

## PE LONG TERM CURRICULUM PLAN

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn Term 1	Healthy Lifestyles - Yoga	Healthy Lifestyles - Yoga	Healthy Lifestyles - Yoga	Healthy Lifestyles - Yoga	Healthy Lifestyles - Yoga	Healthy Lifestyles - Yoga	Healthy Lifestyles - Yoga
Why here, Why now	The children will learn how to move their bodies. They will learn how to relax using a breathing technique	The children will continue to learn how their bodies move. They will start to understand how to regulate themselves in periods of high emotions. They will be able to hold a variety of simple yoga poses.	The children will build on their knowledge of yoga poses. They will start to hold shapes when balancing on different parts of their bodies. They will use the skills previously learnt with increasing control.	The children will start to show good balance and flexibility in all poses. They can use the breathing techniques learnt in different situations.	The children will start to use more challenging yoga poses showing good flexibility and balance. They will perform and apply skills and techniques with control.	The children will start to perform extended version of poses holding them for longer periods. They will consistently perform and apply skills and techniques with control.	The children will be able to link other poses to the sun salutation and teach these to other children. The children will experiment with their own poses showing good control.
Vocabulary	Balance Breath Exhale Inhale Poses Relax	Balance Body weight Breath Chest Hips Lungs Nostril Poses Relax Ribs Spine Squat Torso	Balance Body weight. Breath Chest Co-operation. Hips Lungs Nostril Partnership Poses Relax Ribs Spine Squat Support Thigh Torso. Waist:	Abdominals Balance Breath Co-operation Exhale Inhale Massage Partnership Poses Spine Support Temple Thigh Waist:	Abdominal Balance Calf Co-operation Exhale. Hips Inhale Massage Partnership Pelvis Rotate Sacrum. Spine Strength Support Temple Thigh Waist	Abdominal muscles Abdominal Balance Calf Co-operation Exhale. Hips Inhale Sacrum Shin Spine Strength Support Thigh Waist:	Abdominals Contact Co-operation Core Diaphragm Exhale Expand Hips Inhale Spine Visualization

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	Outdoor Play	Multi-skills – Net/Wall	Multi-skills – Net/Wall	Multi-skills – Net/Wall	Multi-skills – Net/Wall	Tennis	Badminton
Why here, Why now		The children will begin to understand and can demonstrate how to handle and use equipment safely. They can balance a ball on a racket whilst in a stationary position and can roll a ball in a controlled manner to a designated area or target.	The children will learn which grip to use to balance a ball on a racket . They will go from stationary to moving. They will be able to hit the ball in a controlled manner.	The children will start to learn how to strike a ball with control over a net. They can select the appropriate shot from different situations. They start to use simple tactics.	The children will use a racket to strike a ball with accuracy and control. They start to play 1 v 1 games. They use the skills learnt. They can use the space effectively	The children will put all the skills learnt into starting to play matches. They will learn the rules and how to score. They will start to umpire matches. They will be able to assess their own and others skills and help others to improve.	The children will take their skills learnt of put them into a game of badminton. They will learn how to chasse step and lunge. They will start to umpire matches. They will be able to assess their own and others skills and help others to improve.
Vocabulary		Accuracy Aiming Bouncing Change direction Control Pathways Racket Racket face Receiving Rolling Sending Space Stop	Backhand Balancing Body behind the ball Chasing Court Forehand Grip Movement Side on Space Spatial awareness	Backhand Forehand Hit Move Position Ready position Return Serve Smash Throw	Backhand Forehand Hit Move Position Ready position Return Serve Smash Throw	Backhand: Catch Diagonal Forehand Overarm Points Rally Ready Position Return Serve Smash Underarm	Backhand Grip Catch Chasse Step Diagonal Forehand Grip Lunge Overhead Points Rally Ready Position Return Serve Smash

