

Aspiring to inspire others towards excellence, developing as individuals together in a distinctively Christian environment.

**I Corinthians, 12:14 “For the body is not one member, but many”.**



## PE Long Term Plan

Wednesday PE lessons

Friday PE lessons

SRT Dance sessions

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<p><b>Physical Development: Gross Motor Skills</b>                      Negotiate space and obstacles safely, with consideration for themselves and others.                      Demonstrate strength, balance and coordination when playing.                      Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p><b>Expressive Arts and Design: Being Imaginative and Expressive</b>                      Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</p>					
<b>ELG</b>	<p><b>Physical Development: Moving and Handling</b>                      Show good control and co-ordination in large and small movements.                      Move confidently in a range of ways, safely negotiating space.</p> <p><b>Physical Development: Health and Self Care</b>                      Know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p> <p><b>Expressive Arts and Design: Being Imaginative and Expressive</b>                      Represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.</p>					
<b>Year 1</b>	<p><b>Wed: Tag rugby</b></p> <p><b>Fri: Football</b>                      I can travel with a ball in different ways and directions with control and fluency                      I can pass the ball to another player in a game                      I can use kicking skills in a game</p>	<p><b>Wed: Basketball</b>                      I can catch and bounce a ball                      I can use rolling skills in a game                      I can practice accurate throwing and consistent catching                      I can travel with a ball in different ways and directions with control and fluency</p>	<p><b>Wed: Hockey</b>                      I can travel with a ball in different ways and directions with control and fluency                      I can pass the ball to another player in a game                      I can use kicking skills in a game                      I can begin to use space in a game</p>	<p><b>Wed: Netball</b>                      I can throw underarm and overarm                      I can catch and bounce a ball                      I can use rolling skills in a game                      I can practise accurate throwing and consistent catching                      I can travel with a ball in different ways and</p>	<p><b>Wed: Tennis</b></p> <p><b>Fri: Rounders</b>                      I can use hitting skills in a game                      I can practice basic striking, sending and receiving                      I can throw underarm and overarm</p>	<p><b>Wed: Athletics</b>                      I can vary pace and speed when running                      I can run over distances                      I can show good posture, balance and maintain control when changing direction while jogging and sprinting                      I can jog and sprint in a straight line and change direction</p>

	<p>I can begin to use space in a game  I can begin to use the terms attacking and defending  I can use simple attacking and defending techniques  I can follow simple rules to play games  I can engage in competitive activities and team games</p>	<p>I can pass the ball to another player in a game  I can use kicking skills in a game  I can begin to use space in a game  I can begin to use the terms attacking and defending  I can use simple attacking and defending techniques  I can follow simple rules to play games  I can engage in competitive activities and team games</p> <p><b>SRT (3 sessions):</b>  <b>Dance</b>  I can copy and repeat simple actions  I can put together a short sequence of repeating actions  I can use simple choreographic devices  I can vary the speed of my actions  I can begin to independently create a simple dance</p>	<p>I can begin to use the terms attacking and defending  I can use simple attacking and defending techniques  I can follow simple rules to play games  I can engage in competitive activities and team games</p> <p><b>Fri: Gymnastics</b>  I can travel in different ways using objects and equipment  I can copy and repeat sequences with three movements  I can carry out simple stretches and balances, holding still  I can create and perform actions and link these together to make a sequence  I can begin to move with care and control</p>	<p>directions with control and fluency  I can pass the ball to another player in a game  I can use kicking skills in a game  I can begin to use space in a game  I can begin to use the terms attacking and defending  I can use simple attacking and defending techniques  I can follow simple rules to play games  I can engage in competitive activities and team games</p> <p><b>SRT (3 sessions):</b>  <b>Dance</b>  See AUT2 for objectives</p>	<p>I can catch and bounce a ball  I can use rolling skills in a game  I can practice accurate throwing and consistent catching  I can travel with a ball in different ways and directions with control and fluency  I can pass the ball to another player in a game  I can use kicking skills in a game  I can begin to use space in a game  I can begin to use the terms attacking and defending  I can use simple attacking and defending techniques  I can follow simple rules to play games  I can engage in competitive activities and team games</p>	<p>I can perform different types of jumps, including in a jumping sequence  I can land safely and with control  I can work with a partner to develop control of their jumps  I can throw a ball towards a target with increasing accuracy and improve the distance I throw by using more power  I can engage in competitive activities and team games</p> <p><b>SRT (3 sessions):</b>  <b>Dance</b>  See AUT2 for objectives</p>
<p><b>Year 2</b></p>	<p><b>Wed: Tag rugby</b></p> <p><b>Fri: Football</b>  I can strike or hit a ball with increasing control, including bouncing and kicking when moving  I can learn skills for playing striking and fielding games  I can position the body to strike a ball  I can throw different types of equipment in different</p>	<p><b>Wed: Basketball</b>  I can strike or hit a ball with increasing control, including bouncing and kicking when moving  I can learn skills for playing striking and fielding games  I can position the body to strike a ball  I can throw different types of equipment in different ways for accuracy and control</p>	<p><b>Wed: Hockey</b>  I can strike or hit a ball with increasing control, including bouncing and kicking when moving  I can learn skills for playing striking and fielding games  I can position the body to strike a ball  I can throw different types of equipment in different ways for accuracy and control</p>	<p><b>Wed: Netball</b>  I can strike or hit a ball with increasing control, including bouncing and kicking when moving  I can learn skills for playing striking and fielding games  I can position the body to strike a ball  I can throw different types of equipment in different ways for accuracy and control</p>	<p><b>Wed: Tennis</b>  I can strike or hit a ball with increasing control, including bouncing and kicking when moving  I can learn skills for playing striking and fielding games  I can position the body to strike a ball  I can throw different types of equipment in different ways for accuracy and control</p>	<p><b>Wed: Athletics</b>  I can maintain control when running at different paces and distances and describe the different paces  I can vary my stride lengths  I can travel at different speeds and begin to select the most suitable pace and speed for distance  I can complete an obstacle course</p>

