

PE LTP	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
F1: Introducing fundamental movement skills: ABC - Agility, Balance and Coordination.	<p>BALL GAMES I can kick a large ball. I can catch a large ball. I can show increasing control of an object when pushing, patting, throwing, catching or kicking.</p> <p>Long distance running I can begin to use different speeds and direction when running I can begin to show stamina</p>	<p>DANCE I can move freely with pleasure and confidence in a range of ways. E.g. slithering, shuffling, rolling, crawling, walking, running, jumping, sliding, hopping. I can experiment with different ways of moving. I can begin to add some emotions or expressions</p>	<p>GYM (rolls and jumps) I can squat with steadiness to rest or play with an object on the ground. I can rise to feet without using hands. I can stand on one foot.</p>	<p>TEAM GAMES I can negotiate space successfully in racing and chasing games with others. I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.</p>	<p>GYM (apparatus) I can climb confidently and begin to pull up on equipment. I can mount stairs, steps or climbing equipment using alternate feet. I can jump off an object and land appropriately. I can travel with confidence and skill around, under and over balancing and climbing equipment.</p>	<p>ATHLETICS / SPORTS DAY I can safely run on whole feet. I can vary pace depending on distance. I can do a basic jump and hop I can throw a bean bag towards a target</p>
<p>YEAR 1 Multi skills approach – core foci Developing fundamental ABC (Agility, Balance and Coordination) skills <i>Some opportunities inter school festivals /competition therefore introducing children to new 'sports/team games'</i></p>	<p>Long distance running I can begin to use different speeds and direction when running I can show stamina</p> <p>GAMES FOCUS – introduce netball and rugby I can throw and catch using different balls I can throw in different directions I can show awareness of safety. I can show some control when using equipment.</p> <p>Fundamental ABC skill development as appropriate to individual or cohort needs.</p>	<p>GYM FOCUS I can make my body curled, tense, stretched and relaxed I can control my body when travelling and balancing I can copy sequences and repeat them I can move with control and care</p> <p>DANCE FOCUS (Learn routine) I can move to music I can copy dance moves I can move safely in a space</p>	<p>GAMES FOCUS - introduce Golf skills / Hockey I can keep my eye on the ball and hit it successfully I can move and stop safely I can copy, repeat actions and skills. I can keep my eye on the ball</p> <p>GYM FOCUS I can roll, curl, travel and balance in different ways I can control my body when travelling and balancing I can move with control and care I can begin to make my own sequence of moves</p>	<p>Orienteering I can follow simple instructions I can work as a team I can run in different directions I can begin to follow a map</p> <p>DANCE FOCUS (create/use imagination) I can move to different stimuli I can perform my own dance moves I can make up a short dance I can move safely in a space</p>	<p>ATHLETICS and Sports' Day preparation I can use equipment safely I can copy actions I am beginning to understand the word pace I can throw a ball (distance/height) I can jump over obstacles/ hurdles</p> <p>GAMES FOCUS -introduce tennis/cricket I can throw and catch with both hands I can hit a ball with a racket / bat I can gain possession by working as a team I can talk about what I have done</p> <p>Dance –some elements incorporated linked to school production</p>	
<p>YEAR 2 Multi skills approach – core foci Mini multiskills games delivered to enable application of skills learnt Consolidating fundamental ABC (Agility, Balance and Coordination) skills <i>Some inter-school festivals/competitions, as well as inter-house competitions</i></p>	<p>Long distance running I can begin to use different speeds and direction when running I can show stamina</p> <p>GAMES FOCUS -introduce netball and football games I can throw and catch with both hands. I understand the key skills needed to send and receive a ball (communication, visual, control, positioning etc) I can decide the best space to be in during a game</p>	<p>DANCE FOCUS Recap Y1 foci I can change rhythm, speed, level and direction in my dance. I can dance with some control and coordination.</p> <p>GYM FOCUS Recap Y1 foci I can plan and perform a sequence of movements. I can travel increasing confidence. I can balance with some control using different</p>	<p>GAMES FOCUS – Introduce Golf skills / Hockey I can keep my eye on the ball. I can hold the club/stick and position my feet in an effective way. I can successfully hit the ball I can begin to control my actions and show awareness of safety when using a 'club'</p> <p>GYM FOCUS I can improve my sequence based on feedback. I can work on my own and with a partner.</p>	<p>Orienteering I can follow instructions I can work as a team I can run in different directions I can use a map</p> <p>DANCE FOCUS I can move effectively to different stimuli to show mood or feeling I can make a sequence by linking sections together. I can dance with control and coordination.</p>	<p>ATHLETICS and Sports' Day preparation I can use equipment safely I can run a set distance/course and understand the word pace I can throw with increasing control and accuracy I can jump (high -hurdles/long) I can coach younger children to help them develop their ABC skills.</p> <p>GAMES FOCUS – introduce tennis / cricket I can use hitting in a game. I can throw and catch with control. I am developing my understanding of tactics in a game and can use at least one tactic. I can follow the game rules. I understand how to play safely</p>	

