



Physical Education Long Term Plan

Cycle A 2024- 25	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Introduction to PE <ul style="list-style-type: none"> To move safely and sensibly with consideration of others To develop moving safely and stopping with control To use equipment safely and responsibly To use different travelling actions while following a path To work with others co-operatively and play as a group To follow, copy and lead a partner 	Introduction to PE <ul style="list-style-type: none"> To move around safely in space To follow instructions and stop safely To stop safely and develop control when using equipment To follow instructions and play safely as a group To follow a path and take turns To work co-operatively with a partner 	Cheerleading – enrichment: An external dance coach will be delivering weekly dance and cheerleading lessons. <ul style="list-style-type: none"> To develop spatial awareness by moving safely in different directions (forwards, backwards, sideways) To explore a range of basic movements such as walking, skipping, and hopping in response to music To explore making different shapes with their bodies (tall, wide, small, twisted) To balance while holding shapes for short periods Respond to prompts or music to create contrasting shapes Responding to movements being given by the teacher and using their bodies to demonstrate the movements with 	Cheerleading – enrichment: An external dance coach will be delivering weekly dance and cheerleading lessons <ul style="list-style-type: none"> To develop spatial awareness by moving safely in different directions (forwards, backwards, sideways) To explore a range of basic movements such as walking, skipping, and hopping in response to music To explore making different shapes with their bodies (tall, wide, small, twisted) To balance while holding shapes for short periods Respond to prompts or music to create contrasting shapes Responding to movements being given by the teacher and using their bodies to demonstrate the movements with 	Games <ul style="list-style-type: none"> To work safely and develop running and stopping To develop throwing and learn how to keep score To play games and show an understanding or the different roles within it To follow instructions and move safely when playing tagging games To work co-operatively and learn to take turns To work with others to play team games 	<ul style="list-style-type: none"> To aim when throwing and practice keeping score To follow instructions and move safely when playing tag games To learn to play against a partner To develop co-ordination and play by the rules To explore striking a ball and keeping core To work co-operatively as a team

			<p>understanding and sense of direction</p> <ul style="list-style-type: none"> • To learn to follow a simple sequence of movements • To develop confidence in performing for peers • To move in time with a steady beat (clapping, stamping and marching) • To explore patterns of movements, such a repeating steps in a sequence • To recognise changes in rhythm or tempo in music and adjust their movements accordingly • To practice moving in unison in a group • To explore new acro movements • To understand taking turns and sharing space in group dance activities • To develop confidence in performing to an audience • To reflect what they have learned over the last 6 weeks and discuss their favourite movements or dances <p>Ball skills</p> <ul style="list-style-type: none"> • To develop rolling a ball to a target • To develop stopping a rolling ball 	<p>understanding and sense of direction</p> <ul style="list-style-type: none"> • To learn to follow a simple sequence of movements • To develop confidence in performing for peers • To move in time with a steady beat (clapping, stamping and marching) • To explore patterns of movements, such a repeating steps in a sequence • To recognise changes in rhythm or tempo in music and adjust their movements accordingly • To practice moving in unison in a group • To explore new acro movements • To understand taking turns and sharing space in group dance activities • To develop confidence in performing to an audience • To reflect what they have learned over the last 6 weeks and discuss their favourite movements or dances <p>Fundamentals</p> <ul style="list-style-type: none"> • To develop balancing while stationary and on the move • To develop running and stopping 		
