></b></p> <ul style="list-style-type: none"> <li>Straight jump</li> <li>Tuck jump</li> <li>Jumping jack</li> <li>Half turn jump</li> <li>Cat spring</li> <li>Cat spring to straddle</li> </ul> <p><b><u>VAULTS</u></b></p> <ul style="list-style-type: none"> <li>Hurdle step onto springboard</li> <li>Straight jump off springboard</li> <li>Tuck jump off springboard</li> </ul> <p><b><u>HANDSTANDS.</u></b></p> <p><b><u>CARTWHEELS.</u></b></p> <p><b><u>ROUNDOFFS</u></b></p> <ul style="list-style-type: none"> <li>Bunny hop</li> <li>Front support wheelbarrow with partner</li> <li>T-lever</li> <li>Scissor kick</li> </ul>	<p><b><u>RUNNING</u></b></p> <ul style="list-style-type: none"> <li>Run at different paces, describing the different paces.</li> <li>Use a variety of different stride lengths.</li> <li>Travel at different speeds.</li> <li>Begin to select the most suitable pace and speed for distance.</li> <li>Complete an obstacle course.</li> <li>Vary the speed and direction in which they are travelling.</li> <li>Run with basic techniques following a curved line.</li> <li>Be able to maintain and control a run over different distances.</li> </ul> <p><b><u>JUMPING</u></b></p> <ul style="list-style-type: none"> <li>Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot</li> </ul>	

		<ul style="list-style-type: none"> <li>• Bounce and kick a ball whilst moving.</li> <li>• Use kicking skills in a game.</li> <li>• Use dribbling skills in a game.</li> </ul> <p><b><u>PASSING A BALL</u></b></p> <ul style="list-style-type: none"> <li>• Know how to pass the ball in different ways.</li> </ul>	<p><b><u>TRAVELLING AND LINKING ACTIONS</u></b></p> <p>Tiptoe, step, jump and hop Hopscotch Skipping Gallop</p> <p>Straight jump half-turn</p> <p><b><u>SHAPES AND BALANCES</u></b></p> <ul style="list-style-type: none"> <li>• Standing balances</li> <li>• Kneeling balances Large body part balances</li> <li>• Balances on apparatus Balances with a partner</li> <li>• Pike, tuck, star, straight, straddle shapes Front and back support</li> </ul>	<p>or one foot to opposite foot.</p> <ul style="list-style-type: none"> <li>• Combine different jumps together with some fluency and control.</li> <li>• Jump for distance from a standing position with accuracy and control.</li> <li>• Investigate the best jumps to cover different distances.</li> <li>• Choose the most appropriate jumps to cover different distances.</li> <li>• Know that the leg muscles are used when performing a jumping action.</li> </ul> <p><b><u>THROWING</u></b></p> <ul style="list-style-type: none"> <li>• Throw different types of equipment in different ways, for accuracy and distance.</li> <li>• Throw with accuracy at targets of different heights.</li> <li>• Investigate ways to alter their throwing technique to achieve greater distance.</li> </ul>	
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<p>Year 3</p>	<ul style="list-style-type: none"> <li>• Begin to improvise with a partner to create a simple dance.</li> <li>• Create <b>motifs</b> from different stimuli.</li> <li>• Begin to compare and adapt movements and <b>motifs</b> to create a larger sequence.</li> <li>• Use simple dance vocabulary to compare and improve work.</li> <li>• Perform with some awareness of <b>rhythm</b> and <b>expression</b>.</li> </ul>	<p><b><u>STRIKING AND HITTING</u></b></p> <ul style="list-style-type: none"> <li>• Demonstrate successful hitting and striking skills.</li> <li>• Develop a range of skills in striking (and fielding where appropriate).</li> <li>• Practise the correct batting technique and use it in a game.</li> <li>• Strike the ball for distance.