



SOUTH HILL PRIMARY SCHOOL

Long Term Planning: PE

GOLDEN THREADS			
Movement	Team work	Tactics	Ball skills
Speed and agility	Balance	Performance	Leadership

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Body Management <ul style="list-style-type: none"> To balance beanbags To move through hoops in different way To reach and stretch to get equipment To make bridges and tunnels with our body To travel over and under apparatus To make shapes with our bodies 	Manipulation and coordination <ul style="list-style-type: none"> To handle a balloon To handle a ball To kick a ball To hop, jump and step To send a ball or beanbag To send and stop in a game 	Cooperate and solve problems <ul style="list-style-type: none"> To match colours and symbols To work as a team to complete a task To use our bodies to make number shapes To follow a trail To work with others to make patterns To work with a partner to complete challenges 	Gymnastics <ul style="list-style-type: none"> To move safely To take off and land on two feet To balance and move balls and beanbags To travel on mats and benches To copy and repeat actions To perform simple shapes and balances 	Dance <ul style="list-style-type: none"> To use colours and feelings in dance To perform as animals using different levels and directions To work with a partner How to show expression in our sequence To perform transport actions and movements in our dance To use leading and following movements 	Speed, Agility and Travel (Sports day skills) <ul style="list-style-type: none"> To move in different directions To keep our bodies safe in running games To jump in different directions To stop safely To move at slow and fast speeds To stop safely in different ways
	Early learning goals by the end of the year PERSONAL SOCIAL AND EMOTIONAL DEVELOPMENT -Managing self and Building Relationships <ul style="list-style-type: none"> Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing. Work and play cooperatively and take turns with others PHYSICAL DEVELOPMENT- Gross Motor Skills <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. EXPRESSIVE ARTS AND DESIGN- Being Imaginative and Expressive <ul style="list-style-type: none"> Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music. 		Reception learning during the year PERSONAL SOCIAL AND EMOTIONAL DEVELOPMENT <ul style="list-style-type: none"> Manage their own needs. PHYSICAL DEVELOPMENT <ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: - rolling - running - crawling - hopping - walking - skipping - jumping - climbing Progress towards a more fluent style of moving, with developing control and grace. Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. Develop overall body strength, balance, coordination and agility. Know and talk about the different factors that support overall health and wellbeing: - regular physical activity EXPRESSIVE ARTS AND DESIGN <ul style="list-style-type: none"> Explore, use and refine a variety of artistic effects to express their ideas and feelings. Return to and build on their previous learning, refining ideas and developing their ability to represent them. Create collaboratively, sharing ideas, resources and skills. Listen attentively, move to and talk about music, expressing their feelings and responses. Watch and talk about dance and performance art, expressing their feelings and responses. Explore and engage in music making and dance, performing solo or in groups 			

