

PE Long Term Plan 2019-2020

	A1	A2	Sp1	Sp2	Su1	Su2
R	Move with Max	Move with Max		Move with Max	Yoga	Move with Max
			Move with Max		Move with Max	
1	FUNdamental movement skills	Games: Piggy in the middle		Gymnastics Year 1	Athletics	Yoga
			Dance Year 1			OAA
2	Games: Kick rounders striking and fielding	Basketball Games: invading	Dance Year 2	Gymnastics Year 2		OAA: shipwrecked
		Games: Ten point hoops			Athletics	
3		Basketball Games: invading	Dance Year 3	Gymnastics Year 3	Athletics	Games: Run the loop (cricket – striking and fielding)
	Rugby Games: invading				Games: On target (tennis – net and wall)	OAA: shipwrecked
4	Rugby Games: invading	Gymnastics Year 4	Basketball Games: invading	Games: Badminton (net and wall)	Games: Run the loop (striking and fielding)	OAA
	Shakespeare!		Dance Year 4		Athletics	
5			Basketball Games: invading	Dance festival prep	Athletics	Yoga
	Games: Pairs play (striking and fielding)	Gymnastics Year 5	Games: on target (net and wall)			OAA: search and rescue
6	Games:	Games: on target (net and wall)	Gymnastics Year 6	Dance Year 6	Yoga	OAA
					Athletics	



Reception PE

Athletics

Running:

- ◇ Experiment with **running, jumping, hopping and stopping**
- ◇ Change dynamics – walk **slowly/quickly**
- ◇ Experience practicing actions to improve
- ◇ **Move with control and co-ordination**
- ◇ Combine basic actions with more advanced spatial awareness

Jumping:

- ◇ Explore the 5 basic jumps with increasing control (**2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot**)
- ◇ **Jump over low barriers**
- ◇ Challenge themselves to **jump further/higher**

Throwing:

- ◇ Apply restrictions e.g. throwing into a specific target
- ◇ Handle equipment safely
- ◇ Perform basic actions using equipment e.g. **rolling, underarm**

Games

Physical Skills:

- ◇ Play on their own and with others, keeping themselves safe by finding free space
- ◇ Become a competent mover so that they can avoid others by controlling their body so they don't fall over i.e. **move forward, sideways and backwards at different speeds with increasing control**
- ◇ Control balls of various sizes & shapes: **carry and release into a target, roll, throw underarm into a target, bounce & catch on the spot and on the move, throw a ball in the air and catch, strike the ball with a foot, hit a ball with a bat into a target**
- ◇ Move into a space or jump to stop a ball
- ◇ Begin to join actions together e.g. **throw then move**

Thinking skills:

- ◇ Watch and copy others who are doing well
- ◇ Choose the best equipment to enable them to play or move well
- ◇ Make simple decisions of where and when to move to receive or defend a ball
- ◇ Choose how to make it difficult for others to beat them
- ◇ Understand that practise is needed in order to improve

Team skills:

- ◇ Join in games with others
- ◇ Take turns
- ◇ Stay within boundaries of games
- ◇ Understand that if they don't play fairly others won't enjoy the activity
- ◇ Understand that joining in activities gives them a good feeling

Gymnastics

Balance:

- **Stand "like a gymnast"**: extend core, legs, hold extended arms above shoulder height in front, up high, out to side, stress the extension of hands and fingers.
- **Sit like a gymnast in "long sit"**: long body - extend core, head up, long legs - show extension and tension in legs, stretch ankles, feet and toes. Rest hands on knees.
- Explore the 5 basic shapes: **straight/tucked/star/straddle/pike**.
- Try balancing in these shapes on large body parts: **back, front, side, bottom**.
- Explore balance on front and back so that extended arms and legs are held off the floor (**arch and dish shapes**).
- Develop balance by showing good tension in the core and **tension and extension** in the arms and legs, hands and feet.

Travel:

- **Explore walking "like a gymnast"**: extend core, legs, hold extended arms above shoulder height in front, up high, out to side, stress the extension of hands and fingers.
- Explore **skipping, side stepping, sliding and crawling**

Jump:

- Introduce **correct landing** position: land on balls of foot, lower heels to floor, soft knees. Feet should be together on landing.
- Explore staying balanced with good core strength to hold body upright when jumping from: **2 to 2 feet, 1 to 2 feet, 2 to 1 foot, 1 to other foot, 1 to same foot**.
- Perform a **straight jump** in the air with a controlled landing – core strength should keep body upright throughout the take off and landing.