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Year 1	<p>Karate – enrichment: An external professional martial arts coach will delivering weekly karate lessons.</p> <ul style="list-style-type: none"> Intrinsic skills – self-defence, confidence, self-discipline, interaction with others Karate skills – throws and blocks, punches, kicks, self-defence, fitness <p>Fitness</p> <ul style="list-style-type: none"> To develop my understanding of how exercises can make you feel To develop my understanding of how exercises can make you strong and healthy To develop my understanding of how exercise relates to breathing 	<p>Karate – enrichment: An external professional martial arts coach will delivering weekly karate lessons.</p> <ul style="list-style-type: none"> Intrinsic skills – self-defence, confidence, self-discipline, interaction with others Karate skills – throws and blocks, punches, kicks, self-defence, fitness <p>Team building</p> <ul style="list-style-type: none"> To co-operate with a partner and complete challenges To explore and develop working as a team To develop talking, listening, and sharing skills 	<p>Fundamentals</p> <ul style="list-style-type: none"> To explore balance, stability and landing safely To explore how the body moves differently when running at different speeds To explore changing direction and dodging To explore jumping, hopping and skipping actions To explore co-ordination and combination jumps To explore combination jumping and skipping in an individual rope <p>Dance</p> <ul style="list-style-type: none"> To use counts of 8 to move in time and make my dance look interesting To explore pathways in my dance To create my own dance using actions, pathways, and counts 	<p>Net and wall games</p> <ul style="list-style-type: none"> To defend space using the ready position To play against an opponent and keep score To explore hitting with a racket To develop racket and ball skills To develop sending a ball using a racket To develop hitting a ball over a net <p>Ball skills</p> <ul style="list-style-type: none"> To develop dribbling a ball with your hands To explore accuracy when rolling a ball To explore throwing with accuracy towards a target To explore catching with two hands To explore dribbling a ball with your feet To explore tracking a ball that is coming towards me 	<p>Balance bike – enrichment: An external professional cycling coach will be delivering weekly bike balance lessons.</p> <ul style="list-style-type: none"> To improve core strength, co-ordination, skill To balance on a two-wheeled bike To manoeuvre around on a two-wheeled bike To introduce pedals to a two-wheeled bike and successfully cycle unaided <p>Athletics</p> <ul style="list-style-type: none"> To move at different speeds over varying differences To develop balance To develop changing direction quickly To explore hopping, jumping and leaping for distance 	<p>Balance bike – enrichment: An external professional cycling coach will be delivering weekly bike balance lessons.</p> <ul style="list-style-type: none"> To improve core strength, co-ordination, skill To balance on a two-wheeled bike To manoeuvre around on a two-wheeled bike To introduce pedals to a two-wheeled bike and successfully cycle unaided <p>Invasion games</p> <ul style="list-style-type: none"> To understand the role of defenders and attackers To recognise who to pass to and why To move towards goal with the ball

	<ul style="list-style-type: none"> To develop my understanding of how exercise helps my brain To develop my understanding of how exercise helps my muscles To develop my understanding of the importance of daily exercise 	<ul style="list-style-type: none"> To use speaking and listening skills to lead a partner To plan with a partner and small group to complete challenges To use talking, listening, and sharing skills to complete challenges 	<ul style="list-style-type: none"> To explore speeds in our actions in our pirate inspired dance To copy, remember and repeat actions that represent the theme To copy, repeat, create, and perform actions that represent the theme 		<ul style="list-style-type: none"> To develop throwing for accuracy 	<ul style="list-style-type: none"> To support a teammate when playing in attack To move into space showing an awareness of defenders To stay with a player when defending
Year 2	<p>Karate – enrichment: An external professional martial arts coach will delivering weekly karate lessons.</p> <ul style="list-style-type: none"> Intrinsic skills – self-defence, confidence, self-discipline, interaction with others Karate skills – throws and blocks, punches, kicks, self-defence, fitness <p>Fitness</p> <ul style="list-style-type: none"> To learn how to run for a long time To develop 	<p>Karate – enrichment: An external professional martial arts coach will delivering weekly karate lessons.