<p>ways for accuracy and control I can throw, catch and bounce a ball with a partner I can use throwing and catching skills in a game, including throwing for distance I can use hand-eye coordination to control a ball I can vary the types of throw used I can use kicking and dribbling skills in a game and know how to pass the ball in different ways I can use different ways of travelling at speed and follow different directions I can change speed and direction when running I can begin to choose and use the best space in a game I can begin to use and understand the terms attacking and defending I can use at least one technique to attack and defend when playing a game I can understand the importance of rules in a game</p>	<p>I can throw, catch and bounce a ball with a partner I can use throwing and catching skills in a game, including throwing for distance I can use hand-eye coordination to control a ball I can vary the types of throw used I can use kicking and dribbling skills in a game and know how to pass the ball in different ways I can use different ways of travelling at speed and follow different directions I can change speed and direction when running I can begin to choose and use the best space in a game I can begin to use and understand the terms attacking and defending I can use at least one technique to attack and defend when playing a game I can understand the importance of rules in a game</p> <p><b>SRT (3 sessions): Dance</b> I can copy, remember and repeat simple dance actions I can create a short dance motif that is inspired by a stimulus I can vary the speed and level of my actions I can use simple choreographic devices</p>	<p>I can throw, catch and bounce a ball with a partner I can use throwing and catching skills in a game, including throwing for distance I can use hand-eye coordination to control a ball I can vary the types of throw used I can use kicking and dribbling skills in a game and know how to pass the ball in different ways I can use different ways of travelling at speed and follow different directions I can change speed and direction when running I can begin to choose and use the best space in a game I can begin to use and understand the terms attacking and defending I can use at least one technique to attack and defend when playing a game I can understand the importance of rules in a game</p> <p><b>Fri: Gymnastics</b> I can hold still shapes and balances on different parts of my body I can copy, remember and explore actions and movements I can make my own sequence, linking my actions and movements</p>	<p>I can throw, catch and bounce a ball with a partner I can use throwing and catching skills in a game, including throwing for distance I can use hand-eye coordination to control a ball I can vary the types of throw used I can use kicking and dribbling skills in a game and know how to pass the ball in different ways I can use different ways of travelling at speed and follow different directions I can change speed and direction when running I can begin to choose and use the best space in a game I can begin to use and understand the terms attacking and defending I can use at least one technique to attack and defend when playing a game I can understand the importance of rules in a game</p> <p><b>SRT (3 sessions): Dance</b> See AUT2 for objectives</p>	<p>I can throw, catch and bounce a ball with a partner I can use throwing and catching skills in a game, including throwing for distance I can use hand-eye coordination to control a ball I can vary the types of throw used I can use kicking and dribbling skills in a game and know how to pass the ball in different ways I can use different ways of travelling at speed and follow different directions I can change speed and direction when running I can begin to choose and use the best space in a game I can begin to use and understand the terms attacking and defending I can use at least one technique to attack and defend when playing a game I can understand the importance of rules in a game</p> <p><b>SRT (3 sessions): Dance</b> See AUT2 for objectives</p>	<p>I can throw, catch and bounce a ball with a partner I can use throwing and catching skills in a game, including throwing for distance I can use hand-eye coordination to control a ball I can vary the types of throw used I can use kicking and dribbling skills in a game and know how to pass the ball in different ways I can use different ways of travelling at speed and follow different directions I can change speed and direction when running I can begin to choose and use the best space in a game I can begin to use and understand the terms attacking and defending I can use at least one technique to attack and defend when playing a game I can understand the importance of rules in a game</p> <p><b>Fri: Rounders</b> I can strike or hit a ball with increasing control, including bouncing and kicking when moving I can learn skills for playing striking and fielding games I can position the body to strike a ball</p>	<p>I can run with basic technique and follow a curved line I can perform and compare different types of jumps I can combine different jumps with increasing fluency and control I can jump for distance from a starting position and investigate and select the most appropriate jump to cover a distance I know that leg muscles are used when jumping I can throw different types of equipment in different ways I can throw with accuracy at different heights I can investigate ways to alter my throwing technique to achieve greater distance</p> <p><b>SRT (3 sessions): Dance</b> See AUT2 for objectives</p>
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		<p>I can link actions within my dance motif</p> <p>I can improve the actions within my dance to be more in time with the music</p>	<p>with increasing control and care</p> <p>I can travel and jump in a variety of ways, with increasing control, care and balance</p>		<p>I can throw different types of equipment in different ways for accuracy and control</p> <p>I can throw, catch and bounce a ball with a partner</p> <p>I can use throwing and catching skills in a game, including throwing for distance</p> <p>I can use hand-eye coordination to control a ball</p> <p>I can vary the types of throw used</p> <p>I can use kicking and dribbling skills in a game and know how to pass the ball in different ways</p> <p>I can use different ways of travelling at speed and follow different directions</p> <p>I can change speed and direction when running</p> <p>I can begin to choose and use the best space in a game</p> <p>I can begin to use and understand the terms attacking and defending</p> <p>I can use at least one technique to attack and defend when playing a game</p> <p>I can understand the importance of rules in a game</p>	
<b>Year 3</b>	<p><b>Wed: Tag rugby</b></p> <p><b>Fri: Football</b></p>	<p><b>Wed: Basketball</b></p> <p><b>SRT (3 sessions):</b></p> <p><b>Dance</b></p> <p>I can begin to improvise with a partner to create a simple dance.</p>	<p><b>Wed: Hockey</b></p> <p><b>Fri: Gymnastics</b></p> <p>I can choose ideas to compose a sequence independently, paired and within a small group</p>	<p><b>Wed: Netball</b></p> <p><b>SRT (3 sessions):</b></p> <p><b>Dance</b></p> <p>See AUT2 for objectives</p>	<p><b>Wed: Tennis</b></p> <p><b>Fri: Rounders</b></p>	<p><b>Wed: Athletics</b></p> <p>I can identify and demonstrate how different techniques affect my performance</p>

