

## Long Term Plan P.E Including Skills 2020-2021

	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p><b><u>Remembrance</u></b></p> <p><b><u>Moving and Handling (ELG)</u></b></p> <ul style="list-style-type: none"> <li>• I can show good control and co-ordination in large and small movements.</li> <li>• I can move confidently in a range of ways, safely negotiating space.</li> <li>• I can handle equipment effectively.</li> </ul>		<p><b><u>Toys</u></b></p> <p><b>Fundamental Movement Skill (Taken from Real PE)</b></p> <ul style="list-style-type: none"> <li>• Coordination – Floor Movement Patterns</li> <li>• Static Balance – One leg standing</li> <li>• Dynamic Balance to Agility</li> <li>• Static Balance – Seated</li> <li>• Dynamic balance</li> <li>• Coordination – Ball Skills</li> <li>• Counter balance in pairs</li> <li>• Coordination – with equipment</li> <li>• Agility – Reaction and Response</li> <li>• Agility – Ball Chasing</li> <li>• Static Balance –Floor Work</li> </ul>		<p><b><u>Technology</u></b></p> <p><b>Multi-ability Focus (Taken from Real PE)</b></p> <ul style="list-style-type: none"> <li>• I can follow instructions, practise safely and work on simple tasks by myself.</li> <li>• I enjoy working on simple tasks with help.</li> <li>• I can work sensibly with others, taking turns and sharing.</li> <li>• I can play with others and share with help.</li> <li>• I can understand and follow simple rules and name some things I'm good at.</li> <li>• I can explore and describe different movements.</li> <li>• I can observe and copy others.</li> <li>• I can perform a single skill or movement with some control.</li> <li>• I can perform a small range of skills and link two movements together.</li> <li>• I can move confidently in different ways.</li> </ul>	

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Year 1	<p><b><u>Space and Lunar Landing</u></b></p> <p><b>Autumn 1 Outdoor- Social Bubble PE</b></p> <ul style="list-style-type: none"> <li>• I can move at a steady pace for a length of time.</li> <li>• I can change direction when travelling.</li> <li>• I can bounce a ball while moving.</li> <li>• I can travel with a ball in different ways.</li> <li>• I can jump for distance.</li> <li>• I can jump for height.</li> <li>• I can copy actions.</li> <li>• I can repeat actions and skills.</li> <li>• I can move with control and care.</li> <li>• I can use equipment safely.</li> </ul> <p><b><u>Autumn 2 Outdoor- Attacking and Defending</u></b></p> <ul style="list-style-type: none"> <li>• I can copy actions.</li> </ul>	<p><b><u>Knights and Castles</u></b></p> <p><b>Spring 1 Outdoor- Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>• I can throw underarm.</li> <li>• I can move and stop safely.</li> <li>• I can throw and catch with both hands.</li> <li>• I can copy actions.</li> <li>• I can repeat actions and skills.</li> <li>• I can move with control and care.</li> <li>• I can use equipment safely.</li> </ul> <p><b>Spring 2 Outdoor- Bat and Ball Skills</b></p> <ul style="list-style-type: none"> <li>• I can throw underarm.</li> <li>• I can hit a ball with a bat.</li> <li>• I can move and stop safely.</li> <li>• I can throw and catch with both hands.</li> <li>• I can copy actions.</li> </ul>	<p><b><u>Family History (Family Trees)</u></b></p> <p><b>Summer 1 Outdoor- Running and Jumping</b></p> <ul style="list-style-type: none"> <li>• I can copy actions.</li> <li>• I can repeat actions and skills.</li> <li>• I can move with control and care.</li> </ul> <p><b>Summer 2 Outdoor- Athletics/Sports Day</b></p> <ul style="list-style-type: none"> <li>• I can copy actions.</li> <li>• I can repeat actions and skills.</li> <li>• I can move with control and care.</li> <li>• I can use equipment safely.</li> <li>• I can throw underarm.</li> <li>• I can move and stop safely.</li> <li>• I can throw and catch with both hands.</li> </ul> <p><b>Below...Clive Davis Year 1 Targets</b></p>