YEAR 1

YEAR 1	Dance (PE Hub 1) <ul style="list-style-type: none"> To show moods and feelings we would experience in the jungle To move as if we are living in the jungle To create and perform movements which show friendship To perform leading and following movements To perform a short dance with a clear start, middle and end To use repeated actions in our dance 	Dance (PE Hub 2) <ul style="list-style-type: none"> To perform actions to well-known nursery rhymes To march in time to the beat and to turn while marching To march in time as a group To perform actions in canon To perform a short dance using canon To perform in rounds in different groups 	Gym (PE Hub 1) <ul style="list-style-type: none"> To perform 3 'like actions' in a sequence To carry and set up apparatus safely To tense our muscles to hold different shapes To jump high and far To travel with good body tension To create a short movement pattern 	Gym (PE Hub 2) <ul style="list-style-type: none"> To move on, off and over apparatus To rock on different parts of the body To perform spins and turns at different levels To perform actions at the same time as a class To perform controlled actions at different times than others To create a sequence with a partner 	Attack, Defend, Shoot (PE Hub 1) <ul style="list-style-type: none"> To hit a target To defend a target To roll and slide balls and beanbags To shoot in a game to get points To work with a partner to score points To use our attacking and defending skills in a game 	Attack, Defend, Shoot (PE Hub 2) <ul style="list-style-type: none"> To find a pulse on our wrists To move side to side to defend a goal To bounce a ball with control to ourselves To aim at different targets To adapt to a game with changing rules To play in the best defensive position in a game
	Send and return (PE Hub 2) <ul style="list-style-type: none"> To slide a beanbag to a target To hit a ball in different ways with our hands To move towards a ball to return it To work with a partner to stop and return a beanbag What a rally is and rallying with a partner To send a ball into space to make it harder for our opponent 	Hit, Catch, Run (PE Hub 1) <ul style="list-style-type: none"> To select space to throw or roll a ball into To track and collect a rolling ball To catch a ball to stop an opponent scoring To use our hands to hit a ball To run between bases to score points To work as a team to score points 	Hit, Catch, Run (PE Hub 2) <ul style="list-style-type: none"> To catch a ball over a short distance To begin to hit a ball with power To position ourselves in the path of the ball To field the ball to a base To catch a high ball To stop the other team from scoring points 	Send and return (PE Hub 2) <ul style="list-style-type: none"> To send the ball over a net to our partner To track and stop a moving object using both hands Why different muscles are important when playing games To send balls accurately from different positions e.g., kneeling or sitting To spot space on the playing area and hit the ball there To play a game with a partner 	Run, Jump, Throw (PE Hub 1) <ul style="list-style-type: none"> To start and stop moving at speed To use our arms when running at different speeds To take off on two feet to jump for distance To use correct technique to throw different objects for distance To show improvement in our throwing To take part in a competition using running, jumping, and throwing skills 	Run, Jump, Throw (PE Hub 2) <ul style="list-style-type: none"> To use agile movements in different activities Different ways to recognise the start and end of an activity e.g., whistle To develop stamina when running To develop core strength to improve throwing To stride and jump for height To choose the best starting position for running quickly

Year 2

Year 2	Gym (PE Hub 1) <ul style="list-style-type: none"> To combine 4 elements into a floor sequence To create power in a variety of different jumps To smoothly link actions To show flexibility in shapes To travel at different speeds To judge a short sequence 	Dance (PE Hub 1) <ul style="list-style-type: none"> To use penguin images to inspire our dance To show feelings of abandonment through dance To create movements that show friendship between two characters To create a solo dance with changes of direction and speed To match our movements to music To choose a formation for our dance and explain our choice 	Gym (PE Hub 2) <ul style="list-style-type: none"> To perform a front support position with control To perform an arch and dish shape To perform a back support shape showing flexibility To leapfrog To jump for distance with control To create and perform a 10 element sequence 	Dance (PE Hub 2) <ul style="list-style-type: none"> To develop a dance that shows different emotions To work on our own to create a movement pattern To work on our own to create and perform a short movement phrase To watch, copy and repeat actions to create a 'motif' To perform our motif in different formations To use different movement pathways in our dance 	Run, Jump, Throw (PE Hub 1) <ul style="list-style-type: none"> To move quickly whilst being aware of others around To create power with our legs to turn at speed To move through an obstacle course with speed and control To choose the best throw for different situations To use quick feet whilst sprinting To perform static and dynamic balances 	Run, Jump, Throw (PE Hub 2) <ul style="list-style-type: none"> To work both individually to run over a longer distance To improve strength to increase jumping distance To create power when throwing for distance To use breathing techniques to be able to run more easily To cooperate with our partner to complete a task well Listen to others and work as a team to achieve the highest score possible
	Hit, Catch and Run (PE Hub 1) <ul style="list-style-type: none"> To hit a ball and score points by running to cones To defend a target by kicking To bowl underarm with control To hit a ball using different bats and techniques To throw accurately to a base To hit a ball into a space, away from fielders 	Attack, Defend, Shoot (PE Hub 1) <ul style="list-style-type: none"> To kick the ball over long and short distances To stop a ball with control using the foot To work as a team to keep the ball To bounce a ball with my partner To bounce the ball while we are moving To pass the ball forward in a game 	Send and Return (PE Hub 1) <ul style="list-style-type: none"> To stay on our toes to move quickly to the ball To identify which hand is dominant in a game Basic rules of serving to our partner To develop agility and use it in a game To use the correct grip to hit a self-fed ball To use the ready position in a rally 	Attack, Defend, Shoot (PE Hub 2) <ul style="list-style-type: none"> To throw different types of equipment To move to a space after passing a ball To pass and move forwards to a target with a partner To position ourselves as a goalkeeper To intercept a ball from a person on the other team To use the skills we have developed in a competition 	Hit, Catch and Run (PE Hub 2) <ul style="list-style-type: none"> To time our run around the bases to stay 'safe' To kick a ball into space using different parts of the foot To respond to how a ball is bowled when hitting About the role of a wicketkeeper About the role of a backstop and its likeness to wicketkeeper To bowl underarm in a game with accuracy 	Send and Return (PE Hub 2) <ul style="list-style-type: none"> To feed a ball to our partner with consistency To send the ball to different parts of the court To throw and catch in a seated position To accurately serve the ball to different parts of the court To use overarm attacking shots in a game To manage what we should be doing within the competition