</li> </ul> <p><b><u>THROWING AND CATCHING A BALL</u></b></p> <ul style="list-style-type: none"> <li>• Throw and catch with greater control and accuracy.</li> <li>• Practise the correct technique for catching a ball and use it in a game.</li> <li>• Perform a range of catching and gathering skills with control.</li> <li>• Catch with increasing control and accuracy.</li> <li>• Throw a ball in different ways (e.g. high, low, fast or slow).</li> <li>• Develop a safe and effective overarm bowl.</li> </ul> <p><b><u>TRAVELLING WITH A BALL</u></b></p>	<p><b><u>ROLLS</u></b></p> <ul style="list-style-type: none"> <li>• Crouched forward roll</li> <li>• Forward roll from standing</li> <li>• Tucked backward roll</li> </ul> <p><b><u>JUMPS</u></b></p> <ul style="list-style-type: none"> <li>• Straight jump</li> <li>• Tuck jump</li> <li>• Jumping jack</li> <li>• Star jump</li> <li>• Straddle jump</li> <li>• Pike jump</li> <li>• Straight jump half-turn</li> <li>• Cat leap</li> </ul> <p><b><u>VAULTS</u></b></p> <ul style="list-style-type: none"> <li>• Hurdle step onto springboard</li> <li>• Squat on vault</li> <li>• Star jump off</li> <li>• Tuck jump off</li> <li>• Straddle jump off</li> <li>• Pike jump off</li> </ul> <p><b><u>HANDSTANDS, CARTWHEELS, ROUNDOFFS</u></b></p> <ul style="list-style-type: none"> <li>• Handstand</li> <li>• Lunge into handstand</li> <li>• Cartwheel</li> </ul> <p><b><u>TRAVELLING AND LINKING ACTIONS</u></b></p> <ul style="list-style-type: none"> <li>• Tiptoe, step, jump and hop Hopscotch</li> <li>• Skipping</li> <li>• Chassis steps</li> <li>• Straight jump half turn</li> <li>• Cat leap</li> </ul>	<p><b><u>RUNNING</u></b></p> <ul style="list-style-type: none"> <li>• Identify and demonstrate how different techniques can affect their performance.</li> <li>• Focus on their arm and leg action to improve their sprinting technique.</li> <li>• Begin to combine running with jumping over hurdles.</li> <li>• Focus on trail leg and lead leg action when running over hurdles.</li> <li>• Understand the importance of adjusting running pace to suit the distance being run.</li> </ul> <p><b><u>JUMPING</u></b></p> <ul style="list-style-type: none"> <li>• Use one and two feet to take off and to land with.</li> <li>• Develop an effective take-off for the standing long jump.</li> <li>• Develop an effective flight phase for the standing long jump.</li> <li>• Land safely and with control.</li> </ul> <p><b><u>THROWING</u></b></p> <ul style="list-style-type: none"> <li>• Throw with greater control and accuracy.</li> </ul>	<p><b><u>TRAILS</u></b></p> <p>Orientate around a short trail</p> <p><b><u>PROBLEM SOLVING</u></b></p> <p>Identify symbols used on a key</p> <p><b><u>PREPARATION AND ORGANISATION</u></b></p> <p>Begin to choose equipment that is suitable</p> <p><b><u>COMMUNICATION</u></b></p> <p>Communicate with others</p>
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Year 4	<ul style="list-style-type: none"> <li>Identify and repeat the movement patterns and actions of a chosen dance style.</li> <li>Compose a dance that reflects the chosen dance style.</li> <li>Confidently improvise with a partner or on their own.</li> <li>Compose longer dance sequences in a small group.</li> <li>Demonstrate <b>precision</b> and some control in response to stimuli.</li> <li>Begin to vary <b>dynamics</b> and develop actions and <b>motifs</b> in response to stimuli.</li> <li>Demonstrate <b>rhythm</b> and <b>spatial awareness</b>.</li> </ul>	<p><b><u>STRIKING AND HITTING</u></b></p> <ul style="list-style-type: none"> <li>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</li> <li>Accurately serve underarm.</li> <li>Build a rally with a partner.</li> <li>Use at least two different shots in a game situation.