Roll:

- **Pencil roll** – from back to front keeping body and limbs in straight shape.
- **Egg roll** – lie on side in tucked shape, holding knees tucked into chest roll onto back and onto other side. Repeat to build up core strength.
- **Dish roll** – with extended arms and legs off the floor, roll from dish to arch shape slowly and with control.

Sequencing:

'Together we are going to make a gymnastic story using our gymnastic friends.'
Using and joining skills above to create routines.

Dance

Compose:

- Spontaneously respond to a variety of stimuli through movement
- Move with appropriate actions and timing in response to a stimuli
- Explore and develop control of movement using:
- Begin to use own ideas to sequence dance
- Begin to sequence and remember a short dance

Perform:

- Show interest by observing or participating in dance activities
- Display high levels of involvement in exploring and performing dance movements
- Maintain attention and concentration when exploring and performing in dance activities
- Demonstrate a rhythmical response which shows increasing co-ordination, strength and control
- Self initiate dance performance
- Express feelings through movement
- Copy and repeat dance actions

Appreciate:

- Demonstrate an appropriate response to a stimuli
- Describe simple dance actions using the appropriate vocabulary
- Express and communicate feelings and preferences in own and others' dance

Actions (WHAT) – **walk, jump, land, hop, skip, stretch, twist, turn**

Space (WHERE) – **forwards, backwards, sideways, high, low, safely showing an awareness of others**

Relationships (WHO) – **copy teacher/performer, on own and beginning to interact with a partner**

Dynamics (HOW) – **slowly, quickly, smoothly, jerkily**



Year 1 PE

Athletics	Games	OAA
<p>Running:</p> <ul style="list-style-type: none">• Run for 1 minute• Show differences in running at speed and jogging <p>Jumping:</p> <ul style="list-style-type: none">• Perform the 5 basic jumps with control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)• Perform combinations of the above• Show control at take-off and landing <p>Throwing:</p> <ul style="list-style-type: none">• Throw into a target• Perform a range of throwing actions e.g. rolling, underarm, overarm	<p>Physical Skills:</p> <ul style="list-style-type: none">• Use space well e.g. move into a space or jump to stop/catch or strike a ball.• Be a competent mover so that they can avoid others by controlling their body i.e. move forward, sideways and backwards at different speeds with control. <p>Thinking skills:</p> <ul style="list-style-type: none">• Make up simple rules with others to make the game enjoyable and challenging.• Have the determination to practise to improve own skills. <p>Team skills:</p> <ul style="list-style-type: none">• Include others in their games.• Begin to recognise what they and others can do well.• Keep to rules so that they and others enjoy an activity.	<p>Orientation:</p> <ul style="list-style-type: none">• Identify where they are on simple maps and diagrams of familiar environments e.g. in relation to position of desk in plan of classroom.• Use simple maps and diagrams to follow a trail. <p>Communication:</p> <ul style="list-style-type: none">• Begin to work and behave safely when working co-operatively with others.

Gymnastics

Balance:

- Continue to develop the balances described in EYFS with **greater strength control**. Encourage the children to hold their balance for a count of 5.
- Develop balance on front and back so that extended arms and legs are held off the floor (**arch and dish shapes**).

Travel:

- Begin to **travel on hands and feet**. In all travelling actions place hands **FLAT** on floor and fully extend arms.
- **Bunny hop** – Explore using a bench.

Jump:

- Explore shape in the air when jumping and landing with control e.g. **star shape** (without arms to begin with) and **tuck shape** (knees to upright chest, not chest down to knees).

Roll:

- Continue to develop control in the **Pencil and Dish rolls**.
- Begin to extend the **Egg roll** into the **Teddy Bear roll** by performing the roll with legs apart (straddle position).

Sequencing: *'Your gymnastic sequence should have: a balance, a travelling action, a jump and a roll.*

Choose your best 2 actions and teach them to a partner.

Now perform your sequence together.'

Dance

Compose:

- Respond appropriately to a variety of stimuli through movement
- Move with appropriate actions and timing in response to a stimuli
- Use own ideas to sequence dance
- Sequence and remember a short dance

Perform:

- Move spontaneously showing some control and co-ordination.
- Move with confidence when e.g. **walking, hopping, jumping, landing**.
- Move with rhythm in the above actions.
- Demonstrates good balance, which comes from an increasing awareness, control and strength in the core when **bending, stretching, twisting and turning**.

Appreciate:

- Use imagination in dance activities.
- Respond in a variety of ways through movement to a range of stimuli.
- Recognise that dance is an enjoyable activity.