	(introducing tactics; speed, direction, level) I can talk about what is different from what I did and what someone else did (compare performance with others) Fundamental ABC skill development as appropriate to cohort/individual needs	parts of my body. I can think of more than one way to create a sequence which follows some 'rules'. I can copy and remember actions.	I can show increasing control of my body.		Dance –some elements incorporated linked to school production Introduce Orienteering if not covered previously	
YEAR 3 Mini games delivered during sessions to practise new skills and consolidate learning. Develop 'Life Skills' linked to PE Opportunities for inter-school dodgeball, cross country, athletics, tennis and football.	Long distance running skills (stamina, pace/gears, team running) I can run at fast, medium and slow speeds; changing speed and direction. Football (introduce using all of foot, passing, tackling, stamina) I can move the ball with control, passing and kicking in a game. I can vary skills, actions and ideas linked to different situations. I am aware of space and use it to support team-mates and to cause problems for the opposition. I know and use the rules fairly.	Dance I can improvise freely and translate ideas from a stimulus into movement. I can share and create phrases with a partner and small group. I can choreograph my own dance I can repeat, remember and perform phrases. Dodgeball I can throw and catch with control. I am aware of space and use it to support team-mates and to cause problems for the opposition. I know and use the rules fairly. Orienteering skills I can read and follow a map I can work effectively as part of a team I can plan the most efficient route. I increase my pace	Sportshall athletics (target throwing, standing long jump, sprint, long distance, relay running) I can run at fast, medium and slow speeds; changing speed and direction. I can take part in a relay, remembering when to run and what to do. I can throw with control and accuracy. Trigolf I can demonstrate a controlled putting technique. I can demonstrate a controlled chipping technique. I understand the importance of using the 'club' safely.	Gymnastics I can balance with increasing control. I can adapt sequences to suit different types of apparatus and criteria. I can explain how strength and suppleness affect performance. I can compare and contrast gymnastic sequences. Netball skills –Defence Marking and interception Attack Chest, bounce and overhead passes I can throw and catch with control using appropriate passes. I am aware of space and use it to support team-mates and to cause problems for the opposition. I know and use the rules fairly. I can vary responses to tactics, strategies and sequences used.	Tennis I can send and receive the ball with increasing control and accuracy. I can use the ready position Swimming (introduction) I can enter the water safely and move in all directions. I can maintain a floating position. I understand basic water safety. Athletics (introducing Quadkids skills) I can run at fast, medium and slow speeds; changing speed and direction. I can take part in a relay, remembering when to run and what to do. Sports' day preparation	Cricket skills (Bowling at a target, batting and fielding skills) I can throw and catch with control. I am aware of space and use it to support team-mates and to cause problems for the opposition. I know and use the rules fairly. Dance (Production) I can repeat, remember and perform phrases. I can copy and practise dance steps. Swimming (introduction) I can enter the water safely and move in all directions. I can maintain a floating position. I understand basic water safety.
YEAR 4 Mini competitions delivered during sessions to practise skills. Develop 'Life Skills' linked to PE. Opportunities for inter-school dodgeball, cross country, athletics, tennis and football.	Football (consolidate skills - using all of foot, passing, tackling, stamina) I can use kicking and/or rolling in a game. I am aware of space and use it to support team-mates and to cause problems for the opposition. I know and use rules fairly. I can vary tactics and adapt skills depending on what is	Gymnastics I can work in a controlled way. I can include change of speed and direction. I can include a range of shapes. I can work with a partner to create, repeat and improve a sequence with at least three phases.	Athletics (Sportshall) (target throwing, standing long jump, sprint, long distance, relay running) I can run over a long distance. I can sprint over a short distance. I can throw in different ways. I can hit a target. I can jump in different ways.	Netball skills –Defence Marking and interception Attack Chest, bounce and overhead passes I can throw and catch accurately. I can keep possession of the ball. I can vary tactics and adapt skills depending on what is happening in a game.	Athletics (developing Quad kids skills) I can run at fast, medium and slow speeds; changing speed and direction. I can take part in a relay, remembering when to run and what to do. OAA –residential where possible I can read and follow a map in an unknown location	Sports' day preparation Cricket skills (Bowling at a target, batting and fielding skills) I can throw and catch with control. I can hit a ball accurately with control. I am aware of space and use it to support team-mates and to cause problems for the opposition.