</li> <li>Use hand-eye coordination to strike a moving and a stationary ball.</li> </ul> <p><b><u>THROWING AND CATCHING A BALL – kwik cricket</u></b></p> <ul style="list-style-type: none"> <li>Develop different ways of throwing and catching.</li> </ul>	<p><b><u>ROLLS</u></b></p> <ul style="list-style-type: none"> <li>Forward roll from standing</li> <li>Straddle forward roll</li> <li>Tucked backward roll</li> <li>Backward roll to straddle</li> </ul> <p><b><u>JUMPS</u></b></p> <ul style="list-style-type: none"> <li>Straight jump</li> <li>Tuck jump</li> <li>Jumping jack</li> <li>Star jump</li> <li>Straddle jump</li> <li>Pike jump</li> <li>Straight jump half-turn</li> <li>Straight jump full-turn</li> <li>Cat leap</li> <li>Cat leap half-turn</li> </ul> <p><b><u>VAULTS</u></b></p> <ul style="list-style-type: none"> <li>Hurdle step onto springboard</li> <li>Squat on vault</li> <li>Straddle on vault</li> <li>Star jump off</li> </ul>	<p><b><u>RUNNING</u></b></p> <ul style="list-style-type: none"> <li>Confidently demonstrate an improved technique for sprinting.</li> <li>Carry out an effective sprint finish.</li> <li>Perform a relay, focusing on the baton changeover technique.</li> <li>Speed up and slow down smoothly.</li> </ul> <p><b><u>JUMPING</u></b></p> <ul style="list-style-type: none"> <li>Learn how to combine a hop, step and jump to perform the standing triple jump.</li> <li>Land safely and with control.</li> <li>Begin to measure the distance jumped.</li> </ul> <p><b><u>THROWING</u></b></p> <ul style="list-style-type: none"> <li>Perform a pull throw.</li> </ul>	<p><b><u>TRAILS</u></b></p> <p>Orientate around a short trail</p> <p>Create a short trail</p> <p>Begin to recognise features of an orienteering course.</p> <p><b><u>PROBLEM SOLVING</u></b></p> <p>Identify symbols used on a key</p> <p>Associate the meaning of a key in context of the environment.</p> <p><b><u>PREPARATION AND ORGANISATION</u></b></p> <p>Try a range of equipment for creating and completing an activity and decide on the best equipment.</p> <p>Plan and organise a trail that others can follow.</p> <p><b><u>COMMUNICATION</u></b></p> <p>Communicate clearly with others</p> <p>Work as a team.</p>

	<ul style="list-style-type: none"> <li>Change parts of a dance as a result of self-evaluation.</li> <li>Use simple dance vocabulary when comparing and improving work.</li> </ul>	<p><b><u>TRAVELLING WITH A BALL - hockey</u></b></p> <ul style="list-style-type: none"> <li>Move with the ball using a range of techniques showing control and fluency.</li> </ul> <p><b><u>PASSING A BALL - hockey</u></b></p> <ul style="list-style-type: none"> <li>Pass the ball with increasing speed, accuracy and success in a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>Tuck jump off</li> <li>Straddle jump off</li> <li>Pike jump off</li> </ul> <p><b><u>HANDSTANDS.</u></b></p> <p><b><u>CARTWHEELS.</u></b></p> <p><b><u>ROUNDOFFS</u></b></p> <p>Lunge into handstand Lunge into cartwheel</p> <p><b><u>TRAVELLING AND LINKING ACTIONS</u></b></p> <ul style="list-style-type: none"> <li>Tiptoe, step, jump and hop Hopscotch</li> <li>Skipping</li> <li>Chassis steps</li> <li>Straight jump half turn</li> <li>Cat leap</li> <li>Straight jump full turn</li> <li>Cat leap half turn Pivot</li> </ul> <p><b><u>SHAPES AND BALANCES</u></b></p> <ul style="list-style-type: none"> <li>1, 2, 3 and 4- point balances</li> <li>Balances on apparatus Balances with and against a partner</li> <li>Pike, tuck, star, straight, straddle shapes</li> <li>Front and back support</li> </ul>	<ul style="list-style-type: none"> <li>Measure the distance of their throws.</li> <li>Continue to develop techniques to throw for increased distance.</li> </ul>	Begin to use a map.
