



Manland Primary School-Long Term Curriculum Plan

Overview of Skills – PE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Move freely with confidence in a range of ways Observes the effect of activity on their bodies Find and use a space safely Run skilfully and negotiate space Dresses with help Explore different ways of moving Catch a large ball Copy movements Suggest own ways of moving Move in different directions Travel with confidence over balancing equipment Jump off an object and land safely Follow rules when playing simple games		Negotiate space when moving in different ways Travel with confidence over and under equipment Know what a healthy meal is Dresses independently Follow instructions Join in with dances Hop and skip in time to music Safely negotiate space in a range of situations		Show good control and coordination with large and small movements Can hop confidently and skip in time to music. Talk about others and how they stay healthy Throw with increasing control Follow instructions to play a range of group games Suggest how others could stay healthy Talk about how to stay healthy and safe	
Year 1	Games Dance Use the terms 'opponent' and 'team-mate'. Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate. Copy and remember moves and positions. Move with careful control and coordination. Link two or more actions to perform a sequence. Choose movements to	Games Use the terms 'opponent' and 'team-mate'. Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate	Games Use the terms 'opponent' and 'team-mate'. Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate.	Gym Games Copy and remember actions. Move with some control and awareness of space. Link two or more actions to make a sequence. Hold a position whilst balancing on different points of the body. Travel by rolling forwards, backwards and sideways. Hold a position whilst balancing on different points of the body. Use the terms 'opponent' and 'team-mate'. Use rolling, hitting, running, jumping, catching and kicking skills in	Games Dance Use the terms 'opponent' and 'team-mate'. Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate. Copy and remember moves and positions. Move with careful control and coordination. Link two or more actions to perform a sequence. Choose movements to	Games Gym Use the terms 'opponent' and 'team-mate'. Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate. Move with some control and awareness of space. Link two or more actions to make a sequence. Hold a position whilst balancing on different points of the body. Climb safely on equipment.



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	communicate a mood, feeling or idea			combination. Develop tactics. Lead others when appropriate.	communicate a mood, feeling or idea.	Stretch and curl to develop flexibility. Jump in a variety of ways and land with increasing control and balance. Show contrasts (such as small/tall, straight/curved and wide/narrow).
Year 2	<p>Gym (Types of Rolling /Animal Movements) Copy and remember actions. Move with some control and awareness of space. Link two or more actions to make a sequence. Show contrasts (such as straight/curved and wide/narrow). Show control when travelling by rolling forwards, backwards and sideways. Climb safely on equipment. Stretch and curl to develop flexibility.</p>	<p>Games -Passing and Receiving/ Hockey Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics.</p>	<p>Gym (Travelling, Balancing, Jumping) Copy and remember actions. Move with some control and awareness of space. Link two or more actions to make a sequence. Show contrasts (such as small/tall, straight/curved and wide/narrow). Hold a position whilst balancing on different points of the body. Jump in a variety of ways and land with control and balance. Stretch and curl to develop flexibility.</p> <p>Games -Attacking and Defending / Football Use the terms 'opponent' and 'team-mate'.Develop tactics. Lead others when appropriate. Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p>	<p>Dance –Fire theme Copy and remember moves and positions. Move with careful control and coordination. Link more actions to perform a sequence. Choose movements to communicate a mood and idea.</p> <p>Games -Control Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate</p>	<p>Games – Athletics/Sports Day Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p>	<p>Dance -Dreamtime Story/Journey Copy and remember moves and positions. Move with careful control and coordination. Link more actions to perform a sequence. Choose movements to communicate a mood and idea.</p> <p>Games -Tennis Use hitting, throwing and catching skills in combination. Develop tactics.</p>



