

PE Long Term Plan 2020/2021

	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p><u>Movement for invasion games</u></p> <p><u>Fundamental Skills- Agility, Balance and Coordination</u></p> <p><u>M</u></p> <p>Milestone 2- Follow the rules of a game and play fairly</p>	<p><u>Movement for team games</u></p> <p><u>Fundamentals Skills</u></p> <p>Milestone 2- Follow the rules of a game and play fairly</p>	<p><u>Movement for team games with dribbling</u></p> <p>Milestone 3- Choose and combine techniques in game situations (running and passing)</p> <p>Milestone 3- Work alone or with others in order to gain points or possession.</p> <p><u>Fitness embedding the fundamental skills of ABC</u></p>	<p><u>Movement for team games with dribbling</u></p> <p>Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing)</p> <p>Milestone 3- Work alone or with others in order to gain points or possession.</p> <p><u>Fitness embedding the fundamental skills ABC</u></p>
Autumn 2	<p><u>Throwing and Catching</u></p> <p>Milestone 2- Throw and catch with control and accuracy.</p> <p><u>Movement with a ball (dribbling)</u></p> <p>Milestone 2- Maintain possession of a ball (with feet, hands or stick)</p>	<p><u>First 3 Weeks- Skills for Invasion Games</u></p> <p><u>Throwing and Catching</u></p> <p>Milestone 2- Maintain possession of a ball</p> <p><u>Sending and Receiving</u></p> <p>Milestone 2- Pass to team mates at appropriate times.</p> <p><u>Second Half- Invasion Games</u></p> <p>Milestone 2- Continued from above</p> <p>Milestone 2- Follow the rules of a game and play fairly</p>	<p><u>Throwing and Catching</u></p> <p>Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing)</p> <p><u>Sending and Receiving</u></p> <p>Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing)</p>	<p><u>Throwing and Catching</u></p> <p>Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing)</p> <p><u>Dance (Greek Dance)</u></p> <p>Milestone 3- Perform expressively and hold a precise and strong body posture.</p>
Spring 1	<p><u>Gymnastics</u></p> <p>Milestone 2- Refine movements into sequences.</p>	<p><u>Dance (Egyptian)</u></p> <p>Milestone 2- Plan, perform and repeat sequences.</p> <p>Milestone 2- Move in a clear, fluent and expressive manner.</p>	<p><u>Gymnastics</u></p> <p>Milestone 3- Hold shapes that are strong, fluent and expressive.</p>	<p><u>Gymnastics</u></p> <p>Milestone 3- Hold shapes that are strong, fluent and expressive.</p>

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	<p><u>Sending and Receiving</u> Milestone 2- Pass to team mates at appropriate times.</p>	<p>Milestone 2-Refine movements into sequences.</p> <p><u>Swimming</u> Milestones- Swim between 25 and 50 metres unaided.</p> <p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</p> <p>Coordinate leg and arm movements.</p> <p>Swim at the surface and below the water.</p>	<p>Milestone 3- Practise and refine the gymnastic techniques used in performances</p> <p><u>Invasion Games (Link to competitions once finalised)</u> Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing)</p> <p>Milestone 3- Field, defend and attack tactically by anticipating the direction of play (defending and attacking)</p>	<p>Milestone 3- Practise and refine the gymnastic techniques used in performances</p> <p><u>Invasion Games (Link to competitions once finalised)</u> Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing)</p> <p>Milestone 3- Field, defend and attack tactically by anticipating the direction of play (defending and attacking)</p>
<p>Spring 2</p>	<p><u>Dance</u> Milestone 2-Plan, perform and repeat sequences.</p> <p>Milestone 2-Move in a clear, fluent and expressive manner.</p> <p>Milestone 2-Refine movements into sequences.</p>	<p><u>Gymnastics</u> Milestone 2 - Refine movements into sequences.</p> <p><u>Swimming</u> Milestones continuous throughout the year</p>	<p><u>Dance</u> Milestone- Perform expressively and hold a precise and strong body posture.</p> <p><u>Outdoor and Adventurous Activity</u> Milestone 3- Embrace both leadership and team roles and gain the commitment and respect of a team.</p> <p>Milestone 3-Empathise with others and offer support without being asked.</p>	<p><u>Outdoor and Adventurous Activity</u> Milestone 3- Embrace both leadership and team roles and gain the commitment and respect of a team.</p> <p>Milestone 3-Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p> <p><u>Invasion Games (Link to competitions once finalised)</u></p>

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	<p><u>Invasion games</u> (link all the skills taught previously) Milestone 2- Maintain possession of a ball Milestone 2- Choose appropriate tactics to cause problems for the opposition.</p>		<p>Seek support from the team and the experts if in any doubt.</p>	<p>Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing) Milestone 3- Field, defend and attack tactically by anticipating the direction of play (defending and attacking)</p>
Summer 1	<p><u>Striking and Fielding Tennis</u> Milestone 2- Strike a ball with control <u>Rounders</u> Milestone 2- Strike a ball and field with control.</p>	<p><u>Striking and Fielding</u> Milestone 2- Strike a ball and field with control. <u>Swimming</u> Milestones continuous throughout the year</p>	<p><u>Striking and Fielding games</u> Milestone 3- Field, defend and attack tactically by anticipating the direction of play. (Fielding element) Milestone 3- Strike a bowled or volleyed ball with accuracy. <u>Net and Wall Games</u> Milestone- Use forehand and backhand when playing racket games.</p>	<p><u>Striking and Fielding games</u> Milestone 3- Field, defend and attack tactically by anticipating the direction of play. (Fielding element) Milestone 3- Strike a bowled or volleyed ball with accuracy. <u>Net and Wall games</u> Milestone- Use forehand and backhand when playing racket games.</p>
Summer 2	<p><u>Athletics- Running, Jumping and Throwing</u> Milestone 2- Jump in a number of ways, using a run up where appropriate. Milestone 2- Throw with accuracy to hit a target or cover a distance. Milestone 2-</p>	<p><u>Athletics- Running, Jumping and Throwing</u> Milestone 2- Jump in a number of ways, using a run up where appropriate. Milestone 2- Throw with accuracy to hit a target or cover a distance.</p>	<p><u>Athletics (Running, Jumping and Throwing)-</u> Link to analysing and improving performance. Milestone 3- Combine sprinting with low hurdles over 60 metres. Milestone 3- Choose the best place for running over a variety of distances.</p>	<p><u>Athletics (Running, Jumping and Throwing)-</u> Link to analysing and improving performance Milestone 3- Combine sprinting with low hurdles over 60 metres. Milestone 3- Choose the best pace for running over a variety of distances.</p>

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		Swimming Milestones continuous throughout the year	Milestone 3 - Throw accurately and refine performance by analysing technique and body shape.	Milestone 3 - Throw accurately and refine performance by analysing technique and body shape.
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