	<ul style="list-style-type: none"> <li>• I can repeat actions and skills.</li> <li>• I can move with control and care.</li> <li>• I can use equipment safely.</li> <li>• I can use hitting, kicking and/or rolling in a game.</li> <li>• I can decide the best space to be in during a game.</li> <li>• I can use one tactic in a game.</li> <li>• I can follow rules.</li> </ul>	<ul style="list-style-type: none"> <li>• I can repeat actions and skills.</li> <li>• I can move with control and care.</li> <li>• I can use equipment safely.</li> </ul>	<p><b>Games</b></p> <ul style="list-style-type: none"> <li>• I can throw underarm.</li> <li>• I can hit a ball with a bat.</li> <li>• I can move and stop safely.</li> <li>• I can throw and catch with both hands.</li> <li>• I can throw and kick in different ways.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• I can move to music.</li> <li>• I can copy dance moves.</li> <li>• I can perform my own dance moves.</li> <li>• I can make up a short dance.</li> <li>• I can move safely in a space.</li> </ul> <p><b>General</b></p> <ul style="list-style-type: none"> <li>• I can copy actions.</li> <li>• I can repeat actions and skills.</li> <li>• I can move with control and care.</li> <li>• I can use equipment safely.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• I can make my body curled, tense, stretched and relaxed.</li> </ul>
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Year 2	<p><b><u>Remembrance</u></b> <b><u>Great Fire of London</u></b></p> <p><b>General</b></p> <ul style="list-style-type: none"> <li>• I can copy and remember actions.</li> <li>• I can talk about what is different from what I did and what someone else did.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• I can plan and perform a sequence of movements.</li> <li>• I can improve my sequence based on feedback.</li> <li>• I can think of more than one way to create a sequence which follows some 'rules'.</li> <li>• I can work on my own and with a partner.</li> </ul>	<p><b><u>Our Local History of Chipping Norton</u></b></p> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• I can change rhythm, speed, level and direction in my dance.</li> <li>• I can dance with control and coordination.</li> <li>• I can make a sequence by linking sections together.</li> <li>• I can use dance to show a mood or feeling.</li> </ul>	<p><b><u>History of Flight</u></b></p> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>• I can use hitting, kicking and/or rolling in a game.</li> <li>• I can decide the best space to be in during a game.</li> <li>• I can use one tactic in a game.</li> <li>• I can follow rules.</li> </ul>
Year 3	<p><b><u>Remembrance</u></b> <b><u>Stone Age</u></b></p>	<p><b><u>Mighty Mountains</u></b> <b><u>Extreme Earth</u></b></p>	<p><b><u>Egyptians and Rubbish</u></b></p>

	<p><b>Autumn 1 Outdoor- Social Bubble PE</b></p> <ul style="list-style-type: none"> <li>• I can sprint effectively.</li> <li>• I can jump for height and distance.</li> <li>• I can throw underarm.</li> <li>• I can dribble with a football.</li> <li>• I can dribble with a basketball.</li> </ul> <p><b>Autumn 2 Outdoor- Hockey</b></p> <ul style="list-style-type: none"> <li>• I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>• I know and use rules fairly.</li> </ul> <p><b>Autumn 1 Indoor- Stone Age Dance</b></p> <ul style="list-style-type: none"> <li>• I can improvise freely and translate ideas from a stimulus into movement.</li> <li>• I can share and create phrases with a partner and small group.</li> <li>• I can repeat, remember and perform phrases.</li> </ul> <p><b>Autumn 2 Indoor- Gymnastics</b></p>	<p><b>Spring 1 Outdoor- Netball</b></p> <ul style="list-style-type: none"> <li>• I can throw and catch with control.</li> <li>• I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>• I know and use rules fairly.</li> </ul> <p><b>Spring 2 Outdoor- Football</b></p> <ul style="list-style-type: none"> <li>• I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>• I know and use rules fairly.</li> </ul> <p><b>Spring 1 Indoor- Mighty Mountains Gymnastics.</b></p> <ul style="list-style-type: none"> <li>• I can adapt sequences to suit different types of apparatus and criteria.</li> <li>• I can explain how strength and suppleness affect performance.</li> <li>• I can compare and contrast gymnastic sequences.</li> <li>• I can include a range of shapes.</li> </ul> <p><b>Spring 2 Indoor- Extreme Earth Dance.</b></p>	<p><b>Summer 1 Outdoor- Athletics</b></p> <ul style="list-style-type: none"> <li>• I can run at fast, medium and slow speeds; changing speed and direction.</li> <li>• I can take part in a relay, remembering when to run and what to do.</li> </ul> <p><b>Summer 2 Outdoor- Rounders</b></p> <ul style="list-style-type: none"> <li>• I can throw and catch with control.</li> <li>• I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>• I know and use rules fairly.</li> </ul> <p><b>Summer 1- Outdoor and Adventurous</b></p> <ul style="list-style-type: none"> <li>• I can follow a map in a familiar context.</li> <li>• I can use clues to follow a route.</li> <li>• I can follow a route safely.</li> </ul> <p><b>Summer 2 Indoor- Egyptians Dance</b></p> <ul style="list-style-type: none"> <li>• I can improvise freely and translate ideas from a stimulus into movement.</li> </ul>
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	<ul style="list-style-type: none"> <li>• I can adapt sequences to suit different types of apparatus and criteria.</li> <li>• I can explain how strength and suppleness affect performance.</li> <li>• I can compare and contrast gymnastic sequences.</li> </ul>	<ul style="list-style-type: none"> <li>• I can improvise freely and translate ideas from a stimulus into movement.</li> <li>• I can share and create phrases with a partner and small group.</li> <li>• I can repeat, remember and perform phrases.</li> </ul>	<ul style="list-style-type: none"> <li>• I can share and create phrases with a partner and small group.</li> <li>• I can repeat, remember and perform phrases.</li> </ul>
Year 4	<p><b><u>Remembrance</u></b> <b><u>Anglo Saxons/Vikings</u></b></p> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>• I can catch with one hand.</li> <li>• I can throw and catch accurately.</li> <li>• I can hit a ball accurately with control.</li> <li>• I can keep possession of the ball.</li> <li>• I can vary tactics and adapt skills depending on what is happening in a game.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• I can work in a controlled way.</li> <li>• I can include change of speed and direction.</li> </ul>	<p><b><u>Ancient Greece</u></b></p> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• I can take the lead when working with a partner or group.</li> <li>• I can use dance to communicate an idea.</li> </ul>	<p><b><u>Rainforest</u></b> <b><u>Changes overtime</u></b></p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• I can run over a long distance.</li> <li>• I can sprint over a short distance.</li> <li>• I can throw in different ways.</li> <li>• I can hit a target.</li> <li>• I can jump in different ways.</li> </ul> <p><b>Outdoor and adventurous</b></p> <ul style="list-style-type: none"> <li>• I can follow a map in a (more demanding) familiar context.</li> <li>• I can follow a route within a time limit.</li> </ul>