Year 3

Year 3	Gym (PE Hub 1) <ul style="list-style-type: none"> To show full extension during a balance To move in and out of contrasting shapes with fluency To perform a sequence using different types of rolls To perform powerful jumps from low apparatus To perform in unison with a partner To create a group performance using contrasting actions 	Dance (PE Hub 1) <ul style="list-style-type: none"> To perform a jazz square and use it in a dance To perform a dance showing two contrasting characters To develop movements using improvisation To use props in our dance sequence To use facial expressions to bring life and emotion to our dance To take on the role of a director to help others improve their dance 	Dance (PE Hub 2) <ul style="list-style-type: none"> To perform a dance phrase inspired by the ocean's depths To use improvisation to create a longer movement phrase To use dynamics in a short group dance to show travelling on the ocean To perform as a class to show the damage that can be caused to the ocean To work as a group to develop a dance representing the ocean To prepare our group dance for a final performance 	OAA (PE Hub) <ul style="list-style-type: none"> To use clear communication, strength and flexibility to complete a task To work with others to complete map-reading tasks To draw and create a clear route on a map for others to follow With others to identify what went well and what we could do to improve To identify and explain what is required to complete a variety of challenges To safely take part in trust-based activities 	Gym (PE Hub 2) <ul style="list-style-type: none"> To perform a japana To use bounces and broad jumps in a sequence To attempt a half lever To transition from a japana to another shape with control Stretches while moving and when we are still to increase our flexibility To show strength, flexibility and control in our sequence 	Athletics (PE Hub) <ul style="list-style-type: none"> Jumping and hopping in sequence To run at different speeds To approach and jump hurdles To throw a javelin using the pull throw technique A variety of skipping techniques To keep score accurately over a range of events
	Tag rugby (PE Hub) <ul style="list-style-type: none"> To use speed to run past defenders A range of ball handling skills To use agility to evade being tagged To understand and apply the tag protocol in game situations To close down an attacker's space as a defender To perform a backwards pass to continue an attack 	Football (PE Hub) <ul style="list-style-type: none"> To use the inside of the foot to pass the ball To trap a ball with control that is moving along the ground To pass the ball accurately into space over short distances To identify and move into space to receive the ball To use the outside of the foot to control the ball and dribble To cushion the ball when receiving it 	Netball (PE Hub) <ul style="list-style-type: none"> To perform quick, accurate chest passes To use dodging to get free from our opponent To catch a netball To use a bounce pass to feed the goal shooter To throw for distance using a shoulder pass To collect a loose ball 	Tennis (PE Hub) <ul style="list-style-type: none"> To use the ready position to return a ball To hit the ball to different parts of the court using a forehand hit To perform an underarm serve to start a rally To move towards a ball to return it over the net To play cooperatively with a partner to keep the ball moving over the net To perform forehand hits to score points in a competition 	Rounders (PE Hub) <ul style="list-style-type: none"> To get into the best body position to field a ball To bowl with some consistency in a game To hit a moving ball with one hand To stop a moving ball using the long barrier technique To throw longer distances using overarm technique To select and apply new skills in a competition 	Cricket (PE Hub) <ul style="list-style-type: none"> To hit a stationary ball into space using the straight drive To bowl underarm to a batter with some consistency To use the correct footwork to strike a bowled ball To stop a moving ball using the long barrier technique To throw longer distances overarm To perform as a wicketkeeper