Year 5	<ul style="list-style-type: none"> <li>Identify and repeat the <b>movement patterns</b> and actions of a chosen dance style.</li> <li>Compose individual, partner and group</li> </ul>	<p><b><u>STRIKING AND HITTING</u></b></p> <ul style="list-style-type: none"> <li>Use different techniques to hit a ball.</li> </ul>	<p><b><u>ROLLS</u></b></p> <ul style="list-style-type: none"> <li>Forward roll from standing</li> <li>Straddle forward roll</li> <li>Pike forward roll</li> <li>Tucked backward roll</li> </ul>	<p><b><u>RUNNING</u></b></p> <ul style="list-style-type: none"> <li>Accelerate from a variety of starting positions and select their preferred position.</li> </ul>	<p><b><u>TRAILS</u></b></p> <p>Orientate around a short trail with confidence. Design an orienteering course. Use a compass to navigate.</p>



	<p>dances that reflect the chosen dance style.</p> <ul style="list-style-type: none"> <li>Show a change of <b>pace</b> and <b>timing</b> in their movements.</li> <li>Develop an awareness of their use of <b>space</b>.</li> <li>Demonstrate imagination and creativity in the movements they devise in response to stimuli.</li> <li>Use <b>transitions</b> to <b>link motifs</b> smoothly together.</li> <li>Improvise with confidence, still demonstrating <b>fluency</b> across the sequence.</li> <li>Ensure their actions fit the <b>rhythm</b> of the music.</li> <li>Modify parts of a sequence as a result of self and peer evaluation.</li> <li>Use more complex dance vocabulary to compare and improve work.</li> </ul>	<ul style="list-style-type: none"> <li>Identify and apply techniques for hitting a tennis ball.</li> <li>Explore when different shots are best used.</li> <li>Develop a backhand technique and use it in a game.</li> <li>Practise techniques for all strokes.</li> <li>Play a tennis game using an overhead serve.</li> </ul> <p><b><u>THROWING AND CATCHING A BALL</u></b></p> <ul style="list-style-type: none"> <li>Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</li> </ul> <p><b><u>TRAVELLING WITH A BALL</u></b></p> <ul style="list-style-type: none"> <li>Use a variety of ways to dribble in a game with success.</li> <li>Use ball skills in various ways, and begin to link together.</li> </ul> <p><b><u>PASSING A BALL</u></b></p> <ul style="list-style-type: none"> <li>Pass a ball with speed and accuracy using appropriate techniques in a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>Backward roll to straddle</li> </ul> <p><b><u>JUMPS</u></b></p> <ul style="list-style-type: none"> <li>Straight jump</li> <li>Tuck jump</li> <li>Jumping jack</li> <li>Star jump</li> <li>Straddle jump</li> <li>Pike jump</li> <li>Straight jump half-turn</li> <li>Straight jump full-turn</li> <li>Cat leap</li> <li>Cat leap half-turn</li> <li>Split leap</li> </ul> <p><b><u>VAULTS</u></b></p> <ul style="list-style-type: none"> <li>Hurdle step onto springboard</li> <li>Squat on vault</li> <li>Straddle on vault</li> <li>Star jump off</li> <li>Tuck jump off</li> <li>Straddle jump off</li> <li>Pike jump off</li> <li>Squat through a vault</li> </ul> <p><b><u>HANDSTANDS, CARTWHEELS, ROUNDOFFS</u></b></p> <ul style="list-style-type: none"> <li>Lunge into handstand</li> <li>Lunge into cartwheel</li> <li>Lunge into round-off</li> </ul> <p><b><u>TRAVELLING AND LINKING ACTIONS</u></b></p> <ul style="list-style-type: none"> <li>Tiptoe, step, jump and hop Hopscotch</li> <li>Skipping</li> <li>Chassis steps</li> </ul>	<ul style="list-style-type: none"> <li>Identify their reaction times when performing a sprint start.</li> <li>Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.</li> <li>Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</li> <li>Identify and demonstrate stamina, explaining its importance for runners.