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		Target	Underarm				
Autumn Term 2	Physical Literacy	Indoor Athletics	Indoor Athletics	Indoor Athletics	Indoor Athletics	Indoor Athletics	Indoor Athletics
Why here, Why now	Children will begin to show good control and co-ordination in large and small movements. They will move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively. This will help them build secure skills for the rest of their time at primary school. They will start to get changed independently.	The children will be introduced to basic running, jumping and throwing skills. They will be introduced to a standing start. These skills will build a foundation that can be used across all sports.	The children will build on their athletic skills. They will learn how to use a baton in a relay race. They will learn different types of throws and jumps.	The children will build on their athletics skills. They will learn how to hurdle using the correct stride pattern. They will build on their throws and jumps.	The children will build on their athletic skills. They will look at circuits that can help improve fitness and strength.	The children will build on their athletics skills. They will look at ways to improve their techniques. They will start to score their own attempts. They will start to compete against each other.	They children will build on their athletic skills. They will build on, refine and improve their athletics skills in a range of disciplines.
Vocabulary		Leap Personal best Determination Counting Team Skipper Mini Coaches Race	Speed bounce Sprint Length Faster Teammate Centimetres Metre	Co-ordination Speed Relay Measure Competition Strides	Score Push Record Shuttles Bounding Circuit Test	Vertical Jump Javelin Collaborate Power Drive Force	Accuracy Strength Rhythm Simultaneously Exert
	Outdoor Play	Multi-Skills – Throwing and Catching	Multi-skills – Throwing and catching	Multi-Skills – Throwing and Catching	Multi-Skills – Throwing and Catching	Netball	Basketball

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<p>Why here, Why now</p>		<p>The children will show individually how to throw and catch using a variety of apparatus. They will send a ball/bean bag/quoit using only one hand. They will use under arm throw and aim consistently at variety of targets.</p>	<p>The children will throw/catch/bounce with two hands or one hand. They will do this from both a stationary position and whilst on the move. They will work both individually and in pairs on how to throw and catch using a variety of apparatus.</p>	<p>The children will use the fundamental throwing and catching skills learnt in Key Stage 1 to start to learn to play the games netball and basketball. They will begin to accurately pass and receive a range of balls in different ways. They will start to show dribbling, passing and receiving with their hands. They will learn how to pass and receive on the move and signal for the ball to retain possession.</p>	<p>The children will build on the skills already learnt and start to play some small sided games. They will use a range of techniques to pass and travel with the ball. They will understand how to use a range of tactics to keep possession and get into positions to shoot and score.</p>	<p>The children will learn the rules to Netball and be able to umpire a game. They will choose and use skills which meet the specific needs of the game. They will show how a team can retain possession and find ways of progressing towards an opponent's goal. They will demonstrate a range of skills for passing and receiving in a controlled manner whilst moving. They can find and use space to help my team and use a variety of tactics to keep the ball.</p>	<p>The children will transfer their skills to learn the game of basketball. They will learn to play and umpire the game. I understand and demonstrate a range of controlled passing, receiving, striking, dribbling and shooting skills I can play in a range of small sided games and can make effective choices about when, how and where to pass I understand the positions I play and identify specific attacking and defending skills I understand how to organise my team into different formations to</p>
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							<i>concentrate more attack or defence.</i>
Vocabulary		Underarm Overarm Throw Catch	Underarm Overarm Catch Accuracy control	'W' shape Aim Bounce Catch Centre pass Chest pass Dodge Dribble Feeder Footwork Grounded Intercept Landing foot Mark Non-shooting hand One-step rule Overhead Pass Pivot Positions Power Receive Step in Technique Throw	'W' shape Aim Bounce Catch Centre Chest pass Dodge Dribble Feeder Footwork Goal Attack Goal Defence Goal Keeper Goal Shooter Grounded Intercept Landing foot Mark Non-shooting hand One-step rule Overhead Pass Pivot Positions Power Receive Step in Technique Throw	Accuracy Bounce Catch Chest Control Hoops Overhead Pass Pivot Strategy Tactics	Aim Accuracy Arc Balance Bounce pass Chest pass Defend Dribble Mark Opponent Pass Push Space Shoot Strong Target Wide:
Spring Term 1	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
<i>Why here, Why now</i>	<i>The children will learn to use different ways of</i>	<i>The children will explore and use space effectively.</i>	<i>The children will explore medium level shapes with</i>	<i>The children will compare and contrast low and</i>	<i>The children will perform &amp; evaluate a</i>	<i>The children will perform a range of routines with</i>	<i>The children will incorporate stands into</i>