Year 4

Year 4	<p>Swimming In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively, (for example front crawl, backstroke and breaststroke) perform safe self-rescue in different water-based situations. 	<p>Swimming In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively, (for example front crawl, backstroke and breaststroke) perform safe self-rescue in different water-based situations. 	<p>Swimming In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively, (for example front crawl, backstroke and breaststroke) perform safe self-rescue in different water-based situations. 	<p>Swimming In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively, (for example front crawl, backstroke and breaststroke) perform safe self-rescue in different water-based situations. 	<p>Swimming In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively, (for example front crawl, backstroke and breaststroke) perform safe self-rescue in different water-based situations. 	<p>Swimming In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively, (for example front crawl, backstroke and breaststroke) perform safe self-rescue in different water-based situations.
	<p>Tennis (PE Hub)</p> <ul style="list-style-type: none"> To return to the middle of the court after playing a shot To accurately use the forehand in game situations to score points To play a backhand shot with some control To combine ready position and court movements to consistently return the serve To work with a partner to score points in a game To use forehand and backhand shots to score points in a competitive situation 	<p>Hockey (PE Hub)</p> <ul style="list-style-type: none"> To perform a push pass with accuracy To perform a straight dribble to maintain possession To use reverse-stick to control a ball on the far-side of our body To use a slap pass to send the ball over longer distances To turn keeping the ball under control and move into space To develop new skills in competitive situations and look to improve 	<p>Gym (PE Hub 1)</p> <ul style="list-style-type: none"> To perform a 6-element sequence that uses changes in speed and direction To use the STEP principle to create and perform a partner sequence To take weight-on-hands showing control To develop a sequence using compositional ideas To co-operate as a group to refine a short sequence To compare and judge 	<p>Dance (PE Hub 1)</p> <ul style="list-style-type: none"> To use freeze frame in our dances To perform a slide and roll confidently To use a variety of formations when performing To extend our 'mission dance' phrases using canon To sequence our dance actions to show good flow To create a 5 action dance routine showing good 'stage' entry 	<p>Cricket (PE Hub)</p> <ul style="list-style-type: none"> To use a batting stance and hit the ball in different directions To anticipate when to run to score singles To intercept a moving ball with one hand To bowl overarm The pull shot and attempting it in a game To field a bouncing ball effectively 	<p>Athletics (PE Hub)</p> <ul style="list-style-type: none"> To challenge ourselves in running, jumping and throwing tasks To accelerate over short distances To run and jump using a one-footed take-off To use a sling action to throw a discus To run on a curve and exchange a baton in our team To apply the skills we have developed in a competitive way