		<p>I can create motifs from different stimuli.</p> <p>I can begin to compare and adapt movements and motifs to create a larger sequence</p> <p>I can use simple dance vocabulary to compare and improve work</p> <p>I can perform with some awareness of rhythm and expression</p>	<p>I can link a combination of actions with increasing confidence and change direction, speed and level</p> <p>I can develop the quality of my actions, shapes and balances</p> <p>I can move with coordination, control and care and begin to show flexibility</p> <p>I can use turns and a range of jumps when travelling in a variety of ways within my sequence</p> <p>I can create interesting body shapes whilst holding balances with control and confidence</p> <p>I can begin to use equipment to vault</p>			<p>I can focus on my arm and leg actions to improve my sprinting performance</p> <p>I can begin to combine running with jumping over hurdles and use trail leg and lead leg</p> <p>I can understand the importance of adjusting pace to suit the distance I am running</p> <p>I can use one or both of my feet to take off and land with</p> <p>I can develop an effective take-off and flight phase for the standing long jump</p> <p>I can land safely and with control</p> <p>I can throw with greater control and accuracy when completing the overarm and push throw</p> <p><b>SRT (3 sessions):</b> <b>Dance</b> See AUT2 for objectives</p>
<b>Year 4</b>	<p><b>Wed: Tag rugby</b> <b>SRT (3 sessions):</b> <b>Dance</b></p> <p>I can identify and repeat the patterns and actions of a chosen dance style</p> <p>I can compose a dance that reflects the dance style, demonstrating precision and control</p> <p>I can confidently improvise with a partner or independently and change parts of my dance as a result of self-evaluation</p> <p>I can compose longer dance sequences within a</p>	<p><b>Wed: Basketball</b> <b>Fri: Football</b></p>	<p><b>Wed: Hockey</b> <b>SRT (3 sessions):</b> <b>Dance</b></p> <p>See AUT1 for objectives</p>	<p><b>Wed: Netball</b> <b>Fri: Gymnastics</b></p> <p>I can create a sequence of actions that fit a theme, demonstrating strength, flexibility and technique</p> <p>I can use an increasing range of actions, directions and levels within my sequences</p> <p>I can move with clarity, fluency and expression and improve the placement and alignment of body parts when balancing</p>	<p><b>Wed: Tennis</b> <b>SRT (3 sessions):</b> <b>Dance</b></p> <p>See AUT1 for objectives</p>	<p><b>Wed: Athletics</b></p> <p>I can confidently demonstrate an improved technique for sprinting</p> <p>I can carry out an effective sprint finish</p> <p>I can perform a relay, focusing on the baton changeover technique</p> <p>I can speed up and slow down smoothly</p> <p>I can learn how to combine a hop, step and jump to perform the standing triple jump</p> <p>I can land safely and with control</p>