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	<p>travelling across mats. They will be able to demonstrate basic balances using patches and points. The Children will demonstrate a variety of jumping patterns and be able to perform some basic gymnastic rolls.</p>	<p>They will balance using different parts of their body, exploring points and patches (beginning to on apparatus). The Children will learn to take weight on hands and feet. They will learn, copy and name basic and advanced low-level shapes and begin to link shapes and rolls to form a short sequence.</p>	<p>linking, mirroring and balances. They will roll safely using a variety of rolling techniques. They will incorporate these shapes and rolls into a sequence. They will start to use apparatus.</p>	<p>medium level shapes with confidence and rehearse them. They will perform low level shapes with some precision and perform shapes in flight They will use apparatus (extended) safely with entrances, exits, balances and including medium level shapes.</p>	<p>routine. They will perform a shoulder and headstand safely with and without support. They will perform a forward roll with appropriate entrances and exits including on, off and over apparatus. They will link movements by performing jumps, turns and pivots. They will complete mirroring actions along different pathways and levels, including basic rolls.</p>	<p>rolling. They will perform both a stag jump and a split leap. They will progress from a cartwheel to a perform a round-off. They will learn how to do a headstand, transitioning into a forward roll and incorporating as part of a routine. They will vault safely with a range of entrances and exits and then into rolling, building up to various landings on and over a vault. They will plan a sequence of movements on apparatus both individually and as a group, in time with each other to form a routine.</p>	<p>cannon and or unison performances. They will perform rotation, balances and stands in unison and cannon. Perform shoulder, headstands, cartwheels and handstands safely without support. Perform to roll on, off and over apparatus within routines. Include counterbalances and counter tension balances.</p>
Vocabulary	Gymnastics travelling balancing jumping	Balance Copy Entrance & exit High	Arch Balance Control. Dish	Apparatus Arch Back support Balance	Apparatus Balances. Contrast Entrance & exit	Abdominals Cat springs Caterpillar walks Core strength	Apparatus Balance Body parts Collaboration

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<p>rolling sliding crawling hands feet bench forwards backwards still patches points body parts bridge squeezing muscles shapes star pencil tuck standing lying straight Jumping bending knees landing take-off landing Rolling Egg roll Tuck roll Pencil roll tight muscles</p>	<p>Low Mirror Points and patches Points of contact Roll. Shapes &amp; positions Stretch Tall Tension Tip toes Tuck shape Wide</p>	<p>Entrance &amp; exit Linking Mirroring Pike Straddle Tuck Velocity</p>	<p>Contrast Control Dish Entrance &amp; exit Flight Fluidity Front support Linking Low level shape Medium level shape: Mirroring Pike Rolling Safety Straddle Tuck Weight</p>	<p>Fluency Front support Low level shape: Medium level shape Points of contact Routine Tension Transition Travelling:</p>	<p>Entrance &amp; exit Flight Fluidity Front support Low level Narrow Partner sequence Performances Pike Reach Rolling Squat Straddle Stretch Thrust Tuck shape Vault Weight on hands. Wide:</p>	<p>Control Counter balance. Counter tension Entrance &amp; exit Fluidity Headstand Linking Low, medium &amp; high level Points of contact Pull Push: To move forcefully, especially in order to cause someone or something that is in your way to move, so that you can go through or past them Rolling Shoulder stand. Tuck</p>
<p>Outdoor play</p>	<p>Multi-skills – Attacking/Defend ing No equipment</p>	<p>Multi-skills – Attacking/Defend ing No equipment</p>	<p>Multi-Skills - Invasions</p>	<p>Multi-Skills - Invasions</p>	<p>Tag Rugby</p>	<p>Football</p>

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<p>Why here, Why now</p>		<p>Children will learn how to move in a controlled and coordinated way, building on skills learnt in dance and gymnastics.</p>	<p>Children will learn to perform and copy simple movement patterns and start to participate in team games and begin to follow rules.</p>	<p>Children build on throwing and catching skills and learn to demonstrate control when dribbling, passing and receiving with hands and feet</p>	<p>Children will play confidently in small sided invasion games, using their range of techniques to pass and travel with the ball.</p>	<p>The children will use the knowledge learnt over the previous lessons and use it in a game situation.</p>	<p>Children will learn to demonstrate a range of controlled passing, receiving, striking, dribbling and shooting skills, building on skills learnt. They will play in small sided games to make effective choices about how, when and where to pass.</p>
<p>Vocabulary</p>		<p>Dribbling Kicking Losing Passing Sideways Stopping Teamwork Intercepting Marking Defenders Defending Rugby Sideways Space Tagging Throwing Try scoring Try</p>	<p>Dribbling Kicking Losing Passing Sideways Stopping Teamwork Intercepting Marking Defenders Defending Rugby Sideways Space Tagging Throwing Try scoring Try</p>	<p>Accuracy Control Dribble Goalkeeper Move Pass Run Shoot Turn: Backwards Evade Forwards Passing Passer Receiver Rugby Sidestep Sideways Tag</p>	<p>Accuracy Control Dribble Goalkeeper Move Pass Run Shoot Turn: Backwards Evade Forwards Passing Passer Receiver Rugby Sidestep Sideways Tag</p>	<p>Attack Attacker Backwards Catch Defend Defender: A player whose role Direction. Evade Forward Jog Movement Pass Receive Sidestep</p>	<p>Control Defend Mark Receive (pass) Shoot Speed Tackle Turn</p>

