

**Long Term Plan for Physical Education**

At Beechwood Primary School, we aim to provide learning opportunities in physical education which encourage children to:

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities
- succeed and excel in competitive sport and other physical activities
- lead healthy, active lives
- build values and embed values such as fairness and respect
- Reflect on their own and other's performance

	Autumn		Spring		Summer	
Year 1	Throwing and catching -	Gymnastics	Dance	Running and jumping	Athletics	Invasion games
Year 2	Ball skills	Gymnastics	Dance	Handling equipment	Athletics	Attacking and defending
Year 3	Tag rugby	Gymnastics	Dance	Tennis	Athletics	Hockey
Year 4	Basketball	Gymnastics	Dance	Football	Athletics	Cricket
Year 5	Handball	Gymnastics	Dance	Tag rugby	Athletics	Rounders
Year 6	Dodgeball	Gymnastics	Dance	Tennis	Athletics	Hockey

# BEECHWOOD PRIMARY SCHOOL

## Progression in Physical Education



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<b>Athletics</b> <b>Gymnastics</b> <b>Dance</b> <b>Ball Skills</b> <b>Attacking &amp; Defending</b> <b>Throwing &amp; Catching</b>	<b>Athletics</b> <b>Gymnastics</b> <b>Dance</b> <b>Ball Skills</b> <b>Handling Equipment</b> <b>Attacking &amp; Defending</b>	<b>Athletics</b> <b>Gymnastics</b> <b>Dance</b> <b>Hockey</b> <b>Tag Rugby</b> <b>Tennis</b>	<b>Athletics</b> <b>Gymnastics</b> <b>OAA</b> <b>Basketball</b> <b>Football</b> <b>Cricket</b>	<b>Athletics</b> <b>Gymnastics</b> <b>Dance</b> <b>Handball</b> <b>Tag Rugby</b> <b>Rounders</b>	<b>Athletics</b> <b>OAA</b> <b>Tennis</b> <b>Basketball</b> <b>Dodgeball</b> <b>Hockey</b>
<b>Generic skills</b>	*Take part in an intra school competition.		*Carry out an intra school athletics competition with increased confidence.		*Take part confidently in a range of intra school competitions.	
	<u>BALL SKILLS</u> *Roll a large ball with two hands. *Bounce a ball and catch it with control *Control a ball at speed. *Pass and stop a ball.	<u>BALL SKILLS</u> *Roll a smaller ball with 1 hand at a target. *Attempt consecutive bounces with walking and running. *Bounce a ball consecutively with control. *Begin to move short distances with a ball under control. *Begin to pass and stop a ball with control in a variety of situations.  <u>HANDLING EQUIPMENT</u> *Grip a hockey stick correctly. *Push a ball to a partner at speed using a hockey stick. *Hold a golf club correctly. *Use the correct swing for a putter. *Use a putter and judge pace and direction.	*Begin to apply taught skills to a game situation. *Develop understanding of own role within a team.	*Develop taught skills in game situations.		*Apply taught skills to game situations with confidence. *Think tactically about the game.  *Refine taught skills in game situations. *Develop understanding of own role within a team.
<b>Attacking and Defending</b>	*Take part in an intra school competition.		*Carry out an intra school athletics competition with increased confidence.		*Take part confidently in a range of intra school competitions.	
	*Begin to understand the term defending. *Begin to understand the term attacking. *Begin to apply attacking skills to score points. *Understand that the role of an attacker is different to a defender. *Increase speed of passing in a game situation.	*Understand the term defending. *Learn to close space for an opponent in order to defend better. *Understand the term attacking and the purpose. *Move into spaces which are useful to team mates. *Apply learnt movement in attack to help score goals. *Play as an attacker and a defender altering approach to suit the role. *Move away from opponents to find space. *Begin to apply taught skills to a game situation.	*Begin to move with the ball under control. *Stop a ball received from a partner. *Pass a ball with accuracy and control. *Catch a ball with accuracy.	