



# St Joseph's RC Primary School, P.E Long Term Plan



Nursery

Nursery

Knowledge/Skills:

Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.

Go up steps and stairs, or climb up apparatus, using alternate feet.

Skip, hop, stand on one leg and hold a pose for a game like musical statues.

Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.

Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.

Vocabulary:

Walk, crawl, ball, throw, catch, balance, pose, hop, skip, patterns, move, slide

*How does this prepare the children for future learning?*

The Gross Motor Skills learnt in Nursery prepare the children to further refine these skills through specific units in Reception. These skills have allowed them to gain confidence in their movements to allow them to feel more comfortable taking risks as they develop new skills.



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Reception	<u>Autumn 1</u> Throwing towards a target	<u>Autumn 2</u> Multiskills	<u>Spring 1</u> Dance	<u>Spring 2</u> Kicking with feet	<u>Summer 1 / 2</u> Sports Day preparation	<u>Summer 2</u> Throwing and catching: (After Sports Day)
	<p><u>Knowledge/Skills:</u> Throw objects at different targets.</p> <p>Count the number of successful attempts at hitting the target.</p> <p>Throw from behind a line.</p> <p>Throw through a target.</p> <p>Work with a partner to reach a set target.</p> <p>Slide a beanbag through a target.</p> <p>Throw a beanbag into a hoop while an opponent attempts to prevent it.</p> <p>Throw beanbags into a hoop placed 1 to 2 metres from a line while an opponent attempts to prevent it.</p> <p>Roll a ball between a small target.</p> <p><u>Vocabulary:</u> Big shape, small shape, aim towards target, follow through of throwing, hand pointing towards target, balance</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS1 when they learn to send and receive balls as well as dribbling using their feet.</p>	<p><u>Knowledge/Skills:</u> Change speed while moving.</p> <p>Learn different movement patterns.</p> <p>Respond to verbal instructions while moving.</p> <p>Move / travel in different ways using different parts of the body.</p> <p>Complete different balances and actions, learning techniques and shapes.</p> <p>Balance for longer periods with control and on and across different obstacles.</p> <p><u>Vocabulary:</u> Head up, change direction, gallop, skip, bend knees, arms to balance, copy, follow, ready position, back straight, space, controlled movements, avoid, change direction, eyes focused.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS1 when they develop these skills learnt in further Multiskills units.</p>	<p><u>Knowledge/Skills:</u> Develop balance, movement and coordination skills.</p> <p>Perform learned skills with control and coordination.</p> <p>Perform short, simple movement patterns.</p> <p>Respond to stimuli and types of music.</p> <p><u>Vocabulary:</u> Stimulus, clown, clumsy, fun, circus, facial expressions, control, direction, fall, control, stillness, clear and long shapes, elastic, feedback, head up, combine, balance, land with feet apart, land on balls of feet, shapes, movement, speeds, travel, level, unison.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS1 when they develop these skills learnt in future Dance units.</p>	<p><u>Knowledge/Skills:</u> Move safely in a confined space avoiding others.</p> <p>Dribble with a ball and send a ball by kicking it against a bench.</p> <p>Pass the ball to a partner with the inside of your foot.</p> <p>Aim a ball through and to a target using a kicking action.</p> <p>Dribble with a ball close to your feet, whilst under pressure aiming for a target.</p> <p>Kick a ball at a target to score a goal.</p> <p><u>Vocabulary:</u> Head up, eyes on the ball, pass quickly, change direction, control, follow through of kicking foot, inside or front of foot to pass, ball close to feet, little kicks</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS1 when they learn to send and receive balls as well as dribbling using their feet.</p>	<p><u>Knowledge/Skills:</u> Engage in competitive activities against self and others.</p> <p>Master basic running, jumping and throwing skills.</p> <p>Participate in competitions for running, jumping and throwing.</p> <p><u>Vocabulary:</u> Power, agility, coordination and balance over a variety of activities.</p> <p><i>How does this prepare the children for future learning?</i> They continue to refine the skills in KS1 to improve on them further, allowing them to achieve more in this sporting event.</p>	<p><u>Knowledge/Skills:</u> Move safely in a confined space avoiding others.</p> <p>Send and receive an object.</p> <p>Throw and catch in different ways.</p> <p>Send an object through a target.</p> <p>Hopscotch with the same and alternate leg.</p> <p>Move and catch an item.</p> <p>Send and receive a beanbag in varying positions.</p> <p>Catch on the move.</p> <p>Send and receive a beanbag and ball with a partner through throwing and rolling.</p> <p><u>Vocabulary:</u> Head up, eyes on the item, ready position, reaction, hands spread to catch, movement, bend knees, throw, clap, catch, follow through when aiming for a target.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS1 when they learn to send and receive balls as well as net games using hands.</p>