</p> <ul style="list-style-type: none"> Intrinsic skills – self-defence, confidence, self-discipline, interaction with others Karate skills – throws and blocks, punches, kicks, self-defence, fitness <p>Team building</p> <ul style="list-style-type: none"> To follow instructions and work with others To co-operate and communicate in a small group to solve challenges 	<p>Fundamentals</p> <ul style="list-style-type: none"> To explore how the body moves when running at different speeds To develop changing directions and dodging To develop balance, stability and landing safely To explore and develop jumping, hopping, and skipping actions To develop co-ordination and combining jumps To develop combination jumping and skipping in an individual rope <p>Dance</p> <ul style="list-style-type: none"> To remember, repeat, and link actions to tell the story of my dance To develop an understanding of dynamics and how they can show an idea 	<p>Net and wall games</p> <ul style="list-style-type: none"> To use the ready position to defend space on court To develop returning a ball with hands To play against a partner To develop racket skills and use them to return a ball To develop returning a ball using a racket To play against an opponent using a racket <p>Ball skills</p> <ul style="list-style-type: none"> To develop rolling a ball to hit a target To develop stopping a rolling ball To develop dribbling a ball with your feet To develop kicking a ball To develop throwing and catching 	<p>Cycling – enrichment: An external professional cycling coach will be delivering weekly bike balance lessons.</p> <ul style="list-style-type: none"> To improve core strength, co-ordination, skill To balance on a two-wheeled bike To manoeuvre around on a two-wheeled bike To introduce pedals to a two-wheeled bike and successfully cycle unaided <p>Athletics</p> <ul style="list-style-type: none"> To develop the sprinting action To develop jumping for distance To develop jumping for height 	<p>Cycling – enrichment: An external professional cycling coach will be delivering weekly bike balance lessons.</p> <ul style="list-style-type: none"> To improve core strength, co-ordination, skill To balance on a two-wheeled bike To manoeuvre around on a two-wheeled bike To introduce pedals to a two-wheeled bike and successfully cycle unaided <p>Invasion games</p> <ul style="list-style-type: none"> To understand what being in possession means and support a teammate to do this

		<ul style="list-style-type: none"> • To create a plan with a group to solve challenges • To communicate effectively and develop trust • To use teamwork skills to work as a group to solve problems • To work with a group to copy and create a basic map 	<ul style="list-style-type: none"> • Se counts of 8 to help you stay in time with the music • To copy, repeat, and create actions in response to a stimulus • To copy, create, and perform actions considering dynamics • To create a short dance phrase with a partner showing clear changes of speed 	<ul style="list-style-type: none"> • To develop dribbling a ball with your hands 	<ul style="list-style-type: none"> • To develop throwing for distance 	<ul style="list-style-type: none"> • To understand that scoring goals is an attacking skill and explore ways to do this • To understand that stopping goals is an attacking skill and explore ways to do this • To explore how to gain possession • To mark an opponent and understand that this is a defending skill • To apply simple tactics for attacking and defending
Year 3	Archery – enrichment: An external coach will be delivering weekly archery lessons. <ul style="list-style-type: none"> • To become familiar with archery equipment and safety protocols • To nock an arrow including proper stance and correct grip • To draw the bow and aim correctly • The proper release of an arrow and follow-through technique 	Archery – enrichment: An external coach will be delivering weekly archery lessons. <ul style="list-style-type: none"> • To become familiar with archery equipment and safety protocols • To nock an arrow including proper stance and correct grip • To draw the bow and aim correctly • The proper release of an arrow and 	Swimming: We have hired a portable pool on the school's grounds for daily swimming lessons with a swimming teacher. <ul style="list-style-type: none"> • Perform safe self-rescue in different water-based situations • 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 	Y3 ball skills <ul style="list-style-type: none"> • To develop dribbling skills with hands and feet • To develop tracking and catching skills • To develop tracking and throwing skills • To develop tracking and kicking skills • To track a ball that is not directly sent to me • To apply sending and receiving skills in games Y3 Football <ul style="list-style-type: none"> • To understand the roll of an attacker when in possession 	Y3 Athletics <ul style="list-style-type: none"> • To develop the sprinting technique and improve on your personal best • To develop changeover technique in relay events • To develop jumping technique in a range of approaches and take off positions • To develop throwing for distance and accuracy 	Y3 Hockey <ul style="list-style-type: none"> • To send and receive with some control • To move safely and with control when dribbling • To develop decision making in attack • To understand the role of a defender • To apply tactics to small sided games • To apply rules, skills, and tactics to play in a tournament