*Move with the ball under control. *Practice deception skills when traveling with the ball. *Use different passes with growing accuracy. *Combine dribbling and passing skills. *Develop previously taught skills. *Begin to shoot with accuracy. *Consolidate dribbling skills. *Improve passing technique. *Shoot using the correct technique with power and accuracy. *Make decisions as to what the best option is. *Begin to understand the positions in the game being played. *Take part in a small-sided games.	*Use the correct overarm throwing technique. *Move, throw and catch with purpose. *Dribble with control. *Decide between dribbling and passing in a game situation. *Move regularly, at speed and to good effect, in both attack and defence. *Apply taught skills to a game situation. *Consider tactics in a game. *Stick to a role within a team. *Work as part of a team and lead others. *Think about clever movements to wrong foot an opponent. *Begin to make decisions which will impact on success. *Further improve handling skills. *Understand a range of positions in the game being played.	*Move confidently with the ball under control. *Pass with confidence and accuracy. *Move effectively to receive a pass. *Shoot with accuracy and control in a variety of situations. *Develop an understanding of own role within a team. *Perform correct throwing techniques with accuracy. *Learn and apply the technique of dodging. *Throw and catch in small groups to hit an opponent. *Strike the ball to shoot. *Add speed and timing to previously taught skills. *Work collaboratively to improve the team's success.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Attacking &amp; Defending Sport Specific</b></p>			<p><u>HOCKEY</u>          *Hold a hockey stick correctly.          *Begin to perform a push pass.</p> <p><u>RUGBY</u>          *Carry a rugby ball          *Play a simple rugby pass.          *Defend in tag rugby and remove tags.          *Collect a loose ball.          *Correctly place a ball to score a try.</p>	<p><u>BASKETBALL</u>          *Use correct basketball shooting technique.          *Improve dribbling skills.</p> <p><u>FOOTBALL</u>          *Contact the ball with different parts of the foot.</p>	<p><u>TAG RUGBY</u>          *Play a simple rugby pass whilst moving.          *Time a run to receive a pass.</p> <p><u>HANDBALL</u>          *Attempt a jump shot.</p>	<p><u>HOCKEY</u>          *Perform a push pass accurately.</p> <p><u>BASKETBALL</u>          *Catch a basketball consistently.          *Attempt a lay up shot.          *Attack the hoop with speed and purpose.</p> <p><u>DODGEBALL</u>          *Learn the technique of catching a variety of different throws in dodgeball.          *Learn the technique of shielding to prevent being hit.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Striking and Fielding</b></p>	<p><u>THROWING &amp; CATCHING</u>          *Throw and catch individually and with a partner.          *Use a chest push to throw with accuracy.          *Perform a bounce pass.          *Use the correct technique for an over arm throw.          *Use throwing and catching skills in a game situation.</p>	<p><u>HANDLING EQUIPMENT</u>          *Improve hand eye co-ordination.          *Use a bat to hit a ball.          *Hit a moving ball.</p>		<p>*Use and consolidate the correct grip and stance for batting.          *Accurately use vocabulary related to the sport.          *Move feet in response to length of ball.          *Practice using the long arm barrier fielding technique.          *Perform the forward defence shot to prevent being bowled.          *Recap taught skills and consolidate both fielding and batting techniques.          *Apply skills in a competitive situation.</p>	<p>*Bowl a ball accurately.          *Catch a ball thrown in low and a high trajectory.          *Improve overarm throwing.          *Hit a bowled ball accurately.          *Strike a ball into area intended.          *Stop a ball moving along the ground.          *Improve accuracy of bowling.          *Vary the speed of bowling.</p>	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Net &amp; Wall</b></p>	<p><u>THROWING &amp; CATCHING</u>          *Throw and catch individually and with a partner.          *Use a chest push to throw with accuracy.          *Perform a bounce pass.          *Use the correct technique for an over arm throw.          *Use throwing and catching skills in a game situation.</p>	<p><u>HANDLING EQUIPMENT</u>          *Improve hand eye co-ordination.          *Use a bat to hit a ball.          *Hit a moving ball.</p>	<p>*Understand how a net game works.          *Accurately throw and catch a ball in preparation for a net game.          *Further improve hand eye co-ordination.          *Use a racquet to consistently hit a ball.          *Strike a moving ball using a tennis racquet.          *Play a rally with a partner.          *Strike a ball using the backhand technique          *Move into position to play a shot.          *React to the direction of the ball to continue a rally</p>			<p>*Use the forehand technique.          *Use the backhand technique confidently.          *Strike a moving ball with accuracy and consistency using taught techniques.          *Select the most appropriate shot.          *Volley a tennis ball on both the backhand and forehand side.          *Defend and attack based on anticipating direction of play.          *Work in a pair to achieve success.          *Evaluate performance and demonstrate improvement.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Gymnastics</b></p>	<p>*Develop different ways of travelling.          *Perform log rolls.          *Begin to balance on different body parts.          *Increase spatial awareness and travel and climb safely.          *Link together basic gymnastic actions (balances and rolls).          *Remember and perform a simple sequence.</p>	<p>*Use a range of methods to travel.          *Perform a tuck roll correctly.          *Perform a teddy bear roll correctly.          *Perform a forward roll correctly.          *Use apparatus safely.          *Hold balances on different body parts.          *Improve the quality of balance in a variety of positions.          *Create, perform and refine a 3-part sequence.          *Perform a complete sequence with increased confidence.</p>	<p>*Develop movement patterns with high and low levels.          *Perform a backward roll.          *Develop a range of balances.          *Link turning, rolling, jumping and sliding actions.          *Link balances, jumps and rolls.          *Practice a variety of jumps on the floor.          *Refine movements into a short sequence.          *Use different speeds in a variety of ways of travelling.</p>	<p>*Combine movements at varying speeds and levels.          *Perform bridges and bunny hops.          *Perform headstands and V sits.          *Work with a partner to create different shapes and balances.          *Plan, perform, refine and repeat a sequence.          *Show changes in speed and level in a performance.          *Work collaboratively to create interesting body shapes.          *Work collaboratively to create and perform a polished gymnastic sequence.          *Think about transitions between elements.          *Perform a final sequence.</p>	<p>*Perform a range of high quality rolls.          *Improve the positions which lead into and out of rolls.          *Perform cartwheels.          *Rehearse a range balances including handstand and a headstand.          *Work with a partner and develop balances in a pair.          *Perform a range of jumps well and safely.          *Jump onto, over and off apparatus with confidence.          *Create a group floor routine which contains at least 6 elements.          *Improve the routine through reviewing compositional factors.</p>	