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Year 1	<p style="text-align: center;"><u>Autumn 1</u> Gymnastics</p>	<p style="text-align: center;"><u>Autumn 2</u> Multiskills</p>	<p style="text-align: center;"><u>Spring 1</u> Sending &amp; Receiving</p>	<p style="text-align: center;"><u>Spring 2</u> Dance</p>	<p style="text-align: center;"><u>Summer 1 / 2</u> Sports Day preparation</p>	<p style="text-align: center;"><u>Summer 2</u> Net games using a racket: (After Sports Day)</p>
	<p><u>Knowledge/Skills:</u> Further develop balance, movement and coordination skills, control and coordination, short, simple movement patterns.</p> <p>Increase flexibility and stamina, identify and use simple gymnastics actions and shapes.</p> <p>Apply basic strength to a range of gymnastics actions, beginning to carry basic apparatus such as mats and benches.</p> <p>Respond to a range of stimuli and types of music and say is positive about a performance.</p> <p><u>Vocabulary:</u> Control, balance, straight, star, tuck.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for lower KS2 when they will develop further skills in the Gymnastics unit.</p>	<p><u>Knowledge/Skills:</u> Move while avoiding obstacles.</p> <p>Learn different movement patterns.</p> <p>Respond to visual instructions, moving in different ways along a narrow line/obstacle.</p> <p>Travel around and on different obstacles in different ways, copy partner's actions,</p> <p>Learn different balancing techniques, balancing for long periods of time.</p> <p><u>Vocabulary</u> Head up, change direction, ready position, bend knees/ high knees, arms to balance, copy, hands ready, eyes focused, back straight, dodge, evade, land on balls of feet, dodging, balance, control, arms to support, move tip toes, control, aim.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for lower KS2 when they develop these skills learnt in further Multiskills units.</p>	<p><u>Knowledge/Skills:</u> Move safely in a confined space avoiding others.</p> <p>Send and receive different objects, in a variety of ways.</p> <p>Throw and catch different items while moving.</p> <p>Send and receive a rolling ball.</p> <p>Catch a bouncing ball consistently.</p> <p>Receive a catch without the ball touching the floor more than once.</p> <p><u>Vocabulary:</u> Head up, eyes on the ball, ready position, reaction, contact in middle of the hand or racket, strategies, quick feet, hands ready, movement, reaction, bend knees.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for lower KS2 when they learn to dribbling and respond with their feet.</p>	<p><u>Knowledge/Skills:</u> Further develop balance, movement and coordination skills.</p> <p>Perform learned skills with control and coordination.</p> <p>Perform short, simple movement patterns.</p> <p>Respond to stimuli and types of music.</p> <p>Watch others and say what they liked about a performance</p> <p>Recognise like actions and link.</p> <p><u>Vocabulary:</u> Stimulus, clown, clumsy, fun, circus, facial expressions, control, direction, fall, control, stillness, clear and long shapes, elastic, feedback, head up, Bend knees, balance, land with feet apart, land on balls of feet, shapes, movement, speeds, travel, level.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for lower KS2 when they develop their skills further during the Dance unit.</p>	<p><u>Knowledge/Skills:</u> Engage in competitive activities against self and others.</p> <p>Master basic running, jumping and throwing skills.</p> <p>Participate in competitions for running, jumping and throwing.</p> <p><u>Vocabulary:</u> Power, agility, coordination and balance over a variety of activities.</p> <p><i>How does this prepare the children for future learning?</i> They continue to develop the skills learnt in KS1 and apply these to more challenging sporting tasks in lower KS2.</p>	<p><u>Knowledge/Skills:</u> Move safely in a confined space avoiding others.</p> <p>Control an object with a racket.</p> <p>Control and hit an object repeatedly with a racket.</p> <p>Move whilst carrying and sending objects.</p> <p>Control and hit a ball against a wall and to a partner.</p> <p>Control a ball while moving.</p> <p>Control and hit a target.</p> <p>Rally with a partner.</p> <p><u>Vocabulary:</u> Head up, eyes on the ball, ready position, reaction, contact in middle of the hand or racket, strategies, quick feet, hands ready, hit into space, fingers spread, movement, reaction, bend knees, hand grip on racket.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for lower KS2 when they develop their skills further in the unit 'Net games throwing and hitting a ball with hands &amp; racket'.</p>