<ul style="list-style-type: none"> To improve accuracy and consistency in shooting To introduce competitive games To apply all learned skills in a competitive setting <p>Team building – enrichment: An external coach will be delivering weekly team building lessons</p> <ul style="list-style-type: none"> To develop coordination and strategic thinking by working together to complete a challenge To enhance problem-solving and communication skills by working together to decode a pattern To work together to solve a problem that requires each team member to contribute ideas and strategies effectively To work as a team by communicating and problem solving to achieve a common goal To improve coordination and teamwork by synchronizing our 	<p>follow-through technique</p> <ul style="list-style-type: none"> To improve accuracy and consistency in shooting To introduce competitive games To apply all learned skills in a competitive setting <p>Team building – enrichment: An external coach will be delivering weekly team building lessons</p> <ul style="list-style-type: none"> To develop coordination and strategic thinking by working together to complete a challenge To enhance problem-solving and communication skills by working together to decode a pattern To work together to solve a problem that requires each team member to contribute ideas and strategies effectively 	<p>Y3 Gymnastics</p> <ul style="list-style-type: none"> To be able to create interesting point and patch balances Develop point and patch balances on apparatus To develop stepping into shape jumps with control To develop stepping into shape jumps using apparatus To develop the straight, barrel and forward roll To include rolls in sequence work using apparatus 	<ul style="list-style-type: none"> To develop movement skills to lose a defender and move into space To understand that scoring goals is an attacking skill and learn how to do this To understand the role of the defender To apply tactics to small sided games To apply skills and knowledge to play games using football rules 	<ul style="list-style-type: none"> To develop throwing for distance in a pull throw To develop officiating and performing skills <p>Y3 Tennis</p> <ul style="list-style-type: none"> To develop racket and ball control To explore rallying using a forehand To explore returning to ball using a backhand To learn how to score and use simple rules To work co-operatively with others to begin to manage a game 	<p>Y3 Tag Rugby</p> <ul style="list-style-type: none"> To learn the correct techniques for handling a rugby ball To develop throwing, catching, and running with the ball To learn how to defend by taking an attacker's tag To develop an understanding of defending as a team To explore attacking skills to get closer to the try line To apply rules and skills to small sided games
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	<p>movements and actions with others</p> <ul style="list-style-type: none"> • To build cooperation and trust by working together to handle an object without using our hands • To collaborate and communicate effectively to complete a challenge by sharing ideas and balancing responsibility 	<ul style="list-style-type: none"> • To work as a team by communicating and problem solving to achieve a common goal • To improve coordination and teamwork by synchronizing our movements and actions with others • To build cooperation and trust by working together to handle an object without using our hands • To collaborate and communicate effectively to complete a challenge by sharing ideas and balancing responsibility 				
Year 4	<p>Archery – enrichment: An external coach will be delivering weekly archery lessons.</p> <ul style="list-style-type: none"> • To become familiar with archery equipment and safety protocols • To nock an arrow including proper stance and correct grip 	<p>Archery – enrichment: An external coach will be delivering weekly archery lessons.</p> <ul style="list-style-type: none"> • To become familiar with archery equipment and safety protocols • To nock an arrow including proper stance and correct grip 	<p>Swimming: We have hired a portable pool on the school's grounds for daily swimming lessons with a swimming teacher.</p> <ul style="list-style-type: none"> • Perform safe self-rescue in different water-based situations • Swim competently, confidently, and proficiently over a distance of at least 25 metres 	<p>Y3 Ball skills</p> <ul style="list-style-type: none"> • To develop dribbling skills with hands and feet • To develop tracking and catching skills • To develop tracking and throwing skills • To develop tracking and kicking skills • To track a ball that is not directly sent to me 	<p>Y3 Athletics</p> <ul style="list-style-type: none"> • To develop the sprinting technique and improve on your personal best • To develop changeover technique in relay events • To develop jumping technique in a range of approaches and take off positions 	<p>Y4 Hockey</p> <p>Y3 Tag Rugby</p> <ul style="list-style-type: none"> • To learn the correct techniques for handling a rugby ball • To develop throwing, catching, and running with the ball

