Long Term Plan for PE - Two Year Rolling Programme

Subject Leader: Sally Jordan

Year A	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Class 1	**Walking one** The unit of work will explore walking using different body parts in different directions, at different levels and at different speeds. Pupils will learn how to apply their walking skills into games	**Jumping one** The unit of work will explore jumping, in different directions, at different speeds, different levels, heights and distances. Pupils will learn how and why we jump, using our head, arms, and feet, applying the basic jumping technique.	**Dance- Dinosaurs** The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances in wide, narrow, and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they move and develop simple sequences, linking movements together.	**Gymnastics- Body Parts** The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances in wide, narrow, and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they move and develop simple sequences, linking	**Hands two** The unit of work will explore different ways of using our hands to move with a ball, keeping control. Pupils will learn skills to develop their throwing and catching skills.	**Running one** The unit of work will develop pupils' ability to run using different parts of their bodies. Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why.

				movements together.		
	Hands one The unit of work will explore different ways of using our hands to move with a ball, keeping control. Pupils will explore rolling, pushing, and bouncing a ball with a partner	**Gymnastics- Wide, narrow curled** The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances in wide, narrow, and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they move and develop simple sequences, linking movements together.	**Dance- The Zoo** The unit of work will challenge pupils to respond to the stimulus (different zoo animals) using a range of different, controlled movements showing character expression. Pupils will learn how to co-ordinate and control their bodies to perform movements, creating a sequence	**Feet one** The unit of work will enable pupils to explore moving with a ball using their feet. Pupils will develop their technique of dribbling the ball and understand where and why we dribble, keeping control.	**Sports Day Preparation** This unit of work will work on the rules of racing. Techniques to improve running, control, and resilience.	**Rackets, Bats and Balls** The focus of the learning is for pupils to develop their ability to keep a ball controlled using a racket. Pupils will also explore and develop their hitting (pushing) skills using a ball and a racket accurately. Pupils will apply their understanding of accuracy and space in a variety of games.
Class 2	**Running one** The unit of work will develop pupils' ability to run using different parts of their bodies. Pupils will begin to understand the basic principles of	**Gymnastics- Wide, narrow curled** The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances in wide, narrow, and curled ways on the floor and	**Dance- Mr Candy's Sweet Factory** The unit of work will develop pupil's ability to create and develop their characters, adding movements, expression, and emotion to their performance. Pupils	**Gymnastics- Linking** The unit of work will challenge pupils to explore separate ways that they can link movements and balances together. Pupils will apply 'champion gymnastics' and be	**Hands two** The unit of work will consolidate pupil's ability to accurately roll a ball towards a target. Pupils will combine their sending and stopping skills, applying their prior knowledge	**Games for Understanding** The unit of work will challenge pupils to create simple defending and attacking tactics, while continuing to develop an understanding of the transition from defence to attack.

	attack and defence as they develop their understanding of where we need to run and why.	on apparatus. Pupils will transition between the theme words as they move and develop simple sequences, linking movements together.	will be able to create a motif and will develop their motifs with a partner to include some different elements of choreography, including telling a story.	able to perform a sequence on apparatus focused on; jumps, rolls and balances.	of where we send a ball and why to score points to beat an opponent	Pupils will apply these tactics as a team into games.
	Outdoor Learning This unit of work will be an opportunity to be active in the Forest- balancing, climbing and transporting.	**Team Building** The unit of work will introduce teamwork. Pupils will explore and learn why it is important to include everyone when working as a team and what makes an effective team. Pupils will begin to explore simple strategies to solve problems	**Outdoor Learning-** This unit of work will be an opportunity to be active in the Forest- balancing, climbing and transporting	**Health and Wellbeing-** The unit of work will consolidate pupils' understanding of agility, balance and co-ordination, applying these elements of fitness in a variety of activities. Pupils will perform circuits, understanding how motivation can enhance performance.	**Sports Day Preparation** This unit of work will work on the rules of racing. Techniques to improve running, control, and resilience.	**Multi-Skills Bats and Balls Year 2 (twinkl)-** The focus of the learning is for pupils to refine their understanding of how they can use their hitting (striking) skills to send the ball into space to win a game. Pupils will refine this understanding of why in certain games, hitting into space is essential to score points against the opposing team.