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Year 2	<u>Autumn 1</u> Multiskills	<u>Autumn 2</u> Net games using hands	<u>Spring 1</u> Dance	<u>Spring 2</u> Dribbling using feet	<u>Summer 1 / 2</u> Sports Day preparation	<u>Summer 2</u> Attack vs defence: (After Sports Day)
	<p><u>Knowledge/Skills:</u> Learn basic running techniques.</p> <p>Use different movement patterns,</p> <p>Respond to visual instructions while moving and mirroring.</p> <p>Move in different ways while avoiding others.</p> <p>Hopscotch with the same and alternate leg.</p> <p>Travel around and on different obstacles in different ways, avoiding oncoming snatchers.</p> <p>Learn different balancing techniques.</p> <p>Jump over a target, jump with control over different heights and distances.</p> <p><u>Vocabulary:</u> Head up, change direction, balance, bend knees, dodge, eyes looking everywhere, ready position, react, straight back, weave, stay low, balance, hands ready, eyes on the ball, swing arms, land on balls of feet, control, stillness, leap.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for lower KS2 when they develop these skills learnt in further Multiskills units.</p>	<p><u>Knowledge/Skills:</u> Catch a flying and bouncing ball.</p> <p>Play catch tennis.</p> <p>Move and catch.</p> <p>Learn and play a simple game of catch tennis in pairs.</p> <p>Learn the game of catch tennis in 4s (2 v 2).</p> <p>Control a ball using a racket.</p> <p>Hit a bouncing ball to a partner.</p> <p>Hit a ball into a target.</p> <p>Create a hitting rally with a partner.</p> <p><u>Vocabulary:</u> Head up, eyes focused on ball, ready position, reaction, rally, contact in middle of racket, forehand, reaction, movement, teamwork, bend knees.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for lower KS2 when they develop their skills further in the unit 'Net games throwing and hitting a ball with hands &amp; racket'.</p>	<p><u>Knowledge/Skills:</u> Become increasingly competent and confident in fundamental basic agility balance and coordination.</p> <p>Develop and perform simple movement patterns.</p> <p>Describe and explain how performers can transition and link shapes and balances.</p> <p>Perform basic actions with control and consistency at different speeds and on different levels.</p> <p>Move imaginatively responding to music.</p> <p>Work as part of a group to create and perform short movement sequences to music.</p> <p><u>Vocabulary:</u> Stimulus, clown, clumsy, fun, circus, facial expressions, control, direction, fall, control, stillness, clear and long shapes, elastic</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for lower KS2 when they develop their skills further during the Dance unit.</p>	<p><u>Knowledge/Skills:</u> Move safely in a confined space.</p> <p>Dribble and pass using feet while moving.</p> <p>Prevent ball from being intercepted.</p> <p>Develop different types of passes.</p> <p>Keep the ball away from a defender, keeping possession.</p> <p>Control the ball.</p> <p>Aim kicks towards a target.</p> <p>Pass and move around space.</p> <p><u>Vocabulary:</u> Head up, eyes on the ball, pass and move, support teammate, evade, pass quickly, follow through of kicking foot, accuracy, aim, soft touches, evade, dodge, dribble into space, receive.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for lower KS2 when they develop their dribbling and passing skills with their feet.</p>	<p><u>Knowledge/Skills:</u> Engage in competitive activities against self and others.</p> <p>Master basic running, jumping and throwing skills.</p> <p>Participate in competitions for running, jumping and throwing.</p> <p><u>Vocabulary:</u> Power, agility, coordination and balance over a variety of activities.</p> <p><i>How does this prepare the children for future learning?</i> They continue to develop the skills learnt in KS1 and apply these to more challenging sporting tasks in lower KS2.</p>	<p><u>Knowledge/Skills:</u> Sending and receiving different items.</p> <p>Move quickly in different directions.</p> <p>Sending and receiving to a ball.</p> <p>Short rally whilst hitting a ball against a wall.</p> <p>Practise catching a bouncing ball.</p> <p>Move quickly to catch a ball.</p> <p>Track partner's movements.</p> <p>Intercept a moving object.</p> <p>Evade someone attempting to intercept your object.</p> <p>Keep possession away from a defender.</p> <p><u>Vocabulary:</u> Head up, eyes on the ball, ready position, reaction, contact in middle of the hand or racket, strategies, quick feet, hands ready, hit into space, fingers spread, movement, reaction, bend knees.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for lower KS2 when they develop their dribbling and passing skills with their feet.</p>