</li> </ul> <p><b><u>JUMPING</u></b></p> <ul style="list-style-type: none"> <li>Improve techniques for jumping for distance.</li> <li>Perform an effective standing long jump.</li> <li>Perform the standing triple jump with increased confidence.</li> <li>Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</li> </ul>	<p><b><u>PROBLEM SOLVING</u></b></p> <p>Communicate clearly with others and have a role within a team.</p> <p>Complete orienteering activities as a team or independently.</p> <p>Identify a key on a map.</p> <p><b><u>PREPARATION AND ORGANISATION</u></b></p> <p>Choose the best equipment for creating and completing an activity.</p> <p>Create a challenging outdoor activity.</p> <p>Create a simple plan of an activity for others to follow.</p> <p><b><u>COMMUNICATION</u></b></p> <p>Communicate clearly and effectively.</p> <p>Work effectively as part of a team.</p> <p>Successfully use a map.</p> <p>Begin to use a compass.</p>
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Year 6	<ul style="list-style-type: none"> <li>• Identify and repeat the movement patterns and actions of a chosen dance style.</li> <li>• Compose individual, partner and group dances that reflect the chosen dance style.</li> <li>• Use dramatic expression in dance movements and motifs.</li> <li>• Perform with confidence, using a range of movement patterns.</li> </ul>	<p><b><u>STRIKING AND HITTING</u></b></p> <ul style="list-style-type: none"> <li>• Hit a bowled ball over longer distances.</li> <li>• Use good hand-eye coordination to be able to direct a ball when striking or hitting.</li> <li>• Understand how to serve in order to start a game.</li> </ul> <p><b><u>THROWING AND CATCHING A BALL</u></b></p> <ul style="list-style-type: none"> <li>• Throw and catch accurately and</li> </ul>	<p><b><u>ROLLS</u></b></p> <ul style="list-style-type: none"> <li>• Forward roll from standing</li> <li>• Straddle forward roll</li> <li>• Pike forward roll</li> <li>• Tucked backward roll</li> <li>• Backward roll to straddle</li> <li>• Dive forward roll</li> <li>• Backward roll to standing pike</li> <li>• Pike backward roll</li> </ul> <p><b><u>JUMPS</u></b></p> <ul style="list-style-type: none"> <li>• Straight jump</li> <li>• Tuck jump</li> <li>• Jumping jack</li> <li>• Star jump</li> <li>• Straddle jump</li> </ul>	<p><b><u>RUNNING</u></b></p> <ul style="list-style-type: none"> <li>• Recap, practise and refine an effective sprinting technique, including reaction time.</li> <li>• Build up speed quickly for a sprint finish.</li> <li>• Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.</li> <li>• Accelerate to pass other competitors.</li> </ul>	<p><b><u>TRAILS</u></b></p> <p>Orientate around a short trail with confidence and accuracy while under pressure.</p> <p>Design a clear orienteering course.</p> <p>Use a compass and maps to navigate.</p> <p><b><u>PROBLEM SOLVING</u></b></p> <p>Communicate clearly with others and have a role within a team.</p> <p>Complete orienteering activities as a team or independently.</p> <p>Identify a key on a map.</p>

	<ul style="list-style-type: none"> <li>• Demonstrate strong and controlled movements throughout a dance sequence.</li> <li>• Combine flexibility, techniques and movements to create a <b>fluent sequence</b>.</li> <li>• Move appropriately and with the required style in relation to the stimulus, e.g. using various <b>levels</b>, ways of travelling and <b>motifs</b>.</li> <li>• Show a change of <b>pace</b> and <b>timing</b> in their movements.</li> <li>• Move <b>rhythmically</b> and accurately in <b>dance sequences</b>.</li> <li>• Improvise with confidence, still demonstrating fluency across their sequence.</li> <li>• Dance with fluency and control, linking all movements and ensuring that <b>transitions</b> flow.</li> <li>• Demonstrate <b>consistent precision</b> when performing dance sequences.