	<p>small group, demonstrating rhythm and spatial awareness</p> <p>I can use simple dance vocabulary when comparing and improving my work</p>			<p>I can carry out balances and recognise the position of my centre of gravity and how this affects my balance</p> <p>I can travel in different ways, including using flight</p>		<p>I can begin to measure the distance jumped and the distance thrown</p> <p>I can perform a pull throw</p> <p>I can continue to develop techniques to throw for increased distance</p> <p><b>Fri: Rounders</b></p>
<b>Year 5</b>	<p><b>Wed: Tag rugby</b> <b>SRT (3 sessions):</b> <b>Dance</b></p> <p>I can identify and repeat the patterns and actions of a chosen dance style</p> <p>I can compose individual, paired and group dances that reflect the dance style</p> <p>I can develop an awareness of my use of space and show a change of pace and timing</p> <p>I can demonstrate imagination and creativity in my movements</p> <p>I can improvise with confidence and fluency and use smooth transitions to ensure my actions fit the rhythm of the music</p> <p>I can modify parts of a sequence as a result of self and peer evaluation</p> <p>I can use more complex dance vocabulary to compare and improve my work</p>	<p><b>Wed: Basketball</b> <b>Fri: Football</b></p>	<p><b>Wed: Hockey</b> <b>SRT (3 sessions):</b> <b>Dance</b></p> <p>See AUT1 for objectives</p>	<p><b>Wed: Netball</b> <b>Fri: Gymnastics</b></p> <p>I can select ideas to compose specific sequences of movements, shapes and balances, including using equipment</p> <p>I can apply skills and techniques consistently and adapt my sequence to fit new suggestions and criteria</p> <p>I demonstrate strength, technique and flexibility when performing jumps, shapes and balances</p> <p>I can confidently develop the placement of my body parts when balancing and recognise the position of my centre of gravity and where it should be in relation to the base of my balance</p> <p>I can confidently use equipment to vault in a variety of ways</p>	<p><b>Wed: Tennis</b> <b>SRT (3 sessions):</b> <b>Dance</b></p> <p>See AUT1 for objectives</p>	<p><b>Wed: Athletics</b></p> <p>I can accelerate from a variety of starting positions and select a preferred position</p> <p>I can identify the reaction times when performing a sprint start</p> <p>I can continue to practise and refine my techniques for sprinting, focussing on an effective sprint start</p> <p>I can select the most suitable pace for the distance and my fitness levels in order to maintain a sustained run</p> <p>I can identify and demonstrate stamina, explaining its importance for runners</p> <p>I can improve technique for jumping for distance</p> <p>I can perform an effective standing long jump and standing triple jump with increased confidence</p> <p>I can develop an effective technique for the standing vertical jump including take-off and flight</p> <p>I can land safely and with control</p>