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				Try	Try		
Spring Term 2	Dance	Dance	Dance	Dance	Dance	Dance	Dance
Why here, Why now	The children will learn to start moving to the sound of music. They can use movements from their gymnastics sessions.	The children will copy patterns and movements with different parts of my body. They can start to perform simple dance steps in a controlled way.	The children start to perform to the music with control and coordination. They respond creatively and imaginatively to a change in music. They start to change the way I move, changing direction, speed and level.	The children start to dance freely not only on their own but also with a partner. They start to compare, develop and adapt movements to create longer dances. They begin to use specific dance vocabulary.	The children demonstrate moving with precision, control and fluency to music. They create actions and moves with a partner or as part of a group to create a routine.	The children will perform and create motifs in a variety of different dance styles with accuracy and consistency. They select and use a large variety of compositional skills to demonstrate ideas learnt.	The children create and perform a dance routine as part of a group to music. They can suggest ways to improve quality of performance showing that they have good knowledge and understanding.
Vocabulary	Trotting Leaping pointed toes beats roll tuck roll left right counting travel unison leader direction jumps leaping performance order sequence.	Seasons Spring Summer Autumn Winter Weather Mirror reflect. Pathways Phrase Travelling	Animation Robotic String puppet, marionette inanimate lifeless alive active transport circular wheel joystick rudder chime Mirroring Phrase Rhythm	Canon Choreographic Phrase Stance	Canon Choreographic Phrase Stance	Canon Gesture Haka Repetition Unison:	Canon Gesture Instrumentation Parkour Pathway Phrase Retrograde

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			Unison				
	Outdoor play	Multi-Skills – Ball skills	Multi-skills –	OOA	OOA	OOA	OOA
Why here, Why now		The children will build on their ball skills in small game environments. They will start to build on their teamwork.	The children will be introduced to a map and be able to find out where they are.	The children will be introduced to what this with basic team games and map skills.	The children will build on their previous knowledge and develop map skills.	The children will use the outdoor area to practice the skills they have learnt in previous years.	The children will follow a map to effectively use keys and symbols. They will develop problem solving skills and teamwork.
Vocabulary		Speed Accuracy Teamwork Agility Control	Push Roll Bounce	Alphabet Parachute Communication Problem solving Map Route Key Symbol Control Control card Safety Listening Instructions thinking time solution	Map Orientation route Co-operation Key Symbols Discussion Listen Control Control card Compass Cardinal points Star orienteering Point to point – orienteering Safety	Bearing Compass Direction Control Trail Control card Blindfold Problem solving Planning Communication Discussion Leadership Safety	Bearing Compass Direction Control Trail Control card Blindfold Problem solving Planning Communication Discussion Leadership Safety
Summer Term 1	Throwing and Catching skills	Multi-Skills – Striking and Fielding	Multi-Skills – Striking and Fielding	Multi-Skills – Striking and Fielding	Multi-Skills – Striking and Fielding	Cricket	Rounders
Why here, Why now	Children will learn to develop spatial awareness and hand/eye coordination which are	The children will show how to throw and catch using a variety of apparatus	The children can throw/catch/bounce with two hands or one hand.	They children can strike a ball with confidence and control and direct it accurately into a target area	The children will accurately bowl/feed the ball to a target They can strike a ball along the	The children will use the knowledge learnt over the previous lesson and use it in a game	The children will use the knowledge learnt over the previous lesson and use it in a game