	<p>happening in a game.</p> <p>Swimming I can push and glide on my front and back. I can jump into the water safely. I can swim 25metres using a recognised stroke. I can submerge to pick up an object. I can float on my front and back. I understand how to stay safe near water.</p> <p>Cross country running I can develop long distance running skills.</p>	<p>Swimming (consolidate breaststroke, backstroke and frontcrawl) I swim competently, confidently and proficiently over a distance of at least 25 metres. I can use a range of strokes effectively I can perform safe self-rescue in different waterbased situations</p>	<p>Dance I can improvise freely and translate ideas from a stimulus into movement. I can share and create phrases with a partner and small group. I can repeat, remember and perform phrases. I can take the lead when working with a partner or group. I can use dance to communicate an idea. I can choreograph my own dance</p>	<p>Trigolf I can use the 'club' safely. I can show control and accuracy when striking the ball. I understand how much power to apply to improve my accuracy with the club. I can follow a set of instructions/course effectively.</p> <p>Hockey I can gain possession by working a team. I can pass in different ways. I can choose a tactic for defending and attacking. I can use a number of techniques to pass, dribble and shoot</p>	<p>I can use clues/compass to navigate a route I can change my route to overcome a problem or when new information is given <i>See also course skills specific to centre</i></p> <p>Tennis I can send and receive the ball accurately with control. I can change the direction of the ball. I understand the importance of body position I know and use the rules fairly.</p>	<p>I know and use the rules fairly</p> <p>Dance (Production) I can repeat, remember and perform phrases. I can take the lead when working with a partner or group. I can copy and practise dance steps.</p>
<p>YEAR 5 Consolidation of skills. Increased competitive opportunities. Personal challenge development.</p>	<p>Netball skills (Defence, marking and interception, attack, range of passes) I can throw and catch accurately. I can keep possession of the ball. I can vary tactics and adapt skills depending on what is happening in a game.</p> <p>Invasion Games (Tag Rugby) I can gain possession by working a team. I can pass in different ways. I can choose a tactic for defending and attacking. I can use a number of techniques to pass, move and score.</p>	<p>Dance I can compose my own dances in a creative way. My dance shows clarity, fluency, accuracy and consistency. I can make complex extended sequences. I can combine action, balance and shape. I can perform consistently to my peers.</p> <p>Athletics (Sportshall) I can control taking off and landing; jump an increasing distance. I can throw for distance and accuracy. I can sprint a set distance. I can maintain pace and stamina over a longer distance.</p> <p>Long distance running skills (stamina, pace, gears, team relay/running) I can run at fast, medium and slow speeds. I can change speed and direction appropriately. I work as part of a relay team.</p>	<p>Invasion Games (Hockey) I can gain possession by working a team. I can pass in different ways. I can choose a tactic for defending and attacking. I can use a number of techniques to pass, dribble and shoot. I know and use the rules fairly</p> <p>Athletics (Sportshall cont.) I can control taking off and landing; jump an increasing distance. I can throw for distance and accuracy. I can sprint a set distance. I can maintain pace and stamina over a longer distance.</p> <p>Gymnastics I can compose my own sequences effectively, with increasing complexity My moves show clarity, fluency, accuracy and consistency. I can combine action, balance and shape.</p>	<p>Athletics (Quad kids' skills) I can demonstrate stamina. I can control taking off and landing. I can throw with accuracy over a distance. I can sprint a set distance. I can maintain pace and stamina over a longer distance. I can field.</p> <p>Water safety and swimming assessment sessions. I can swim competently, confidently and proficiently over a distance of atleast 25 metres I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different water-based situations <i>(Y3/4 targets not yet met)</i></p>	<p>Invasion Games (Football) I can gain possession by working a team. I can pass in different ways. I can choose a tactic for defending and attacking. I can use a number of techniques to pass, dribble and shoot.</p> <p>Cricket/Rounders (Accuracy in bowling, develop batting and fielding skills) I can throw and catch with control. I can hit a ball accurately with control. I am aware of space and use it to support team-mates and to cause problems for the opposition. I can field as part of a team. I know and use the rules fairly.</p> <p>Water safety and swimming assessment sessions. I can swim competently, confidently and proficiently over a distance of atleast 25 metres I can use a range of strokes</p>	<p>Tennis I can use forehand and backhand with a racket with increased control and accuracy</p> <p>Sports' Day skills' coaching with Y1/F1</p> <p>Sports leaders plan and deliver Level 1 competitions for Sports' Week</p> <p>Dance (Production) I can perform to an accompaniment. My dance shows clarity, fluency, accuracy and consistency. I can perform consistently to different audiences.</p> <p>'Top up' swimming where necessary for those unable to meet KS2 expectations</p>