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Year 3	<p style="text-align: center;"><u>Autumn 1</u></p> <p style="text-align: center;">Dribbling and passing with feet</p> <p><u>Knowledge/Skills:</u> Dribble and pass using feet while moving.</p> <p>Prevent ball from being intercepted.</p> <p>Develop different types of passes.</p> <p>Keep the ball away from a defender.</p> <p>Control the ball.</p> <p>Aim kicks towards a target.</p> <p>Pass and move around space.</p> <p>Keeping possession while under pressure from a defender.</p> <p><u>Vocabulary:</u> Head up, eyes on the ball, pass and move, support teammate, evade, pass quickly, follow through of kicking foot, accuracy, aim, soft touches, evade, dodge, dribble into space, receive, pass and move into space, change direction, awareness of others, change direction inside of the foot to pass.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for upper KS2 when they develop their skills further, and use the skills learnt during the 'Football' and 'Passing and Moving With Their Feet' units.</p>	<p style="text-align: center;"><u>Autumn 2</u></p> <p style="text-align: center;">Gymnastics</p> <p><u>Knowledge/Skills:</u> Perform routines to audiences, using a range of movement patterns and set phrases.</p> <p>Work collaboratively in groups.</p> <p>Consolidate and improve the quality of movements and gymnastics actions.</p> <p>Relate strength and flexibility to action and modify actions independently using different pathways.</p> <p><u>Vocabulary:</u> Arms out for balance, focus, points of balance, tension, high level, low level</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for upper KS2 when they will develop further skills in the Gymnastics unit.</p>	<p style="text-align: center;"><u>Spring 1</u></p> <p style="text-align: center;">Net games throwing and hitting a ball with hands &amp; racket</p> <p><u>Knowledge/Skills:</u> Sending and receiving to catch a beanbag.</p> <p>Move quickly in different directions.</p> <p>Sending and receiving to catch a ball from a rebound.</p> <p>Short rally whilst hitting a ball against a wall.</p> <p>Play a simple game of catch tennis in pairs.</p> <p>Hit a ball with your hand or racket.</p> <p>Play a competitive game of tennis with hands or rackets.</p> <p><u>Vocabulary:</u> Head up, eyes on the ball, ready position, reaction, contact in middle of the hand or racket, strategies, quick feet, hands ready, hit into space</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for upper KS2 when they will develop further skills in the Tennis unit.</p>	<p style="text-align: center;"><u>Spring 2</u></p> <p style="text-align: center;">Multiskills</p> <p><u>Knowledge/Skills:</u> Use: quick reactions, appropriate footwork, sharp movement, move quickly, work as a team and discuss appropriate techniques and strategies, explore several different balances.</p> <p><u>Vocabulary:</u> Eyes/head up, hands ready, spatial awareness, change direction, chest pass, bounce pass, shadow, weave/dodge, move feet quickly, balance skipping, jumping, hopping, body still.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for upper KS2 when they develop these skills learnt in further Multiskills units.</p>	<p style="text-align: center;"><u>Summer 1 / 2</u></p> <p style="text-align: center;">Sports Day preparation</p> <p><u>Knowledge/Skills:</u> Engage in competitive activities against self and others.</p> <p>Master basic running, jumping and throwing skills.</p> <p>Participate in competitions for running, jumping and throwing.</p> <p><u>Vocabulary:</u> Power, agility, coordination and balance over a variety of activities.</p> <p><i>How does this prepare the children for future learning?</i> They continue to refine the skills in KS2 to improve on them further, allowing them to achieve more in this sporting event.</p>	<p style="text-align: center;"><u>Summer 2</u></p> <p style="text-align: center;">Passing and moving with hands: (After Sports Day)</p> <p><u>Knowledge/Skills:</u> Move safely in a confined space.</p> <p>Pass and catch different types of passes</p> <p>Move safely in a confined space.</p> <p>Aim for a target.</p> <p>Find space.</p> <p>Keep possession of the ball in a game situation.</p> <p>Movement to receive a pass.</p> <p>Play a small-sided game.</p> <p>Keep possession.</p> <p><u>Vocabulary:</u> Head up, eyes on the ball, pass and move into space, support teammates, ready position, movement to receive a pass, quick passing, aim, follow through with arms, point hands towards target, chest pass, overhead pass, one handed pass.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for upper KS2 when they will use these skills and develop them further during the 'Tag Rugby' unit.</p>