	<ul style="list-style-type: none"> • To draw the bow and aim correctly • The proper release of an arrow and follow-through technique • To improve accuracy and consistency in shooting • To introduce competitive games • To apply all learned skills in a competitive setting <p>Team building – enrichment: An external coach will be delivering weekly team building lessons</p> <ul style="list-style-type: none"> • To develop coordination and strategic thinking by working together to complete a challenge • To enhance problem-solving and communication skills by working together to decode a pattern • To work together to solve a problem that requires each team member to contribute ideas and strategies effectively • To work as a team by communicating and problem solving to 	<ul style="list-style-type: none"> • To draw the bow and aim correctly • The proper release of an arrow and follow-through technique • To improve accuracy and consistency in shooting • To introduce competitive games • To apply all learned skills in a competitive setting <p>Team building – enrichment: An external coach will be delivering weekly team building lessons</p> <ul style="list-style-type: none"> • To develop coordination and strategic thinking by working together to complete a challenge • To enhance problem-solving and communication skills by working together to decode a pattern • To work together to solve a problem that requires each team member to 	<ul style="list-style-type: none"> • Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke <p>Y3 Gymnastics</p> <ul style="list-style-type: none"> • To be able to create interesting point and patch balances • Develop point and patch balances on apparatus • To develop stepping into shape jumps with control • To develop stepping into shape jumps using apparatus • To develop the straight, barrel and forward roll • To include rolls in sequence work using apparatus 	<ul style="list-style-type: none"> • To apply sending and receiving skills in games <p>Y4 Football</p>	<ul style="list-style-type: none"> • To develop throwing for distance and accuracy • To develop throwing for distance in a pull throw • To develop officiating and performing skills <p>Y4 Tennis</p>	<ul style="list-style-type: none"> • To learn how to defend by taking an attacker's tag • To develop an understanding of defending as a team • To explore attacking skills to get closer to the try line • To apply rules and skills to small sided games
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	<p>achieve a common goal</p> <ul style="list-style-type: none"> • To improve coordination and teamwork by synchronizing our movements and actions with others • To build cooperation and trust by working together to handle an object without using our hands • To collaborate and communicate effectively to complete a challenge by sharing ideas and balancing responsibility 	<p>contribute ideas and strategies effectively</p> <ul style="list-style-type: none"> • To work as a team by communicating and problem solving to achieve a common goal • To improve coordination and teamwork by synchronizing our movements and actions with others • To build cooperation and trust by working together to handle an object without using our hands • To collaborate and communicate effectively to complete a challenge by sharing ideas and balancing responsibility 				
Year 5	<p>Y5 Fitness</p> <ul style="list-style-type: none"> • To understand how speed helps me in other activities and apply this • To understand how strength helps me in other activities and apply this 	<p>Y5 Badminton</p> <ul style="list-style-type: none"> • To use the serve with consideration of attacking principles • To explore an underarm return with consideration of attacking principles 	<p>Yoga – enrichment: An external professional yoga and pilates coach who will be delivering weekly yoga lessons</p> <ul style="list-style-type: none"> • Stretch hamstrings, ankles, hips, and lower back 	<p>Yoga – enrichment: An external professional yoga and pilates coach who will be delivering weekly yoga lessons</p> <ul style="list-style-type: none"> • Stretch hamstrings, ankles, hips, and lower back 	<p>Y5 Rounders</p> <ul style="list-style-type: none"> • To develop throwing and catching skills and apply them relevantly to the situation • To develop bowling accuracy and perform the skills within the rules of the game 	<p>Boxing – enrichment: An external professional boxing coach will be delivering weekly boxing lessons</p> <ul style="list-style-type: none"> • Basic boxing skills: stance, footwork, defence, punch technique