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<p>Year 3</p>	<p>Tag rugby Swimming Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). Use the terms 'opponent' and 'team-mate'. Work alone, or with team mates in order to gain points or possession. Pass to team mates at appropriate times. Swim unaided up to 25 metres. Use one basic stroke, breathing correctly. Control leg movements.</p>	<p>Gymnastics Swimming Copy and remember actions. Move with some control and awareness of space. Link two or more actions to make a sequence. Show contrasts (such as small/tall, straight/curved and wide/narrow). Travel by rolling forwards, backwards and sideways. Hold a position whilst balancing on different points of the body. Vary speed, direction, level and body rotation during floor performances Swim between 25 and 50 metres unaided.</p>	<p>Hockey Swimming Choose appropriate tactics to cause problems for the opposition. Follow the rules of the game and play fairly. Swim at the surface and below the water. Swim over 100 metres unaided</p>	<p>Dance Swimming Copy and remember moves and positions. Move with careful control and coordination Link two or more actions to perform a sequence. Choose movements to communicate a mood, feeling or idea. Use breaststroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. Co-ordinate leg and arm movements.</p>	<p>Rounders Swimming Field, defend and attack tactically by anticipating the direction of play. Strike a bowled or volleyed ball with accuracy. Swim fluently with controlled strokes.</p>	<p>Athletics Swimming Sprint over a short distance up to 60 metres Run over a longer distance, conserving energy in order to sustain performance. Use a range of throwing techniques (such as under arm, over arm). Turn efficiently at the end of a length.</p>
<p>Year 4</p>	<p>Gymnastics/Ball skills Move with co-ordination and control. Throw and catch a ball with control and accuracy. Keep possession of a ball (feet, hockey stick, hands).</p>	<p>Basketball Select and use the most appropriate skills, actions and ideas. Choose the appropriate tactics to cause a challenge for the opposition. Follow rules and play fairly in a game. Lead others and act as a respectful team member. Pass to teammates at appropriate times.</p>	<p>Gymnastics/ Hockey Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Create dances and movements that convey a definite idea. Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). Pass to team mates at appropriate times. Lead others and act as a respectful team member.</p>	<p>Dance/Tennis Change speed and levels within a performance. Develop physical strength and suppleness by practising moves and stretching. Use forehand and backhand when playing racket games Choose appropriate tactics to cause problems for the opposition. Follow the rules of the game and play fairly. Lead others and act as a respectful team member.</p>	<p>Rounders Throw and catch with control and accuracy. Strike a ball and field with control, choose appropriate tactics to cause problems for the opposition, Follow the rules of the game and play fairly. Maintain possession of a ball (with, e.g. feet, a hockey sticks or hands),</p>	<p>Athletics Sprint over a short distance up to 60 metres. Run over a longer distance, conserving energy in order to sustain performance. Use a range of throwing techniques (such as under arm, over arm). Throw with accuracy to hit a target or cover a distance.</p>



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					Pass to team mates at appropriate times. Lead others and act as a respectful team member.	Jump in a number of ways, using a run up where appropriate. Compete with others and aim to improve personal best performances.
Year 5	Gymnastics Tennis Create complex and well-executed sequences incorporating a full range of movements Use forehand and backhand when playing racquet games	Gymnastics Tag rugby Develop travelling, balancing, swinging, vaulting and stretching movements Evaluate a performance Work alone and with teammates to gain points and possession Be a good role model within a team	Fitness Football Empathise with others and offer support without being asked Seek support from the team if in any doubt Remain positive even in the most challenging circumstances Choose the most appropriate tactics for a game	Dance Hockey Compose creative and imaginative dance sequences Field, defend and attack tactically by anticipating the direction of play	Athletics Cricket Orienteering Strike a bowled ball with accuracy Combine sprinting with low hurdles Throw accurately and refine performance Show control in take-off and landing when jumping Compete with other and keep track of personal best performances Use a range of devices in order to orientate themselves	Athletics Rounders Compete with others and keep track of personal best performances Run over a variety of distances Uphold the spirit of fair play and respect in all competitive situations
Year 6	Dance Tennis Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and	Gymnastics Basketball Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight • vaults • inversions • rotations 	Gymnastics Football Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures 	Dance Hockey Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece	Cricket Athletics Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). Work alone, or with team mates in order to gain points or possession. Strike a bowled or volleyed ball with accuracy.	Athletics Rounders Choose the best place for running over a variety of distances. Throw accurately and refine performance by analysing technique and body shape. Show control in take-off and landings when jumping. Compete with others and keep track of personal best performances, setting targets for improvement



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	<p>maintain this throughout a piece. Vary speed, direction, level and body rotation during floor performances. Use forehand and backhand when playing racket games.</p>	<ul style="list-style-type: none">• bending, stretching and twisting• gestures• linking skills. <p>Hold shapes that are strong, fluent and expressive. Include in a sequence set pieces, choosing the most appropriate linking elements. Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</p>	<ul style="list-style-type: none">• linking skills. <p>Hold shapes that are strong, fluent and expressive. Include in a sequence set pieces, choosing the most appropriate linking elements. Vary speed, direction, level and body rotation during floor performances. Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</p>		<p>At Caythorpe: Embrace both leadership and team roles and gain the commitment and respect of a team. Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. Remain positive even in the most challenging circumstances, rallying others if need be. Use a range of devices in order to orientate themselves.</p>	<p>Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p>
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