Class 3	Gymnastic Shape Y3 (Twinkl Unit)	Dance- Space (Y4) The unit of work will challenge pupils to explore movement through improvisation, introducing unison and matching. Pupils will sustain their characters to add drama and emotion to the dance. Pupils will extend their dance skills by using more complex interacting movements, actions and incorporate apparatus.	Tag Rugby The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving to score a try. Pupils will develop their understanding of when, where and why they need to create space when they are attacking.	Basketball The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity	Sports Day Preparation This unit of work will work on the rules of racing. Techniques to improve running, control, and resilience.	Cricket The unit of work will explore how to apply the principles of attack vs defence in a cricket context. Pupils will learn how to utilise fielding skills to keep the batter's score as low as possible. Pupils will also explore batting skills to outwit the fielders and score as many runs (points) as possible.
	Outdoor Learning This unit of work will be an opportunity to be active in the Forest- balancing, climbing and transporting	Orienteering (Y3) The unit of work will develop pupils' ability to orientate a map, locate points in a set order. Pupils will follow the route they have been given to reach as many points as possible in an allocated time. Pupils will develop their ability to collaborate with others	Problem Solving Y3 The unit of work will explore what makes an effective team through different problem-solving challenges. Throughout the unit, there will be a focus on pupils developing skills essential to working within a team.	Outdoor Learning This unit of work will be an opportunity to be active in the Forest- balancing, climbing, transporting	Swimming This unit will follow the swim England core units 1-7.	Communication & Tactics (Y3) The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils applying effective communication skills,

		and work as a team to complete the challenges.				essential to working within a team to complete the activities.
Class 4	**Bridges** The unit of work will focus on exploring bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus. Pupils will create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity.	**Cats** The unit of work will challenge pupils to explore movement through improvisation, introducing unison and matching. Pupils will sustain their characters to add drama and emotion to the dance. Pupils will extend their dance skills by using more complex interacting movements, actions and incorporate apparatus	**Netball** The unit of work will challenge pupils to apply their prior learning of passing and moving to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their teams.	**Football** The unit of work will challenge pupils to apply their prior learning of passing, moving and dribbling to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.	**Tennis** The unit of work will challenge pupils to apply their prior learning of playing the ball into space. Pupils will begin to develop their ability to serve and to volley. Pupils will be able to create tactics in a doubles game in order to score points and win the game	**Swimming** This unit will follow the swim England core units 1-7.
	Health Related Exercise The unit of work will ensure that all pupils understand the	**Problem Solving** The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges.	**Communications and Tactics** The unit of work will refine pupil's ability to apply effective teamwork through different problem-	**Orienteering** Unit Purpose Key Success Criteria P C S Inspire Me W Transition to Year 6 Year 5 Learning Journey The unit	**Throwing and Jumping** The unit of work will challenge pupils to consolidate their	**Rounders** The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on

	meaning of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.	Throughout the unit, there will be a focus on pupils' ability to apply skills essential to working within a team as well as create effective tactics.	solving challenges. Throughout the unit, there will be a focus on pupils refining effective communication skills, essential to working within a team to complete the challenges.	of work will consolidate pupils' ability to orientate a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will consolidate their ability to collaborate with others and work as a team to complete the challenges.	knowledge, understanding and ability to sprint effectively, individually and within a team. Pupils will be able to develop their technique for throwing a shot putt and explore and develop an understanding of how to hurdle safely	the concept of batting. Pupils will continue to develop and apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low.
Class 5	**Basketball** The unit of work will challenge pupils to apply their prior learning of passing and moving and dribbling to create attacks that result in a shooting opportunity.	**Dance-Titanic** The unit of work will challenge pupils to recreate the story of The Titanic through controlled movements and balances. Pupils will perform choreographed movements and balances that incorporate emotion,	**Gymnastics-Matching and Mirroring** The unit of work will focus on applying "excellent gymnastics" through matching and mirroring movements. Pupils will create a sequence of movements, bringing together a combination	**Badminton** Pupils will refine their ability to execute certain shots and to think tactically, deciding which shot to play and why in a game situation. Pupils will apply their learning in singles and doubles games.	**Athletics** The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of competitions. Pupils will experience competition across all of the	**Rounders** Pupils will learn to consistently apply effective tactics for both batting and fielding. Pupils will utilise their prior knowledge of batting and fielding tactics and consider when, where and why they will apply these during a game.

	Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.	expression and characterisation.	of both matching and mirroring movements, to create a sequence.		different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.	
	Problem Solving The unit of work will consolidate pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to lead others, applying skills essential to working within a team as well as create, evaluate and adapt tactics.	**Communications and Tactics** The unit of work will consolidate pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils consolidating effective communication skills, applying these within teams and when leading teams.	**Health Related Exercise** The unit of work will consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.	**Football** Pupils will learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively.	**Orienteering** The unit of work will refine pupils' ability to orientate a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will refine their ability to collaborate with others and work as a team to complete the challenges.	**Tennis** The unit of work will refine pupils' ability to orientate a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will refine their ability to collaborate with others and work as a team to complete the challenges.