				*Evaluate sequences against a given criteria	*Adapt gymnastic sequences to include apparatus. *Critique personal and peer sequences to improve performance. *Perform a final sequence confidently. *Evaluate sequences against carefully chosen criteria.	
<b>Dance</b>	<ul style="list-style-type: none"> <li>*Explore movement ideas.</li> <li>*Copy actions.</li> <li>*Move safely in the space using a range of speeds and directions.</li> <li>*Remember and repeat simple actions.</li> <li>*Improvise with a partner.</li> <li>*Follow a simple pathway.</li> <li>*Improvise and attach emotion to body shapes.</li> <li>*Perform with controlled body movements.</li> <li>*Remember a structure and repeat it.</li> <li>*Perform as part of a whole group.</li> </ul>	<ul style="list-style-type: none"> <li>*Explore and develop movement ideas.</li> <li>*Copy actions with precision.</li> <li>*Respond to different stimuli with a range of actions.</li> <li>*Learn and repeat actions and structures with confidence.</li> <li>*Move confidently and safely using a range of speeds, directions, levels and shapes.</li> <li>*Copy actions with precision.</li> <li>*Perform longer, more complex sequences</li> <li>*Remember and repeat a complex sequence.</li> <li>*Perform confidently as part of a whole group.</li> </ul>	<ul style="list-style-type: none"> <li>*Learn simple moves and repeat them.</li> <li>*Move in a clear, fluent and expressive manner.</li> <li>*Create dances sequences which convey an idea.</li> <li>*Refine movements into sequences.</li> <li>*Develop sequences with a change of speed and level.</li> <li>*Evaluate their own and others' performance.</li> <li>*Move in a clear and expressive manner.</li> <li>*Improve and polish elements of a performance.</li> <li>*Rehearse and remember sequences and phases to build towards a performance.</li> <li>*Perform a longer sequence with confidence.</li> </ul>		<ul style="list-style-type: none"> <li>*Repeat teacher taught phrases with body control and musicality.</li> <li>*Work collaboratively to refine and develop ideas.</li> <li>*Create a short phrase by exploring street dance movements, patterns, levels and dynamic.</li> <li>*Use improvisation and levels to explore body shapes.</li> <li>*Work in time with the music (8 counts).</li> <li>*Explore direction and space to create a whole group phrase.</li> <li>*Perform with confidence, body control and musicality as a whole group.</li> </ul>	
<b>Athletics</b>	<ul style="list-style-type: none"> <li>*Introduce the correct walking technique.</li> <li>*Improve agility when changing direction.</li> <li>*Introduce power exercises to increase speed.</li> <li>*Introduce the correct technique for jumping further and higher.</li> <li>*Learn a sequence of jumps; 3 hops, 3 steps and 3 jumps.</li> <li>*Learn a correct under arm throwing technique aiming at targets at varying distances.</li> </ul>	<ul style="list-style-type: none"> <li>*Introduce the correct running technique.</li> <li>*Further improve agility when changing direction.</li> <li>*Develop power exercises to increase speed.</li> <li>*Develop the technique for jumping further and higher.</li> <li>*Improve the power of upper legs.</li> <li>*Develop a sequence of different jumps.</li> <li>*Learn a correct over arm throwing technique aiming at targets at varying distances.</li> </ul>	<ul style="list-style-type: none"> <li>*Improve running technique.</li> <li>*Develop speed when running.</li> <li>*Further develop the technique for jumping further</li> <li>*Learn how to exchange a baton during a relay race.</li> <li>*Develop a correct throwing technique.</li> </ul>	<ul style="list-style-type: none"> <li>*Further improve running technique.</li> <li>*Develop speed and stamina when running.</li> <li>*Develop technique for running over hurdles.</li> <li>*Refine technique for jumping further.</li> <li>*Learn the techniques associated with the triple jump.</li> <li>*Further develop a correct throwing technique.</li> </ul>	<ul style="list-style-type: none"> <li>*Refine running technique.</li> <li>*Further develop speed and stamina.</li> <li>*Develop agility.</li> <li>*Further develop power exercises to increase speed.</li> <li>*Refine technique for jumping further and higher.</li> <li>*Develop the techniques associated with the triple jump.</li> <li>*Increase distance of the triple jump.</li> <li>*Further improve power of upper legs.</li> <li>*Develop the baton exchange for relay racing.</li> <li>*Time their start in order to maximise the effect.</li> <li>*Refine correct throwing techniques for different purposes.</li> </ul>	<ul style="list-style-type: none"> <li>*Further refine running technique.</li> <li>*Refine speed and stamina.</li> <li>*Refine agility.</li> <li>*Refine power exercises to increase speed.</li> <li>*Further refine technique for jumping further and higher.</li> <li>*Work as a team to competitively perform a relay.</li> <li>*Consolidate taught throwing techniques.</li> </ul>
<b>Outdoor Adventurous Activities</b>				<ul style="list-style-type: none"> <li>*Work effectively in small groups.</li> <li>*Attempt a task in different ways.</li> <li>*Begin to plan and agree how they will work together before starting the task.</li> <li>*Listen to each other's ideas.</li> <li>*Apply skills to different environments and conditions.</li> <li>*Develop trust in their partner.</li> <li>*Work together to achieve success.</li> <li>*Follow instructions correctly.</li> <li>*Choose the fastest routes to complete the task set.</li> </ul>		<ul style="list-style-type: none"> <li>*Listen to each other's ideas without prompting.</li> <li>*Consider which solution has the best chance of success for the whole group.</li> <li>*Stop, plan and agree before starting.</li> <li>*Plan how they will work collaboratively to achieve success.</li> <li>*Follow complex instructions correctly.</li> <li>*Know what map symbols represent.</li> <li>*Know position on course at all times.</li> <li>*Plan effectively in advance.</li> </ul>

				<ul style="list-style-type: none"><li>*Collect information carefully at control sites.</li><li>*Keep a map set to the ground.</li><li>*Understand and use the cardinal points of the compass.</li></ul>		<ul style="list-style-type: none"><li>*Record information accurately at control sites.</li><li>* Compete fairly.</li></ul>
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