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Year 4	<p style="text-align: center;"><u>Autumn 1</u> Gymnastics</p>	<p style="text-align: center;"><u>Autumn 2</u> Benchball &amp; Endball</p>	<p style="text-align: center;"><u>Spring 1</u> Dance</p>	<p style="text-align: center;"><u>Spring 2</u> Football</p>	<p style="text-align: center;"><u>Summer 1 / 2</u> Sports Day preparation</p>	<p style="text-align: center;"><u>Summer 2</u> Batting and bowling: (After Sports Day)</p>
	<p><u>Knowledge/Skills:</u> Perform routines to audiences, using a range of movement patterns and set phrases.</p> <p>Work collaboratively in groups.</p> <p>Consolidate and improve the quality of movements and gymnastics actions.</p> <p>Relate strength and flexibility to action and modify actions independently using different pathways.</p> <p><u>Vocabulary:</u> Stillness, balance, body shape, body tension, copy, timing.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for upper KS2 when they will develop further skills in the Gymnastics unit.</p>	<p><u>Knowledge/Skills:</u> Learn different ways to travel with a ball.</p> <p>Pass as part of a group and a sequence.</p> <p>Keep the ball away from a defender.</p> <p>Create space for teammates.</p> <p>Create different passes that can be used in game situations</p> <p>Play to rules.</p> <p>Movement to receive a pass.</p> <p>Quicker movement in game situations.</p> <p><u>Vocabulary:</u> Head up, awareness Follow through, support Movement into space, pointing hands towards your target, straight arms on release, quick movement, strategy, types of passes: bounce pass, chest pass, overhead pass, pass and move into space, pass quickly, communication, tactics.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for upper KS2 when they will use some of these skills as they learn other team sports, such as Tag Rugby and Football.</p>	<p><u>Knowledge/Skills:</u> Perform routines to audiences, working in groups.</p> <p>Use a range of movement patterns and set phrases.</p> <p>Practise different sections of a dance aiming to put together a performance.</p> <p>Perform using facial expressions and with props.</p> <p>Modify actions independently using different pathways directions and shapes.</p> <p>Use basic compositional ideas to improve sequence work.</p> <p><u>Vocabulary:</u> Unison, body actions, shapes, body parts, pathways, stillness, speed, levels, directions, timing, expression, repetition, formations, canon, directions, rhythmic, create, copy, remember, repeat, control, timing.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for upper KS2 when they develop their skills further during the Dance unit.</p>	<p><u>Knowledge/Skills:</u> Move safely in a confined space avoiding others.</p> <p>Familiarise dribbling and avoid others, including defenders.</p> <p>Dribble around obstacles.</p> <p>Protect the ball.</p> <p>Pass the ball using a short distance.</p> <p>Keep the ball away from the other team while attacking a goal.</p> <p><u>Vocabulary:</u> Inside of foot to pass, foot pointing towards, angles to support, quick passing, teamwork, soft contact with foot on the ball, awareness, movement, follow through with kicking foot, pass and move, keep ball, change direction.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for upper KS2 when they develop their skills further during the Football unit.</p>	<p><u>Knowledge/Skills:</u> Engage in competitive activities against self and others.</p> <p>Master basic running, jumping and throwing skills.</p> <p>Participate in competitions for running, jumping and throwing</p> <p><u>Vocabulary:</u> Power, agility, coordination and balance over a variety of activities.</p> <p><i>How does this prepare the children for future learning?</i> They continue to refine the skills in KS2 to improve on them further, allowing them to achieve more in this sporting event.</p>	<p><u>Knowledge/Skills:</u> Retrieve, intercept and stop a ball when fielding.</p> <p>Get body behind the ball when retrieving it.</p> <p>Place feet and position bodies to bowl a ball with overarm and underarm actions.</p> <p>Show consistency when aiming for a target.</p> <p>Stop a moving ball and return it to a partner.</p> <p>Hit a ball accurately.</p> <p>Catch, retrieve and hit the ball as a batsman and fielder.</p> <p>Evaluate performance.</p> <p><u>Vocabulary:</u> Turn always facing the ball, line leg next to other foot to create barrier, bend knees, eyes on the ball, hands behind the ball, head straight, aim with non-throwing arm, step forward with opposite foot, straight bowling arm, follow through.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for upper KS2 when they develop their skills further during the Rounders unit.</p>