Year B	Term one	Term two	Term three	Term four	Term five	Term six
Class 1	**Ourselves** The unit of work will enable pupils to explore creating simple movement sequences. Pupils will respond to words and music using their bodies and props. Pupils will explore movements such as creeping, tiptoeing and hiding as they try becoming different characters.	**Dance-Nursery Rhymes** The unit of work will enable pupils to explore creating simple movement sequences that relate to specific words in different nursery rhymes. Pupils will add movements together to form sequences and begin to explore character movements with a partner.	**Gymnastics- High, Low, Over, Under** The unit of work will explore 'champion gymnastics.' Pupils will create movements and balances in high and low ways on the floor and on apparatus. Pupils will self-select where to work, exploring movements and balances and start to identify features of other pupil's work.	**Hands one** The unit of work will explore separate ways of using our hands to move with a ball, keeping control. Pupils will explore rolling, pushing, and bouncing a ball with a partner	**Running one** The unit of work will develop pupils' ability to run using various parts of their bodies. Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why.	**Games for understanding** The unit of work will explore why we need to follow the rules and keep the score during a game. Pupils will learn how to apply very simple tactics for attacking and defending in games.
	Physical Play	**Moving** The unit of work will explore 'champion gymnastics.' Pupils will	**Feet one** The unit of work will enable pupils to explore moving with a	**Jumping one** The unit of work will explore jumping, in different directions,	**Sports Day Preparation** This unit of work will work on the	**Rackets, Bats Balls, and balloons**

	Bikes, Scooters To develop control and coordination with a range of wheeled vehicles.	create movements and balances in high and low ways on the floor and on apparatus. Pupils will self-select where to work, exploring movements and balances and start to identify features of other pupil's work.	ball using their feet. Pupils will develop their technique of dribbling the ball and understand where and why we dribble, keeping control.	at different speeds, different levels, heights and distances. Pupils will learn how and why we jump, using our head, arms, and feet, applying the basic jumping technique.	rules of racing. Techniques to improve running, control, and resilience.	The focus of learning is for pupils to explore different ways of pushing/hitting a balloon. Pupils will understand why we need to push/hit a balloon with accuracy and control. Pupils will develop their ability to balance an object using a racket/bat.
Class 2	Dance-Heroes The unit of work will challenge pupils to respond to the stimulus (heroes) using a range of different, controlled movements showing character expression. Pupils will learn how to co-ordinate and control their bodies to perform movements, creating a sequence	Dance-Water The unit of work will challenge pupils to use their whole body when creating sequences of movements. Pupils will explore and respond to music as a stimulus. Using various dynamics and movement qualities, pupils will be able to use descriptive language to discuss these various movement qualities.	**Gymnastics-** Pathways The unit of work will challenge pupils to explore different ways that they can link movements and balances together while travelling along a variety of pathways. Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus while travelling along a chosen pathway.	Feet I- The unit of work will challenge pupils to apply their knowledge and understanding of dribbling, passing, and receiving to keep possession as a team and score a point.	Hands I - The unit of work will challenge pupils to combine their developing dribbling, passing, and receiving skills to keep possession and score a point. Pupils will apply these skills in teams in various games and activities.	Rackets, Bats, and balls The focus of the learning is for pupils to refine their understanding of how they can use their hitting (striking) skills to send the ball into space to win a game. Pupils will refine this understanding of why in certain games, hitting into space is essential to

						score points against the opposing team.
	Outdoor Learning- space, climbing and building. This unit of work will be an opportunity to be active in the Forest- balancing, climbing and transporting.	**Outdoor Learning-** This unit of work will be an opportunity to be active in the Forest- balancing, climbing and transporting.	**Dodging** The unit of work will challenge pupils to apply their knowledge and understanding of dribbling, passing, and receiving to keep possession as a team and score a point.	**Term Building** The unit of work will introduce teamwork. Pupils will explore and learn why it is important to include everyone when working as a team and what makes an effective team. Pupils will begin to explore simple strategies to solve problems.	**Sports Day Preparation** This unit of work will work on the rules of racing. Techniques to improve running, control, and resilience. **Teach- Relay skills.**	**Outdoor Learning-** **Forest Yoga** This unit of work will be an opportunity to be stretching, reflecting, relaxing and strengthening through yoga.
Class 3	**Dance- Weather (Y3)** The unit of work will challenge pupils to respond to different stimuli, being able to add drama and emotion to the dance. Pupils will create a performance which will include stage presence, timing, rhythm,	**Gymnastics- Symmetry and Asymmetry (Y3)** The unit of work will focus on exploring movements and balances in symmetrical and asymmetrical ways. Pupils will create sequences starting with their symmetrical balance on apparatus, moving out of it, travelling to a new	**Football (Y3)** The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing, moving, and dribbling. Pupils will learn how to keep possession and eventually score to win a modified game	**Netball (Y3)** The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving. Pupils will learn how to keep possession and eventually score to win a modified game.	**Athletics (Y3)** The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams. Pupils will also begin to examine how to jump as	**Tennis (Y3)** The unit of work will explore how to apply the principles of attack vs defence to win a game of tennis. Pupils will understand where and why we throw/hit the ball on the court and be introduced to basic shot techniques