Actions (WHAT) – **travel, stretch, twist, turn, jump.**

Space (WHERE) – **forwards, backwards, sideways, high, low, safely showing an awareness of others.**

Relationships (WHO) – **on own and with a partner by teaching each other 2 movements to create a dance with 4 actions.**

Dynamics (HOW) – **slowly, quickly, with appropriate expression.**



Year 2 PE

Athletics	Games	OAA
<p>Running:</p> <ul style="list-style-type: none">• Run for 1 minute.• Show differences in running at speed and jogging.• Describe different ways of running.• Use different techniques to meet challenges.• Explain what is successful or how to improve. <p>Jumping:</p> <ul style="list-style-type: none">• Perform the 5 basic jumps with control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot).• Perform combinations of the above.• Show control at take-off and landing.• Describe different ways of jumping.• Explain what is successful or how to improve. <p>Throwing:</p> <ul style="list-style-type: none">• Throw into targets.• Perform a range of throwing actions e.g. rolling, underarm, overarm.• Describe different ways of throwing.• Explain what is successful or how to improve.	<p>Physical skills:</p> <ul style="list-style-type: none">• Play co-operatively and competitively with a partner/team of 3.• Use space well e.g. move into a space or jump to stop catch or strike a ball.• Be a competent mover so that they can avoid others by controlling their body so they don't fall over i.e. move forward, sideways and backwards at different speeds with control.• Control and make decisions when playing with balls of various sizes & shapes: roll & throw underarm/overarm to a partner, receive balls of various sizes and shapes from a partner, bounce & catch on the spot and on the move, strike & receive the ball with a foot & hit a ball with a bat when playing with a partner. <p>Thinking skills:</p> <ul style="list-style-type: none">• Adapt activities using their own ideas of how to make the game easier /harder/more enjoyable by using STEP• Make up simple rules with others to make the game enjoyable and challenging.• Understand simple tactics to outwit a partner/small team when attacking or defending• Change their intended action in response to their opponent.• Have the determination to practise to improve own skills. <p>Team skills:</p> <ul style="list-style-type: none">• Include others in their games.• Begin to recognise what they and others can do well.• Keep to rules so that they and others enjoy an activity.• Begin to recognise how they and others feel when they find activities easy/difficult, when they win/lose.	<p>Orientation:</p> <ul style="list-style-type: none">• Identify where they are on simple maps and diagrams of familiar environments e.g. in relation to position of desk in plan of classroom.• Use simple maps and diagrams to follow a trail. <p>Communication:</p> <ul style="list-style-type: none">• Begin to work and behave safely when working co-operatively with others.• Work with friends to plan and share ideas.• Comment on how they went about tackling a task. <p>Problem solving:</p> <ul style="list-style-type: none">• Discuss how to follow trails and solve problems.• Work with friends to select appropriate equipment for the task.

Gymnastics

Balance:

- Continue to develop the balances described in EYFS with greater strength control. Encourage the children to **hold their balance for a count of 5**.
- Develop balance on front and back so that extended arms and legs are held off the floor (**arch and dish shapes**).
- **Front support** (press up position) and **back support** (opposite). NB: ensure hands are always **FLAT** on floor and fingers point the same way as toes.

Travel:

- Begin to **travel on hands and feet**. In all travelling actions place hands **FLAT** on floor and fully extend arms.
- **Monkey walk** - take some weight on hands as you travel with bent legs and extended arms.
- **Caterpillar walk** - hips raised so legs swell as arms can be fully extended.
- **Bunny hop** - Using benches to develop control and balance

Jump:

- Explore shape in the air when jumping and landing with control e.g. **star shape** (without arms to begin with) and **tuck shape** (knees to upright chest, not chest down to knees).
- When children demonstrate control of straight, star and tucked shapes, perform **from a bench** - stress keeping body upright, strong core, tension and extension in limbs.

Roll:

- Continue to develop control in the **Pencil and Dish rolls**.
- Begin to extend the **Egg roll** into the **Teddy Bear roll** by performing the roll with legs apart (straddle position). Further extend the Teddy Bear roll by starting sitting in straddle.
- Perform 2 rolls to perform the **full Circle roll**
- **Rock and Roll** (the final phase of the forward roll) - sit in tucked shape holding onto knees, chin to chest; rock back roll forward to sitting position again.
- **Tipper Truck** (the first phase of the forward roll) crouch in tucked shape, feet on floor, hands flat on floor in front. Keep hands and feet still, raise hips in the air to inverted 'V' position.