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Year	<u>Autumn 1</u> Tag rugby	<u>Autumn 2</u> Multiskills	<u>Spring 1</u> Basketball	<u>Spring 2</u> Pass and move with feet	<u>Summer 1 / 2</u> Sports Day preparation	<u>Summer 2</u> Roulers: (After Sports Day)
5	<p><u>Knowledge/Skills:</u> Master basic movements including; hitting, returning and moving to return.</p> <p>Handle a rugby ball with confidence.</p> <p>Evade attackers using footwork and body control.</p> <p>Link skills to perform as a team in attack.</p> <p>Use basic game principles of tag rugby.</p> <p>Develop simple tactics, work collaboratively to use basic tactics.</p> <p><u>Vocabulary:</u> Head Up, hold around the 'belly' of the oval shaped ball, pass and move into space, look for options.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 when they will develop further skills to use a range of tactics and strategies to overcome opponents in direct competition through team games.</p>	<p><u>Knowledge/Skills:</u> Develop: peripheral vision, reactions and different types of passes.</p> <p>Change direction and outwit opponent.</p> <p>Use a variety of movements.</p> <p>Change direction at different speeds.</p> <p>Keep possession and evade defenders.</p> <p>Throw and catch in different ways.</p> <p>Move using more than one body part and work as part of a team.</p> <p><u>Vocabulary:</u> Eyes/Head up, stay low and stay square, move feet quickly, spatial awareness, footwork, pivot, change direction, weave.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 when they will develop further skills to use a range of tactics and strategies to overcome opponents in direct competition through team games.</p>	<p><u>Knowledge/Skills:</u> Dribbling using hands, to pass and move.</p> <p>Evade defenders, keeping possession and creating space.</p> <p>Develop tactics as part of a team.</p> <p>Be familiar with tactics and basketball rules to improve performance individually and as part of a team.</p> <p><u>Vocabulary:</u> Head up, bounce at waist level, ready position, fingers spread/ready to catch, movement into space.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 when they will develop further skills to use a range of tactics and strategies to overcome opponents in direct competition through team games.</p>	<p><u>Knowledge/Skills:</u> Move safely in a confined space avoiding others.</p> <p>Dribble using feet.</p> <p>Finding free players, keeping the ball as a group and pass in a specific order, to identify ways of defending and keep the ball from a defender.</p> <p>Show competence at passing the ball a short distance.</p> <p>Create space and perform skills while under pressure.</p> <p>Play competitive games and use different ways to score.</p> <p><u>Vocabulary:</u> Head Up, soft contact with foot on the ball, change direction, awareness of defenders.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 when they will develop further skills to use a range of tactics and strategies to overcome opponents in direct competition through team games.</p>	<p><u>Knowledge/Skills:</u> Engage in competitive activities against self and others.</p> <p>Master basic running, jumping and throwing skills.</p> <p>Participate in competitions for running, jumping and throwing.</p> <p><u>Vocabulary:</u> Power, agility, coordination and balance over a variety of activities.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 as they develop their technique to participate in competitive sports.</p>	<p><u>Knowledge/Skills:</u> Practise throwing, catching, rolling and collecting using a range of balls.</p> <p>Hit a ball towards a target.</p> <p>Throw accurately to a partner.</p> <p>Bowl underarm consistently.</p> <p>Hit a moving ball towards a target.</p> <p>Play mini rounders effectively.</p> <p>Work quickly whilst under pressure.</p> <p>Work co-operatively and effectively as part of a team.</p> <p>Improve performance as a batter, bowler, and fielder.</p> <p><u>Vocabulary:</u> head up, eyes on the ball, ready position, reaction, fingers spread to catch, get in front of rolling ball to collect it, bend knees when retrieving a ball on the ground, sideways stance, contact with middle of bat, follow through</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 when they will develop further skills to use a range of tactics and strategies to overcome opponents in direct competition through team games.</p>