	and sustaining character.	piece of apparatus, and ending in their asymmetrical balances applying flow.			far as possible and compare throwing accurately with throwing for distance.	
	Outdoor Learning This unit of work will be an opportunity to be active in the Forest- balancing, climbing and transporting, including team building activities.	**Orienteering (Y4)** The unit of work will develop pupils' ability to orientate a map, locate points in a set order. Pupils will follow the route they have been given to reach as many points as possible in an allocated time. Pupils will develop their ability to collaborate with others and work as a team to complete the challenges.	**Communications and Tactics (Y4 Unit)** The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils applying effective communication skills, essential to working within a team to complete the activities.	**Outdoor Learning** This unit of work will be an opportunity to be active in the Forest- balancing, climbing and transporting, including team building activities.	**Swimming** This unit will follow the swim England core units 1-7.	**Problem Solving (Y4)** The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to apply skills essential to working within a team as well as create effective tactics.
Class 4	**Gymnastics- counter balance and counter tension** The unit of work will focus on	**Dance -The Circus** The unit of work will challenge pupils to bring together the different characters and performers that would have formed a	**Hockey** The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics to	**Basketball** The unit of work will challenge pupils to apply their prior learning of passing, moving, and dribbling to create attacks that result in	**Athletics** The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to	**Swimming** This unit will follow the swim England core units 1-7.

	exploring Counterbalance and Counter Tension balances on the floor and on apparatus. Pupils will create sequences by consistently applying flow and challenging their creativity. Pupils will focus on the various ways they can construct the sequence and link the balances with movements.	19th Century (1850) circus. Pupils will be able to distinguish between the different performers through clear movements and expression. Pupils will be able to perform their circus routine as part of a group	move the ball up the court, creating an attack that results in a shooting opportunity.	a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team	sprint effectively, individually and within a team. Pupils will be able to develop their technique for throwing a shot putt and explore and develop an understanding of how to hurdle safely.	
	Orienteering (Y4 unit) The unit of work will develop pupils' ability to orientate a map, locate points in a set order. Pupils will follow the route they have been given to reach as many points as possible in an allocated time.	**Communications and Tactics** The unit of work will refine pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils refining effective communication skills, essential to working within a team to	**Health Related Exercise** The unit of work will ensure that all pupils understand the meaning of strength, flexibility, and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness	**Badminton** The unit of work will challenge pupils to apply their understanding of how to create space to win a point. Pupils will refine their understanding of when to apply the forehand and backhand in a game situation to win a point and how to take control of the	**Cricket** The unit of work will challenge pupils to refine and apply their prior learning of the skills required for both batting and fielding. Pupils will be able to create and apply tactics for both batting, and fielding	**Tennis** The unit of work will challenge pupils to apply their prior learning of playing the ball into space. Pupils will begin to develop their ability to serve and to volley. Pupils will be able to create tactics in a doubles game to score points and win the game.

	Pupils will develop their ability to collaborate with others and work as a team to complete the challenges.	complete the challenges.		game from the beginning (serve).	(including bowling) and apply these successfully within their teams	
Class 5	Netball Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, to keep possession and score. Pupils will in turn apply pressure when defending to regain possession quickly.	Dodgeball Pupils will refine their understanding of attacking and defending, applying skills, and creating tactics during a game. Pupils will take responsibility for officiating and managing their own games.	Dance-Carnival The unit of work will challenge pupils to experience dances from different cultural traditions. Pupils will develop group movements selecting and applying choreography into a performance. Pupils will continue to use their bodies to perform technical movements with control and rhythm.	Football Pupils will learn to consistently apply effective attacking skills, applying decision making to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively.	Athletics The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of competitions. Pupils will experience competition across all the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.	Tennis The unit of work will refine pupils' ability to orientate a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will refine their ability to collaborate with others and work as a team to complete the challenges.

	Tag Rugby Pupils will consolidate their understanding of attacking and defending. Pupils will create tactics for both attack and defence and apply them into game situations, adapting them when necessary	**Gymnastics- Matching and Mirroring** The unit of work will focus on applying "excellent gymnastics" through matching and mirroring movements. Pupils will create a sequence of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.	**Hockey** Pupils will learn to consistently apply effective attacking skills, applying decision making to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively.	**Health Related Exercise** The unit of work will consolidate pupils understanding of strength, flexibility, and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.	**Cricket** Pupils will consolidate their knowledge, understanding and ability to effectively apply a range of fielding skills, batting skills and tactics into mini games.	**Rounders** Pupils will learn to consistently apply effective tactics for both batting and fielding. Pupils will utilise their prior knowledge of batting and fielding tactics and consider when, where and why they will apply these during a game.