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	<i>fundamental for all other units.</i>	<i>They can send using the underarm throw at a variety of targets.</i>	<i>They start to throw/catch/bounce when in a stationary position or moving around the playing area.</i>	<i>They can demonstrate the roles of a bowler, striker, fielder and backstop/wicket keeper. I can field a ball travelling at varying speeds.</i>	<i>ground or through the air in different directions with control. They can use the long barrier technique to effectively field a ball.</i>		
Vocabulary	Catching Throwing Rolling overarm (down) underarm (up) aiming target power stopping bending knees bouncing control cup hands together Rolling Push Release Chasing Catching Skim balance	Bat Bowl Catch Cricket Rounders Strike Throw	Bat Bowl Catch Cricket Striking Throw Rounders	Bat Bowl Catch Cricket Defensive Drive Field Long barrier Overarm Shot Stance Throw. Two handed Underarm Wickets Goals Backstop Bat Bowl/Bowling Game. Hands Hit. Overarm Rounders Strike Target	Defensive Drive Field Long barrier Overarm Shot Stance Throw. Two handed Underarm Wickets Backstop Bat Bowl/Bowling Game. Hands Hit. Overarm Rounders Strike Target Throw/Throwing Underarm Waist height	Accuracy Aiming Batting technique Crease Cricket stance Fielding Figure of six Grip & stance High throw/low throw Lofted drive. Near/Middle/Far Overarm Underarm Wicket keeper	1st base only Attack Backstop Bases Batting box Cupped hands Deep Fielding Half Rounder High-to-high Long barrier No ball Out at 1st base Out at base Overarm Rounder scored Underarm Wide ball

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				Throw/Throwing Underarm Waist height			
	Outdoor play	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
Why here, Why now		The children will build on their indoor athletic lessons. They will learn to run at speed over a longer distance. They will develop their jumping and throwing skills.	The children will build on their indoor athletic lessons. They will start to change direction and speed whilst running. They will jump and land with control and accuracy.	The children will build on their indoor athletics lessons. They will understand the speed that is needed due to the distance they are running. They can jump from a running position and land with control.	The children will build on their indoor athletics lessons. They can sustain and improve their running techniques. They are starting to use different objects to throw with accuracy. They can perform a range of jumping techniques with controlled landings.	The children will build on their indoor athletics lessons. They will be able to show control, stamina, speed and strength across a variety of athletics events. They can use these in competitive events.	The children will build on their indoor athletics events. They can explain how to improve their techniques in a variety of events.
Vocabulary		Aim Bowl Catch Direct. Distance Driving Relay Run Sprint Strong leg Target Throw	Aiming Balance Baton Clearing Consistency Control Distance Endurance Height. Hurdles Long jump Momentum Non-throwing arm.	Drive Heave Hurdle Jump. Lead leg Leap Pull. Push Rhythm Run Sling weight transfer Standing long jump	Assessment Changeover Communication Discus Fling Hammer Heats Javelin Maintaining pace Relays Scissor jump Shot put Speed bounce Sprint finish	Baton Change Chest pass Drive Lead Pull pass Shoulder pass Skip	Cricket throw Endurance High jump Long distance Scissor kick Strides Sustaining: Track & Field Vertical jump

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			Obstacles Overarm. Power Recovery Relay race Rolling Speed. Sprinting Strides:	Standing start	Sprinting Teamwork:. Technique Vertical jump		
Summer Term 2	Balanceability	Multi-skills – Attacking/Defending - Equipment	Multi-skills – Attacking/Defending - Equipment	Multi-Skills - Invasions	Multi-Skills - Invasions	Hockey	Pop Lacrosse
Why here, Why now	The children will be giving the opportunity to do their level 1 balanceability award. This will help with balance and coordination.	Children will learn how to move in a controlled and coordinated way, building on skills and using equipment.	Children will learn to perform and copy simple movement patterns and start to participate in team games that use equipment and begin to follow rules.	Children build on throwing and catching skills and learn to demonstrate control when dribbling, passing and receiving with equipment	Children will play confidently in small, sided invasion games, using their range of techniques to pass and travel using equipment.	Children will choose and use learnt skills which meet the specific need of the invasion game. Focus on retain possession and control of the ball with the stick towards opponents' goal.	The children will use the knowledge learnt over the previous lesson and use it in a game
Vocabulary	Balance Travelling Push off Stopping Feet up weaving	Hockey sticks Hockey Opponent Scoring Shooting Space Teamwork: Trapping Pop lacrosse Stick Grounded	Hockey sticks Hockey Opponent Scoring Shooting Space Teamwork: Trapping Pop lacrosse Stick Grounded	Accurate Aim Awareness Balanced Control Dribble Intercept Pass Receive Score Shoot	Accurate Aim Awareness Balanced Control Dribble Intercept Pass Receive Score Shoot	Accuracy Aim Awareness Control Dribble Head Intercept Mark Move Pass Possession	Goals Centre Pass Boundary Foul Score Catch Gate Push Pop lacrosse Stick



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	Throwing chest push pull overarm take-off landing Baton Hurdling leading leg races relays Jumping high jump underarm aiming teamwork distance height	will on the short-term plans.	will on the short-term plans	will on the short-term plans	will on the short-term plans	will on the short-term plans	will on the short-term plans
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