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Year	<u>Autumn 1</u> Football	<u>Autumn 2</u> Mini Volleyball & Tennis	<u>Spring 1</u> Gymnastics	<u>Spring 2</u> Dance	<u>Summer 1 / 2</u> Sports Day preparation	<u>Summer 2</u> Cricket: (After Sports Day)
6	<p><u>Knowledge/Skills:</u> Develop: positioning, passing, movement with and without the ball, tackling and intercepting.</p> <p><u>Vocabulary:</u> Space, defenders, soft contact with football on the ball, pass and move.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 when they will develop further skills to use a range of tactics and strategies to overcome opponents in direct competition through team games.</p>	<p><u>Knowledge/Skills:</u> Develop: throwing, catching, rolling a ball, weaker hand, aim and control, defend and identify space.</p> <p><u>Vocabulary:</u> Head up, eyes focused on ball, ready position, fingers spread to catch, movement to receive, look for space, weave/dodge, move feet, balance, intercept, outwit, tactics and strategies.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 when they will develop further skills to use a range of tactics and strategies to overcome opponents in direct competition through team games.</p>	<p><u>Knowledge/Skills:</u> Perform routines to audiences; using a range of movement patterns and set phrases and facial expressions.</p> <p>Work collaboratively in groups.</p> <p>Consolidate and improve the quality of movements and gymnastics actions.</p> <p>Relate strength and flexibility to action and modify actions independently using different pathways.</p> <p><u>Vocabulary:</u> Stillness, balance, body shape, body tension, Copy, timing.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 when they will develop and improve their performance in competitive sports.</p>	<p><u>Knowledge/Skills:</u> Work collaboratively with a partner and in small groups to perform more complex dances.</p> <p>Compare performance with previous performances.</p> <p>Develop flexibility, balance, strength and control in a range of dances.</p> <p>Lead group warm-up showing understanding of the need for strength and flexibility.</p> <p>Include more complex compositional ideas, develop motifs.</p> <p>Talk about different styles of dance with understanding.</p> <p><u>Vocabulary:</u> Unison, body actions, shapes, body parts, circles, levels, directions, timing, expression, repetition, formations, canon, directions, rhythmic, create, copy, repeat, control, timing.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 when they will perform dances using advanced dance techniques within a range of dance styles and forms.</p>	<p><u>Knowledge/Skills:</u> Engage in competitive activities against self and others.</p> <p>Master basic running, jumping and throwing skills.</p> <p>Participate in competitions for running, jumping and throwing.</p> <p><u>Vocabulary:</u> Power, agility, coordination and balance over a variety of activities.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 as they develop their technique to participate in competitive sports.</p>	<p><u>Knowledge/Skills:</u> To retrieve, intercept and stop a ball.</p> <p>Think about feet and body positioning when bowling.</p> <p>Throw using overarm and underarm.</p> <p>To catch and collect a moving ball.</p> <p>To bowl, throw and hit towards a target.</p> <p>Catch the ball as a fielder and wicket keeper.</p> <p>To learn the rules of diamond cricket.</p> <p>To practise hitting the ball away from fielders/selected areas.</p> <p>Evaluate performance in different parts of the game.</p> <p><u>Vocabulary:</u> Turn, facing the ball body position, eyes on the ball, hands ready, cupped hands, head straight, bend knees, follow through when throwing towards the stumps, targeted hitting, communicate, tactics, strategies.</p> <p><i>How does this prepare the children for future learning?</i> This unit prepares the children for KS3 when they will develop further skills to use a range of tactics and strategies to overcome opponents in direct competition through team games.</p>





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