

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
	Athletics Gymnastics Dance Ball Skills Attacking & Defending Throwing & Catching	Athletics Gymnastics Dance Ball Skills Handling Equipment Attacking & Defending	Athletics Gymnastics Dance Hockey Tag Rugby Tennis	Athletics Gymnastics OAA Basketball Football Cricket	Athletics Gymnastics Dance Handball Tag Rugby Rounders	Athletics OAA Tennis Basketball Dodgeball Hockey
Generic skills	*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.
Attacking and Defending	*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.

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

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