Sequencing: 'Your gymnastic sequence should have: a balance, a travelling action, a jump and a roll. Choose your best 2 actions and teach them to a partner. Now perform your sequence together.'

Dance

Compose:

- Respond appropriately to a variety of stimuli through movement.
- Move with appropriate actions and timing in response to a stimuli.
- Use own ideas to sequence dance.
- Sequence and remember a short dance.
- Show the spatial awareness to make the transition from whole group/solo dance to duet and back to whole group/solo.

Perform:

- Move spontaneously showing some control and co-ordination.
- Move with confidence when e.g. **walking, hopping, jumping, landing**.
- Move with rhythm in the above actions.
- Demonstrate good balance, which comes from an increasing **awareness, control and strength in the core when bending, stretching, twisting and turning**.
- Move in time with music.
- Co-ordinate arm and leg actions e.g. **march and clap**.
- Interacts with a partner e.g. **holding hands, swapping places, meeting and parting**.

Appreciate:

- Use imagination in dance activities.
- Respond in a variety of ways through movement to a range of stimuli.
- Respond to own work and that of others when exploring ideas, feelings and preferences.
- Recognise that dance is an enjoyable activity.
- Recognise the changes in the body when dancing and how this can contribute to keeping healthy.

Actions (WHAT) - **travel, stretch, twist, turn, jump**.

Space (WHERE) - **forwards, backwards, sideways, high, low, safely showing an awareness of others**.

Relationships (WHO) - **on own and with a partner by teaching each other 2 movements to create a dance with 4 actions**.

Dynamics (HOW) - **slowly, quickly, with appropriate expression**.



Year 3 PE

Athletics	Games	OAA
<p>Running:</p> <ul style="list-style-type: none">• Run smoothly at different speeds• Choose different styles of running of different distances• Pace and sustain their effort over longer distances• Carry out stretching and warm-up safely <p>Jumping:</p> <ul style="list-style-type: none">• Perform combinations of jumps e.g. hop, step, jump showing control and consistency• Choose different styles of jumping <p>Throwing:</p> <ul style="list-style-type: none">• Explore different styles of throwing e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus)• Throw with greater control• Consistently hit a target with a range of implements	<p>Physical skills:</p> <ul style="list-style-type: none">• Keep games going because they have the skill and control to do so e.g. throw and catch in different ways, choosing the right time to pass, selecting the best place to pass to a team mate or to outwit an opponent, join actions together like move, receive, shoot• Send and receive a ball with hands, feet, racquet and bat with increasing accuracy to a target, space or team mate• Use space well by finding and moving into a free space/passing to team mates when they are in a good space <p>Thinking skills:</p> <ul style="list-style-type: none">• understand own and others' strengths and weaknesses and have the confidence to practise to improve• understand how to take responsibility for their own and others' safety when playing games <p>Team skills:</p> <ul style="list-style-type: none">• Keep possession of the ball• Keep to the rules so that they and others enjoy and are challenged• Encourage team mates to do well• Accept winning and losing as part of games	<p>Orientation:</p> <ul style="list-style-type: none">• Orientate simple maps and plans• Find their way back to a base point <p>Communication:</p> <ul style="list-style-type: none">• Take responsibility for a role within the group• Recognise that some outdoor adventurous activities can be dangerous• Follow rules to keep self and others safe

Gymnastics

Balance:

- **Front support** (press up position) and **back support** (opposite). NB: ensure hands are always **FLAT** on floor and fingers point the same way as toes).
- Explore balancing on **combinations of 1/2/3/4 "points"** e.g. **2 hands and 1 foot, head and 2 hands in a tucked head stand.**
- Balance on floor and apparatus exploring which body parts are the safest to use.

Travel:

- **Bunny hop** – transfer weight to hands and jump feet off floor keeping knees tucked into chest. Next, reach extended arms forward followed by knees tucked into chest then land on feet. Explore bunny hop along and over a bench.
- Use a variety of **rolling actions** to travel on the floor and along apparatus.
- Travel with a partner: **move away from and together on the floor and on apparatus.**
- Travel at different speeds e.g. **move slowly into a balance, travel quickly before jumping.**

Jump:

- When children demonstrate control of **straight, star and tucked shapes**, perform **from a bench** – stress keeping body upright, strong core, tension and extension in limbs.
- Add a **quarter or half turn** into a jump before landing. Do this first on the floor and when sufficiently controlled, perform off apparatus.