<ul style="list-style-type: none"> • To understand how agility helps me in other activities and apply this • To understand how balance helps me in other activities and apply this • To understand how coordination helps me in other activities and apply this • To understand how stamina helps me in other activities and apply this <p>Y5 Volleyball</p> <ul style="list-style-type: none"> • To use the serve with consideration of attacking principles • To develop the first catch volley with consideration of attacking principles • To develop the set shot and use it to pass to a teammate • To recap the set shot and develop the dig, identifying when to use each • To use a variety of shots to keep a continuous rally going • To apply rules, skills, and principles to play against an opponent 	<ul style="list-style-type: none"> • To explore the overhead forehand with consideration of attacking principles • To select and apply skills and tactics to play competitively • To apply rules, skills, tactics to play in a tournament <p>Y5 Netball</p> <ul style="list-style-type: none"> • To explore different passes and apply them to different situations • To develop movement skills to lose a defender in different situations • To communicate with my team, move into space and take the ball towards goal • To defend an opponent and know when to try and intercept • To develop the shooting action under pressure • To use and apply, skills, principles, and tactics to a game situation 	<ul style="list-style-type: none"> • Tone core muscles, resulting in improved balance • Improve digestion • Strengthen upper body, leg and lower back muscles • Breathing techniques to calm the body and improve blood oxygen levels • Improve hand-eye coordination <p>Y5 Dance</p> <ul style="list-style-type: none"> • To create a dance using a random structure and perform the actions showing quality and control • To understand how changing dynamics changes the appearance of the performance • To understand and use relationships and space to change how the performance looks • To copy and repeat movements in the style of rock n roll • To work with a partner to copy and repeat actions in time with the music • Work collaboratively with a group to choreograph a dance in the style or rock n roll. 	<ul style="list-style-type: none"> • Tone core muscles, resulting in improved balance • Improve digestion • Strengthen upper body, leg and lower back muscles • Breathing techniques to calm the body and improve blood oxygen levels • Improve hand-eye coordination <p>Y5 Football</p> <ul style="list-style-type: none"> • To develop ways to move the ball and apply them to different situations • To send and receive under pressure • To communicate with my team, move into space and take the ball towards the goal • To use defensive techniques to win possession • To apply defending tactics as a team • To use and apply skills, principles, and tactics to a games situation 	<ul style="list-style-type: none"> • To develop batting skills, identify when I am successful and what I need to do to improve • To develop fielding techniques and begin to use these under pressure • To understand the need for tactics and identify when to use them • To apply skills and knowledge to compete in a tournament using tactics identified <p>Y5 Hockey</p> <ul style="list-style-type: none"> • To use attacking skills to beat a defender • To send and receive under pressure • To communicate with my team, move into space and take the ball towards the goal • To learn defensive techniques to gain possession • To use defending tactics to gain possession • To apply rules, skills and principles to play in a tournament 	<ul style="list-style-type: none"> • Basic strength and fitness exercises: bodyweight movements, running, skipping, core work • Progression: boxing combinations such as pad work, shadow boxing, footwork drills • Intrinsic skills: discipline, confidence, respect <p>Y5 Athletics</p> <ul style="list-style-type: none"> • To understand pace and apply different speeds over varying distances • To develop fluency and co-ordination when running for speed • To develop technique in relay changeovers • To build momentum and power in the triple jump • To develop throwing with force for longer distances • To develop throwing with greater control and technique
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<p>Year 6</p>	<p>Boxing – enrichment: An external professional boxing coach will be delivering weekly boxing lessons</p> <ul style="list-style-type: none"> • Basic boxing skills: stance, footwork, defence, punch technique • Basic strength and fitness exercises: bodyweight movements, running, skipping, core work • Progression: boxing combinations such as pad work, shadow boxing, footwork drills • Intrinsic skills: discipline, confidence, respect <p>Y5 Fitness</p> <ul style="list-style-type: none"> • To understand how speed helps me in other activities and apply this • To understand how strength helps me in other activities and apply this • To understand how agility helps me in other activities and apply this • To understand how balance helps me in 	<p>Boxing – enrichment: An external professional boxing coach will be delivering weekly boxing lessons</p> <ul style="list-style-type: none"> • Basic