Year 5

Year 5	Gym (PE Hub 1) <ul style="list-style-type: none"> The key steps to performing a round-off To create and perform a partner sequence using symmetry To create and perform a partner sequence using asymmetry To perform counter-balances with a partner To perform smooth transitions between counter balances using different levels To evaluate each other's work and suggest improvements 	Dance (PE Hub 1) <ul style="list-style-type: none"> What non-locomotor movement is and using it in our dance To perform both non-locomotor and locomotor movements together To create new and exciting group patterns A simple Line Dance routine To create our own line dance with a partner To work collaboratively within our group to improve our performance To control a bouncing ball, keeping it close to the body 	Gym (PE Hub 2) <ul style="list-style-type: none"> To use space creatively along an L-shaped pathway To refine our round-off technique To refine over-the-shoulder roll and attempt a handstand finish To smoothly link 2 cartwheels to perform a double cartwheel To transition into a bridge with control To develop a 6-element partner sequence incorporating asymmetry 	Hockey (PE Hub) <ul style="list-style-type: none"> To perform a block tackle to dispossess an attacker To use fast, accurate passes into the D to create scoring opportunities To mark an attacker closely to stop them receiving the ball To perform a sweep hit to send the ball 'first time' To move the ball quickly from left to right to outwit a defender To use a variety to keep possession in a game 	Dance (PE Hub 2) <ul style="list-style-type: none"> To communicate the theme of heroes through our dance To manipulate and develop actions using a range of devices To create interesting and varied dance actions as a group using levels To use jumps to bring power and energy to our dance phrases To show the theme of an attack, performing at a low level Work effectively with others to improve movement quality and performance 	Tennis (PE Hub) <ul style="list-style-type: none"> To recap and perform a range of different shots with accuracy and control To move quickly to the ball to perform a volley To play an overhead shot and know when you might use this To use different court formations during doubles play To refine court movement to hit the ball before the second bounce To perform a diagonal, serve to begin a game in competitive situations
	Tag rugby (PE Hub) <ul style="list-style-type: none"> To use defensive positions to mark and tag an attacker To pass a ball accurately and consistently while on the move To defend as part of a team to deny space to the attacking team To use a pop pass over short distances to create an explosive run To move the ball quickly when under pressure using the 'magic diamond' formation To use the 3 step and pass rule with some confidence 	Football (PE Hub) <ul style="list-style-type: none"> To turn with the ball To travel quickly and effectively when running with the ball To combine running with ball and sending it into space To maintain their position when attacking to create space To perform a step over to beat a defender To control a bouncing ball, keeping it close to the body 	OAA (PE Hub) <ul style="list-style-type: none"> To explore different ways of communicating with a blindfolded partner To follow a designated route at maximum speed and complete a task safely To use memory methods to recall different objects whilst navigating To use clear communication to recreate shapes from memory To use imagination and creative thinking to create the tallest marshmallow tower To send and interpret messages using Morse Code 	Netball (PE Hub) <ul style="list-style-type: none"> To use a bounce pass effectively in a game Various techniques to find space during a game A range of dodging techniques and attempting to use them in a game To practice and perform pivoting to make good passes Two-handed shooting technique and to play the position of shooter To work cooperatively as a team to attack and defend 	Athletics (PE Hub) <ul style="list-style-type: none"> To run for speed and distance on our own and as part of a team Pacing, to run over longer distances Different jumping styles and exploring which ones we can jump further with To use the push throw technique To exchange a baton within a restricted area To design a running, jumping or throwing activity for others using the STEP principle 	Cricket (PE Hub) <ul style="list-style-type: none"> To work with a partner to score runs To throw accurately over short distances to get batters out To follow the path of the ball to catch as a wicketkeeper To overarm bowl with accuracy whilst using a run-up To play a forward defensive shot To set a field in a game to limit the runs scored by a batter