			<p>I can perform consistently to different audiences. I can talk about what makes an effective performance</p> <p>Orienteering skills I can follow a map (in a more demanding) familiar context. I can follow a map and route within a time limit. I can work cooperatively and effectively as part of a team.</p>		<p>effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different water-based situations (Y3/4 targets not yet met)</p>	
<p>YEAR 6 Consolidation of skills. Increased competitive opportunities. Personal challenge development.</p>	<p>Netball skills –(Defence, marking and interception, attack, range of passes, body position, communication) I can throw and catch accurately. I can keep possession of the ball. I can vary tactics and adapt skills depending on what is happening in a game. I can play to agreed rules. I can explain the rules. I can umpire.</p> <p>Invasion Games (Tag Rugby /Football) I can gain possession by working a team. I can pass in different ways. I can choose a tactic for defending and attacking. I can play to agreed rules. I can explain the rules. I can umpire. I can make a team and communicate plan. I can lead others in a game situation.</p>	<p>Consolidate cross country running skills</p> <p>Dance I can compose my own dances in a creative way. I can perform to an accompaniment. My dance shows clarity, fluency, accuracy and consistency. I can make complex extended sequences. I can combine action, balance and shape. I can perform consistently to different audiences. I can give feedback and develop my own performance based on feedback.</p> <p>Sportshall Athletics I can control taking off and landing (triple jump). I can jump an increasing distance. I can throw for distance. I can sprint a set distance. I can maintain pace and stamina over a longer distance.</p> <p>Water safety and swimming assessment sessions (achieve National Expectations of 25m and self- rescue).</p>	<p>Gymnastics I can combine my own work with that of others. I can link sequences to specific timings and moves. I can develop sequences in a specific style. I can choose my own music and style. I can give feedback and develop my own work based on feedback</p> <p>Sportshall Athletics (Cont.) I can control taking off and landing (triple jump). I can jump an increasing distance. I can throw for distance. I can sprint a set distance. I can maintain pace and stamina over a longer distance.</p> <p>Water safety and swimming assessment sessions (achieve National Expectations of 25m and self- rescue).</p>	<p>Dodgeball – (When wet outside) I can throw and catch with control and accuracy. I am aware of space and use it to support team-mates and to cause problems for the opposition. I know and use the rules fairly.</p> <p>Invasion Games (Hockey/football) I can gain possession by working a team. I can pass in different ways. I can choose a tactic for defending and attacking. I can use a number of techniques to pass, dribble and shoot</p> <p>Athletics (consolidate Quad kids skills) I can demonstrate stamina. I can control taking off and landing. I can throw with accuracy over a distance. I can sprint a set distance. I can maintain pace and stamina over a longer distance.</p>	<p>Rounders I can throw and catch with control. I can hit a ball accurately with control. I am aware of space and use it to support team-mates and to cause problems for the opposition. I can field effectively as part of a team</p> <p>Tennis (Develop confidence and consolidate skills learnt previously in a game situation.) I can use forehand and backhand with a racket confidently. I can serve. I understand attacking and defending play.</p> <p>OAA –Yenworthy I can follow a map in an unknown location. I can use clues and a compass to navigate a route. I can change my route to overcome a problem. or new information I can plan a safe route and clues for someone else</p>	<p>Cricket (Accuracy in bowling, consolidate batting and fielding skills) I can throw and catch with control and accuracy. I can hit a ball accurately with control and direction. I am aware of space and use it to support team-mates and to cause problems for the opposition. I can field effectively. I can use Kwik Cricket scoring</p> <p>Dance (Production) I can perform to an accompaniment. My dance shows clarity, fluency, accuracy and consistency. I can combine action, balance and shape. I can perform consistently to different audiences. I can develop my own performance based on feedback.</p> <p>Sports leaders plan and deliver Level 1 competitions for Sports' Week Sports' Day skills' coaching with Y1/F1</p> <p>'Top up' swimming where necessary for those unable to meet KS2 expectations</p>

In addition to the above there will be preparation for events (e.g. tournaments, festivals, sports' day/week and the fete), as well as coaching opportunities which arise throughout the year which may require an adjustment to the LTP in terms of when specifics are taught.