Roll:

- Continue to develop control in the **Pencil, Dish, Teddy Bear & Rock and Roll** rolling actions on the floor, off and along apparatus or in time with a partner.
- Combine the phases of earlier rolling actions to perform the **full forward roll.**
- **Backward rolls** – **Rock and Roll** (the first phase of the roll) begin by sitting in tucked shape on mat holding hands beside ears to make 'bunny ears'. Rock back keeping knees and chin tucked in and place palms flat on floor beside head, roll forwards into tucked position.

Sequencing: 'Your sequence should show clear changes of speed. Link 3 different balances with 3 different ways of travelling.'

Dance

Compose:

- Respond to a variety of stimuli
- Explore and experiment with movement ideas and possibilities
- Create dance phrases and dances
- Develop movement using:

Perform:

- Perform their dance to an audience showing confidence
- Show co-ordination, control and strength (Technical Skills)
- Show focus, projection and musicality (Expressive Skills)
- Copy, repeat and remember movement, developing movement memory

Appreciate:

- Show an awareness of different dance styles and traditions
- Understand and use simple dance vocabulary
- Understand why safety is important in the studio
- Compare and comment on their own and others work

Actions (WHAT): travel, turn, gesture, jump, & stillness

Space (WHERE): formation, direction & levels

Relationships (WHO): whole group/duo/solo, unison/canon

Dynamics (HOW): explore speed, energy(e.g. heavy/light)

Choreographic devices: motif, motif development & repetition



Year 4 PE

Athletics	Games	OAA
<p>Running:</p> <ul style="list-style-type: none">• Run smoothly at different speeds• Choose different styles of running of different distances• Recognise and record how the body works in different types of challenges over different distances• With guidance, set realistic targets of times to achieve over a short and longer distance• Carry out stretching and warm-up safely• Pace and sustain their effort over longer distances• Watch and describe specific aspects of running e.g. what arms and legs are doing <p>Jumping:</p> <ul style="list-style-type: none">• Perform combinations of jumps e.g. hop, step, jump showing control and consistency• Choose different styles of jumping• Watch and describe specific aspects of jumping e.g. what arms and legs are doing• With guidance, set realistic targets when jumping for distance for or height <p>Throwing:</p> <ul style="list-style-type: none">• Explore different styles of throwing e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus)• Throw with greater control• Consistently hit a target with a range of implements• Watch and describe specific aspects of throwing e.g. what arms and legs are doing• With guidance, set realistic targets when throwing over an increasing distance and understand that some implements will travel further than others	<p>Physical skills:</p> <ul style="list-style-type: none">• Keep games going because they have the skill and control to do so e.g. throw and catch in different ways, choosing the right time to pass, selecting the best place to pass to a team mate or to outwit an opponent, join actions together like move, receive, shoot• Send and receive a ball with hands, feet, racquet and bat with increasing accuracy to a target, space or team mate• Use space well by finding and moving into a free space/ passing to team mates when they are in a good space• Develop a range of defence and attacking skills in invasion, net/wall, striking/fielding type games• Have the confidence to try out new skills and recognise which skills they need to practise <p>Thinking skills:</p> <ul style="list-style-type: none">• with others, decide and try out different ideas/tactics to outwit an opponent in defence and attack• understand own and others' strengths and weaknesses and have the confidence to practise to improve• understand how to take responsibility for their own and others' safety when playing games• adapt and make up rules to suit the equipment/space/ targets used <p>Team skills:</p> <ul style="list-style-type: none">• keep possession of the ball• select different positions in the team based on strengths of players• agree on their own rules to suit the equipment• keep to the rules so that they and others enjoy and are challenged• encourage team mates to do well• accept winning and losing as part of games	<p>Orientation:</p> <ul style="list-style-type: none">• Orientate simple maps and plans• Mark control points in correct position on their map or plan (e.g. where they find an object when following a photo trail)• Find their way back to a base point <p>Communication:</p> <ul style="list-style-type: none">• Co-operate to share roles within a group• Listen to each other's ideas when planning a task• Change your ideas if they are not working• Take responsibility for a role within the group• Recognise that some outdoor adventurous activities can be dangerous• Follow rules to keep self and others safe <p>Problem solving:</p> <ul style="list-style-type: none">• Select appropriate equipment/route/people to solve a problem successfully• Choose effective strategies and change ideas if not working

Gymnastics

Balance:

- Challenge balance and use of core strength by exploring and developing use of upper body strength taking weight on hands and feet – **front support** (press up position) and **back support** (opposite).
- Explore balancing on **combinations of 1/2/3/4 "points"** e.g. **2 hands and 1 foot, head and 2 hands in a tucked head stand.**
- Balance on floor and apparatus exploring **which body parts are the safest to use.**
- Explore balancing with a partner: **facing, beside, behind and on different levels.**
- **Move in and out of balance fluently.**

Travel:

- **Bunny hop** – Explore bunny hop along and over a bench.
- Use a variety of **rolling actions** to travel on the floor and along apparatus.
- **Travel with a partner:** move away from and together on the floor and on apparatus.
- **Travel at different speeds** e.g. move slowly into a balance, travel quickly before jumping.
- Travel in different pathways on the floor and using apparatus, **explore different entry and exit points other than travelling in a straight line on apparatus.**

Jump:

- When children demonstrate control of **straight, star and tucked shapes**, perform **from a bench**
- Explore leaping forward in **stag jump**, taking off from one foot and landing on the other. Try on floor and along bench controlling take-off and landing.
- Add a quarter or half turn into a jump before landing. Do this first on the floor and when sufficiently controlled, perform off apparatus.

Roll:

- Continue to develop control in the **Pencil, Dish, Teddy Bear & Rock and Roll** rolling actions on the floor, off and along apparatus or in time with a partner.
- Combine the phases of earlier rolling actions to perform the **full forward roll.**
- **Backward rolls** – **Rock and Roll** (the first phase of the roll) begin by sitting in tucked shape on mat holding hands beside ears to make 'bunny ears'.

Sequencing: 'Your sequence should show clear changes of speed.'

Link 3 different balances with 3 different ways of travelling.

Work with a partner to create a sequence. From your starting shape move together by e.g. travelling on hands and feet, rolling, jumping. Then you must move apart to finish. Your sequence should contain 4 elements and you must travel in an "L" shaped pathway.'

Dance

Compose:

- Respond to a variety of stimuli
- Explore and experiment with movement ideas and possibilities
- Create dance phrases and dances
- Select appropriate movement material showing an idea/thought/feeling
- Structure a dance phrase, connecting different ideas showing a clear beginning, middle and end
- Musicality

Perform:

- Perform their dance to an audience showing confidence
- Show co-ordination, control and strength (Technical Skills)
- Show focus, projection and musicality (Expressive Skills)
- Demonstrate different dance actions – **travel, turn, gesture, jump, & stillness**
- Demonstrate dynamic qualities – **speed, energy & continuity**
- Demonstrate use of space – **levels, directions, pathways & body shape**
- Demonstrate different relationships – **mirroring, unison, canon, complementary & contrasting**
- Copy, repeat and remember movement, developing movement memory

Appreciate:

- Show an awareness of different dance styles and traditions
- Understand and use simple dance vocabulary
- Understand why safety is important in the studio
- Compare and comment on their own and others work
- Identify strengths and areas for improvement using simple dance vocabulary
- Evaluate experiences and outcomes and set goals for their own development
- Discuss aesthetic qualities of dance, making judgements related to design, costume, stimuli and content

Actions (WHAT): **travel, turn, gesture, jump, & stillness**

Space (WHERE): **formation, direction & levels**

Relationships (WHO): **whole group/duo/solo, unison/canon**

Dynamics (HOW): **explore speed, energy(e.g. heavy/light)**

Choreographic devices: **motif, motif development & repetition**



Year 5 PE

Athletics	Games	OAA
<p>Running:</p> <ul style="list-style-type: none">• Sustain pace over longer distance - 2 minutes• Relay change-overs• Set realistic targets for self, of times to achieve over a short and longer distance• Perform a range of warm-up exercises specific to running for short and longer distances <p>Jumping:</p> <ul style="list-style-type: none">• Demonstrate a range of jumps showing power and control and consistency at both take-off and landing• Set realistic targets for self, when jumping for distance for or height <p>Throwing:</p> <ul style="list-style-type: none">• Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus• Organise small groups to SAFELY take turns when throwing and retrieving implements• Set realistic targets for self, when throwing over an increasing distance	<p>Physical skills:</p> <ul style="list-style-type: none">• Pass, control, dribble and shoot with accuracy and fluency while on the move• Send and receive a ball with hands, feet, racket and bat with accuracy to a target, space or team mate in traditional NGB's mini versions of invasion, net/wall, striking/fielding games e.g. Tag Rugby, High 5 Netball, Football, Basketball, Qwik Cricket, Mini Tennis, Rounders <p>Thinking skills:</p> <ul style="list-style-type: none">• understand own and others' strengths and weaknesses and how to choose the most competent person for a specific role within the team• make decisions quickly in a game• change tactics/roles as necessary for the success of the whole team <p>Team skills:</p> <ul style="list-style-type: none">• understand and keep to the rules of the games described above to enable the game to flow and keep players safe• select different positions in the team based on strengths of players• control the feelings experienced e.g. nervousness /excitement / disappointment to help themselves and others enjoy the games	<p>Orientation:</p> <ul style="list-style-type: none">• Draw their own maps and plans and set trails for others to follow• Use the eight points of the compass to orientate themselves <p>Communication:</p> <ul style="list-style-type: none">• Work increasingly well in groups where roles and responsibilities are understood• Recognise own and others' feelings• Recognise and talk about the dangers of tasks• Recognise how to keep themselves and others safe <p>Problem solving:</p> <ul style="list-style-type: none">• Recognise what went well and why, what you would do differently next time