boxing skills: stance, footwork, defence, punch technique • Basic strength and fitness exercises: bodyweight movements, running, skipping, core work • Progression: boxing combinations such as pad work, shadow boxing, footwork drills • Intrinsic skills: discipline, confidence, respect <p>Y5 Badminton</p> <ul style="list-style-type: none"> • To use the serve with consideration of attacking principles • To explore an underarm return with consideration of attacking principles 	<p>Y5 Dance</p> <ul style="list-style-type: none"> • To create a dance using a random structure and perform the actions showing quality and control • To understand how changing dynamics changes the appearance of the performance • To understand and use relationships and space to change how the performance looks • To copy and repeat movements in the style of rock n roll • To work with a partner to copy and repeat actions in time with the music • Work collaboratively with a group to choreograph a dance in the style of rock n roll. <p>Y6 Basketball</p> <ul style="list-style-type: none"> • To dribble with control under pressure • To move into and create space to support a teammate • To choose when to pass and when to dribble • To use the appropriate defensive technique for the situation • To develop shooting technique and make 	<p>Orienteering – enrichment: Trip to Nell Bank to take part in their team building day programme</p> <ul style="list-style-type: none"> • To enable students to develop essential life skills and knowledge needed to work effectively as a team • To encourage pupils to communicate, persevere, develop trust, plan, and ultimately succeed <p>Y5 Football</p> <ul style="list-style-type: none"> • To develop ways to move the ball and apply them to different situations • To send and receive under pressure • To communicate with my team, move into space and take the ball towards the goal • To use defensive techniques to win possession • To apply defending tactics as a team • To use and apply skills, principles, and tactics to a games situation <p>Y6 Cricket</p> <ul style="list-style-type: none"> • To develop throwing and catching under pressure and apply these to a striking and fielding game 	<p>Y6 Rounders</p> <ul style="list-style-type: none"> • To develop throwing and catching under pressure and apply these to a striking and fielding game • To develop bowling under pressure while abiding by the rules of the game • To strike a bowled ball with increasing consistency • To develop fielding techniques and select the appropriate action for the situation • To understand and apply tactics in a game • To apply skills a knowledge to compete in a tournament <p>Y5 Hockey</p> <ul style="list-style-type: none"> • To use attacking skills to beat a defender • To send and receive under pressure • To communicate with my team, move into space and take the ball towards the goal • To learn defensive techniques to gain possession 	<p>Y6 OAA</p> <ul style="list-style-type: none"> • To build communication and trust while showing an awareness of safety • To collaborate as a team to solve problems • To develop tactical planning and problem solving • To work as a team and use critical thinking to determine best approach • To develop navigational skills and map reading • To use a key to identify objects and locations <p>Y5 Athletics</p> <ul style="list-style-type: none"> • To understand pace and apply different speeds over varying distances • To develop fluency and co-ordination when running for speed • To develop technique in relay changeovers • To build momentum and
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	<p>other activities and apply this</p> <ul style="list-style-type: none"> • To understand how coordination helps me in other activities and apply this • To understand how stamina helps me in other activities and apply this 	<ul style="list-style-type: none"> • To explore the overhead forehand with consideration of attacking principles • To select and apply skills and tactics to play competitively • To apply rules, skills, tactics to play in a tournament 	<p>decisions about when to pass, dribble or shoot</p> <ul style="list-style-type: none"> • To apply principles, rules and, tactics to a tournament 	<ul style="list-style-type: none"> • To develop bowling under pressure while abiding by the rules of the game • To strike a bowled ball with increasing consistency • To develop fielding techniques and select the appropriate action for the situation • To understand and apply tactics in a game • To apply skills and knowledge to compete in a tournament 	<ul style="list-style-type: none"> • To use defending tactics to gain possession • To apply rules, skills and principles to play in a tournament 	<p>power in the triple jump</p> <ul style="list-style-type: none"> • To develop throwing with force for longer distances • To develop throwing with greater control and technique
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