Year 6

Year 6	Gym (PE Hub 1) <ul style="list-style-type: none"> To use controlled flight on to high apparatus To dismount safely from high apparatus To develop a short sequence using flight in canon formation To incorporate equipment such as hoops and balls into a group sequence To create a paired flight sequence using both canon and unison To create and perform a 6-element 	Dance (World War II) <ul style="list-style-type: none"> The dance style of Cherry Picking, Rock the Baby and Rusty Dusty To explore relationships through dance and perform partner lifts To compose a dance phrase based on the Lindy Hop Choose and use suitable dynamics To link freeze frames in a WWII style to create a short movement phrase To perform a swing style and basic rock step and perform confidently with a partner 	Gym (PE Hub 2) <ul style="list-style-type: none"> To perform a 10-element group sequence using both floor and apparatus To perform with equipment and respond creatively to music To create judging criteria and then assess performances against it To create and perform interesting patterns as part of a group To select and apply the appropriate walk and presentation to start a sequence To perform a 10-element sequence within a 1-minute time limit 	Cricket (PE Hub) <ul style="list-style-type: none"> To create pressure on a batter by using attacking fielding positions To track and catch a high ball consistently To perform a short-pitched bowl to get a batter to hit the ball in the air To work in a pair to restrict run scoring when fielding To play an on-drive To apply the learnt skills into a game of inter-cricket 	PGL and Dance (PE Hub 2 – West Side Story) <ul style="list-style-type: none"> To portray the theme of gangs through our movements and gestures To use devices such as contrast and variation in a group dance To use formations to demonstrate tension in relationships between performers To use claps, stamps and slaps to perform a live aural setting To perform as opposing gangs attacking each other To show performance qualities in sections of our gang dance and evaluate our work 	Rounders (PE Hub) <ul style="list-style-type: none"> Attacking tactical bowling to make it more difficult for the batter to hit To track and catch a high ball To use fast bowling to deceive your opponent To work in a pair in the field to restrict scoring To apply tactics when running around bases to avoid overtakes To apply attacking and defensive tactics in a competitive situation
	Tag rugby (PE Hub) <ul style="list-style-type: none"> To create attacking continuity by supporting the player with the ball To use set plays in attack to create space for the ball carrier To develop further the 3 step rule comparing and contrasting to the 3-second option To attack the space as a ball carrier to create scoring opportunities To change from an attacking to defensive formation when your team loses possession of the ball To observe and analyse our classmates performance 	Basketball (PE Hub) <ul style="list-style-type: none"> How to counterattack using the fast break To retreat dribble to maintain possession To perform a free throw with consistency To use speed and agility to perform a v-cut to get free from a defender To drive to the basket using strength and co-ordination The 3-point shot and how different points are awarded 	Hockey (PE Hub) <ul style="list-style-type: none"> To shoot under pressure from close range To perform long corner routines as part of a team To use goal-side marking to prevent an attacker getting close to goal To use a banana run to force an oncoming attacker out wide To use a hit out to successfully to restart a game Indian dribble and to play competitively using new skills 	Football (PE Hub) <ul style="list-style-type: none"> To set up a shooting opportunity for a teammate To restrict an opponent's space by defending with a partner To perform a penalty kick with power and accuracy To attack and shoot as a pair To perform the role of a cover defender to stop the opposition attack To use close control to keep possession of the ball under pressure 	Athletics (PE Hub) <ul style="list-style-type: none"> Sprint start technique to increase our running speed The three phases of triple jump The heave throw technique and what it is used for To assess our own ability to play our role in parlauff running The scissor jump technique and when it would be used in athletics To record and relay results over a range of track and field events 	Tennis (PE Hub) <ul style="list-style-type: none"> To communicate clearly with a partner to score points in doubles play To attempt a two-handed backhand shot with control To perform a lob shot to hit the ball over our opponent's head To apply the correct rules and scoring system in games Play different doubles formations and work with our partner to improve To discuss and apply a range of tactics in doubles play to achieve success

Year 6 – extra provision				•		<p>Swimming In particular, pupils should be taught to:</p> <ul style="list-style-type: none">• swim competently, confidently and proficiently over a distance of at least 25 metres• use a range of strokes effectively, (for example front crawl, backstroke and breaststroke)• perform safe self-rescue in different water-based situations.
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