Gymnastics

Balance:

- Perform **balances with control, showing good body tension.**
- **Mirror and match partner's balance** i.e. making same shape on a different level or in a different place.
- Explore **symmetrical and asymmetrical balances** on own and with a partner.
- Explore and develop control in **taking some/all of a partner's weight** using **counter balance** (pushing against) and **counter tension** (pulling away from).
- Perform a range of **acrobatic balances** with a partner on the floor and on **different levels on apparatus.**

Travel:

- Travel sideways in a **bunny hop** and develop into **cartwheeling action** keeping **knees tucked in and by placing one hand then the other on the floor.**
- Next extend legs further into **cartwheeling action**

Jump:

- Make **symmetrical and asymmetrical shapes in the air.**
- **Jump along, over and off apparatus of varying height with control in the air and on landing.**

Roll:

- **Explore different starting and finishing positions when rolling** e.g. forward roll from a straddle position on feet and end in a straddle position on floor or feet.
- Begin a **backward roll from standing in a straight position, ending in a straddle position on feet.** Explore symmetry and asymmetry throughout the rolling actions.

Sequencing: 'Work with a partner to create a sequence of up to 8 elements. Your sequence should include changes of direction and level and show mirroring and matching shapes and balances.'

Dance

Compose:

- Respond to a variety of stimuli
- Explore and experiment with movement ideas and possibilities
- Create longer and challenging dance phrases and dances
- Select appropriate movement material to express ideas/thoughts/feelings
- **Musicality**

Perform:

- Perform their dance to an audience **showing confidence and clarity of actions**
- Show **co-ordination, control, alignment, flow of energy and strength (Technical Skills)**
- Show focus, projection, sense of style and musicality (Expressive Skills)
- Demonstrate a wide range of dance actions – **travel, turn, gesture, jump, & stillness**
- Demonstrate use of space – **levels, directions, pathways, size & body shape**
- Demonstrate different relationships – **mirroring, unison, canon, complementary & contrasting, body part to body part and physical contact**
- Copy, repeat and remember complex movement, developing movement memory

Appreciate:

- Show an awareness of different dance styles, traditions and aspects of their historical/social context
- Understand and use dance vocabulary
- Understand why safety is important in the studio
- Compare and comment on their own and others work
- Identify strengths and areas for improvement using dance vocabulary
- Evaluate experiences and outcomes and set goals for their own development
- Discuss aesthetic qualities of dance, making judgements related to design, costume, stimuli and content
- Take on board feedback and deal positively with praise and criticism

Actions (WHAT): travel, turn, gesture, jump, & stillness

Space (WHERE): formation, direction, level & pathways

Relationships (WHO): solo/duo/trio, unison/canon/contrast

Dynamics (HOW) explore speed, energy(e.g. heavy/light, flowing/sudden)

Choreographic devices: motif, motif development, repetition, retrograde (performing motifs in reverse)