</li> <li>• Modify some elements of a sequence as a</li> </ul>	<p>successfully under pressure in a game.</p> <p><b><u>TRAVELLING WITH A BALL</u></b></p> <ul style="list-style-type: none"> <li>• Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</li> </ul> <p><b><u>PASSING A BALL</u></b></p> <ul style="list-style-type: none"> <li>• Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</li> </ul>	<ul style="list-style-type: none"> <li>• Pike jump</li> <li>• Straight jump half-turn</li> <li>• Straight jump full-turn</li> <li>• Cat leap</li> <li>• Cat leap half-turn</li> <li>• Split leap</li> <li>• Stag leap</li> </ul> <p><b><u>VAULTS</u></b></p> <ul style="list-style-type: none"> <li>• Hurdle step onto springboard</li> <li>• Squat on vault</li> <li>• Straddle on vault</li> <li>• Star jump off</li> <li>• Tuck jump off</li> <li>• Straddle jump off</li> <li>• Pike jump off</li> <li>• Squat through a vault</li> <li>• Straddle over the vault</li> </ul> <p><b><u>HANDSTANDS</u></b></p> <p><b><u>CARTWHEELS</u></b></p> <p><b><u>ROUNDOFFS</u></b></p> <ul style="list-style-type: none"> <li>• Lunge into handstand</li> <li>• Lunge into cartwheel</li> <li>• Lunge into round-off</li> <li>• Hurdle step</li> <li>• Hurdle step into cartwheel</li> <li>• Hurdle step into round-off</li> </ul> <p><b><u>TRAVELLING AND LINKING ACTIONS</u></b></p> <ul style="list-style-type: none"> <li>• Tiptoe, step, jump and hop</li> <li>• Hopscotch</li> <li>• Skipping</li> <li>• Chassis steps</li> </ul>	<ul style="list-style-type: none"> <li>• Work as a team to competitively perform a relay.</li> <li>• Confidently and independently select the most appropriate pace for different distances and different parts of the run.</li> <li>• Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</li> </ul> <p><b><u>JUMPING</u></b></p> <ul style="list-style-type: none"> <li>• Develop the technique for the standing vertical jump.</li> <li>• Maintain control at each of the different stages of the triple jump.</li> <li>• Land safely and with control.</li> <li>• Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</li> <li>• Perform and apply different types of jumps in other contexts.</li> </ul>	<p><b><u>PREPARATION AND ORGANISATION</u></b></p> <p>Choose the best equipment for creating and completing an activity. Create a challenging outdoor activity. Create a simple plan of an activity for others to follow.</p> <p><b><u>COMMUNICATION</u></b></p> <p>Communicate clearly and effectively. Work effectively as part of a team. Successfully use a map. Begin to use a compass.</p>
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	<p>result of self and peer evaluation.</p> <ul style="list-style-type: none"> <li>• Use complex dance vocabulary to compare and improve work.</li> </ul>		<ul style="list-style-type: none"> <li>• Straight jump half turn</li> <li>• Straight jump full turn</li> <li>• Cat leap</li> <li>• Cat leap half turn</li> <li>• Pivot</li> <li>• Cat leap full turn</li> </ul> <p><b><u>SHAPES AND BALANCES</u></b></p> <ul style="list-style-type: none"> <li>• 1, 2, 3 and 4- point balances</li> <li>• Balances on apparatus</li> <li>• Part body weight partner balances</li> <li>• Pike, tuck, star, straight, straddle shapes</li> <li>• Front and back support</li> </ul>	<ul style="list-style-type: none"> <li>• Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</li> </ul> <p><b><u>THROWING</u></b></p> <ul style="list-style-type: none"> <li>• Perform a heave throw.</li> <li>• Measure and record the distance of their throws.</li> <li>• Continue to develop techniques to throw for increased distance and support others in improving their personal best.</li> <li>• Develop and refine techniques to throw for accuracy.</li> </ul>	
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