						<p>I can measure the distance and height jumped with accuracy</p> <p>I can investigate different jumping techniques</p> <p>I can perform a fling throw</p> <p>I can throw a variety of implements using a range of throwing techniques</p> <p>I can consistently perform and apply skills and techniques with accuracy and control</p> <p>I can take part in competitive games with a strong understanding of tactics and composition</p> <p><b>Fri: Rounders</b></p>
<b>Year 6</b>	<p><b>Wed: Tag rugby</b> <b>SRT (3 sessions):</b> <b>Dance</b></p> <p>I can identify and repeat the patterns and actions of a chosen dance style</p> <p>I can compose individual, paired and group dances that reflect the dance style</p> <p>I can use dramatic expression in my dance movements and show a change of pace and timing</p> <p>I can perform with confidence, using a wide range of precise, controlled, rhythmic movements</p> <p>I can combine flexibility, techniques and movements to create a fluent sequence</p> <p>I can improvise with confidence and fluency and link all my transitions</p>	<p><b>Wed: Basketball</b> <b>Fri: Football</b></p>	<p><b>Wed: Hockey</b> <b>SRT (3 sessions):</b> <b>Dance</b></p> <p>See AUT1 for objectives</p>	<p><b>Wed: Netball</b> <b>Fri: Gymnastics</b></p> <p>I can create my own complex sequence that involves the full range of travelling, balances, holding shapes, jumping, leaping, swinging, vaulting and stretching</p> <p>I can demonstrate precise and controlled placement of my body parts in my actions, shapes and balances</p> <p>I can confidently use equipment to vault and incorporate this into sequences</p> <p>I can develop strength, technique and flexibility consistently throughout a sequence</p>	<p><b>Wed: Tennis</b> <b>SRT (3 sessions):</b> <b>Dance</b></p> <p>See AUT1 for objectives</p>	<p><b>Wed: Athletics</b></p> <p>I can recap, practise and refine an effective sprinting technique, including reaction time</p> <p>I can build up speed quickly for a sprint finish</p> <p>I can run over hurdles with fluency, focussing on the lead leg technique and a consistent stride pattern</p> <p>I can accelerate to pass other competitors</p> <p>I can work as a team to competitively perform a relay</p> <p>I can confidently and independently select the most appropriate pace for different distances and different parts of the run</p> <p>I can demonstrate endurance and stamina over longer distances in</p>

	<p>to ensure my actions fit the rhythm of the music</p> <p>I can modify some elements of a sequence as a result of self and peer evaluation</p> <p>I can use complex dance vocabulary to compare and improve my work</p>					<p>order to maintain a sustained run</p> <p>I can demonstrate the technique for the standing vertical jump</p> <p>I can maintain control at each stage of the triple jump</p> <p>I can land safely and with control</p> <p>I can develop and improve the techniques for jumping for height and distance and support others to improve their performance</p> <p>I can perform and apply different jumps in other contexts</p> <p>I can set up and lead jumping activities including measuring the jumps with confidence and accuracy</p> <p>I can perform a heave throw</p> <p>I can measure and record the distance of my throw</p> <p>I can continue to develop techniques to throw for increased distance and support others in improving their personal best</p> <p>I can develop and refine techniques to throw for accuracy</p> <p><b>Fri: Rounders</b></p>
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