Year 6 PE

Athletics	Games	OAA
<p>Running:</p> <ul style="list-style-type: none">• Sustain pace over longer distance – 2 minutes• Relay change-overs• Set realistic targets for self, of times to achieve over a short and longer distance• Identify the main strengths of a performance of self and others• Identify the main strengths of a performance of self and others• Perform a range of warm-up exercises specific to running for short and longer distances• Explain how warming up affects performance• Explain why athletics can help stamina and strength <p>Jumping:</p> <ul style="list-style-type: none">• Demonstrate a range of jumps showing power and control and consistency at both take-off and landing• Set realistic targets for self, when jumping for distance for or height <p>Throwing:</p> <ul style="list-style-type: none">• Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus• Organise small groups to SAFELY take turns when throwing and retrieving implements• Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others	<p>Physical skills:</p> <ul style="list-style-type: none">• Pass, control, dribble and shoot with accuracy and fluency while on the move• Send and receive a ball with hands, feet, racquet and bat with accuracy to a target, space or team mate in traditional NGB's mini versions of invasion, net/wall, striking/fielding games e.g. Tag Rugby, High 5 Netball, Football, Basketball, Qwik Cricket, Mini Tennis, Rounders• Demonstrate the confidence and competence to successfully take part in the range of games as described above• Demonstrate the perseverance to improve <p>Thinking skills:</p> <ul style="list-style-type: none">• understand own and others' strengths and weaknesses and how to choose the most competent person for a specific role within the team• make decisions quickly in a game• change tactics/roles as necessary for the success of the whole team• understand the transference of skills from one type of game to another and apply appropriately• reflect on own and others' performance to help improve personal and team skills and performance <p>Team skills:</p> <ul style="list-style-type: none">• understand and keep to the rules of the games described above to enable the game to flow and keep players safe• select different positions in the team based on strengths of players• challenge and encourage each other to perform to the best of their ability• control the feelings experienced e.g. nervousness / excitement / disappointment to help themselves and others enjoy the games	<p>Orientation:</p> <ul style="list-style-type: none">• Draw their own maps and plans and set trails for others to follow• Use the eight points of the compass to orientate themselves• Plan before starting an orienteering challenge <p>Communication:</p> <ul style="list-style-type: none">• Together, plan and share roles within the group based on each other's strengths• Work increasingly well in groups where roles and responsibilities are understood• Change roles or ideas if they are not working• Recognise own and others' feelings• Recognise and talk about the dangers of tasks <p>Recognise how to keep themselves and others safe</p> <p>Problem solving:</p> <ul style="list-style-type: none">• Plan strategies to solve problems/plan routes/follow trails/build shelters etc.• Implement and refine strategies <p>•Recognise what went well and why, what you would do differently next time.</p>

Gymnastics

Balance:

- Perform balances with control, showing good body tension.
- Mirror and match partner's balance i.e. making same shape on a different level or in a different place.
- Explore symmetrical and asymmetrical balances on own and with a partner.
- Explore and develop control in taking some/all of a partner's weight using counter balance (pushing against) and counter tension (pulling away from).
- Perform a range of acrobatic balances with a partner on the floor and on different levels on apparatus.
- Perform group balances at the beginning, middle or end of a sequence. Consider how to move in and out of these balances with fluency and control.
- Begin to take more weight on hands when progressing bunny hop into hand stand.

Travel:

- Travel sideways in a bunny hop and develop into cartwheeling action keeping knees tucked in and by placing one hand then the other on the floor.
- Next extend legs further into cartwheeling action i.e. right hand followed by left hand, followed by left foot, followed by right foot. Always keep arms and legs fully extended and tense to support weight.
- Increase the variety of pathways, levels and speeds at which you travel.
- Travel in time with a partner, move away from and back to a partner.

Jump:

- Make symmetrical and asymmetrical shapes in the air.
- Jump along, over and off apparatus of varying height with control in the air and on landing.

Roll:

- Explore different starting and finishing positions when rolling e.g. forward roll from a straddle position on feet and end in a straddle position on floor or feet.
- Begin a backward roll from standing in a straight position, ending in a straddle position on feet.
- Explore symmetry and asymmetry throughout the rolling actions.

Sequencing: 'Work with a partner to create a sequence of up to 8 elements. Work in a group of 4 to 6 people to create a longer more complex sequence of up to 10 elements.

Your sequence may include: e.g. a combination of counter balance/counter tension, twisting/turning, travelling on hands and feet, as well as jumping and rolling. Your sequence should demonstrate different ways of working with a partner or within your group e.g. starting together/apart, moving apart/together, matching/mirroring, contrasting shape, speed, level or timing.'

Dance

Compose:

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- Explore and experiment with movement ideas and possibilities
- Create longer and challenging dance phrases and dances
- Select appropriate movement material to express ideas/thoughts/feelings
- Musicality

Perform:

- Perform their dance to an audience showing confidence and clarity of actions
- Show co-ordination, control, alignment, flow of energy and strength (Technical Skills)
- Show focus, projection, sense of style and musicality (Expressive Skills)
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Actions (WHAT): travel, turn, gesture, jump, & stillness

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Choreographic devices: motif, motif development, repetition, retrograde (performing motifs in reverse)