	<ul style="list-style-type: none"> <li>• I can include a range of shapes.</li> <li>• I can work with a partner to create, repeat and improve a sequence with at least three phases.</li> </ul>		
Year 5	<p><b><u>Remembrance</u></b> <b><u>Maya (ancient civilisation)</u></b></p> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>• I can gain possession by working a team.</li> <li>• I can pass in different ways.</li> <li>• I can use forehand and backhand with a racket.</li> <li>• I can field.</li> <li>• I can choose a tactic for defending and attacking.</li> <li>• I can use a number of techniques to pass, dribble and shoot.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• I can make complex extended sequences.</li> <li>• I can combine action, balance and shape.</li> </ul>	<p><b><u>From Absolute Monarchy to Absolute Democracy</u></b></p> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• I can compose my own dances in a creative way.</li> <li>• I can perform to an accompaniment.</li> <li>• My dance shows clarity, fluency, accuracy and consistency.</li> </ul>	<p><b><u>Extreme Earth</u></b></p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• I am controlled when taking off and landing.</li> <li>• I can throw with accuracy.</li> <li>• I can combine running and jumping.</li> </ul> <p><b>Outdoor and adventurous</b></p> <ul style="list-style-type: none"> <li>• I can follow a map in an unknown location.</li> <li>• I can use clues and a compass to navigate a route.</li> <li>• I can change my route to overcome a problem.</li> <li>• I can use new information to change my route.</li> </ul>

	<ul style="list-style-type: none"> <li>• I can perform consistently to different audiences.</li> </ul>		
Year 6	<p><b><u>Remembrance</u></b> <b><u>World War 2</u></b></p> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>• I can play to agreed rules.</li> <li>• I can explain rules.</li> <li>• I can umpire.</li> <li>• I can make a team and communicate plan.</li> <li>• I can lead others in a game situation.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• I can combine my own work with that of others.</li> <li>• I can link sequences to specific timings.</li> </ul>	<p><b><u>Romans</u></b></p> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• I can develop sequences in a specific style.</li> <li>• I can choose my own music and style.</li> </ul>	<p><b><u>History of Exploration</u></b></p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• I can demonstrate stamina.</li> </ul> <p><b>Outdoor and adventurous</b></p> <ul style="list-style-type: none"> <li>• I can plan a route and a series of clues for someone else.</li> <li>• I can plan with others taking account of safety and danger.</li> </ul>