

PE Long Term Plan 2021/2022

	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p><u>Outdoor, Adventurous Activity</u> Milestone 2- Show an ability to both lead and perform part of a team. Milestone 2- Show resilience when plans do not work and initiative to find new ways of working.</p> <p><u>Fundamental Skills- Agility, Balance and Coordination</u> Milestone 2- Follow the rules of a game and play fairly</p>	<p><u>Outdoor, Adventurous Activity</u> Milestone 2- Show an ability to both lead and perform part of a team. Milestone 2- Show resilience when plans do not work and initiative to find new ways of working.</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><u>Invasion Games- Basketball</u> Milestone 3- Choose and combine techniques in game situations (running and passing) Milestone 3- Work alone or with others in order to gain points or possession.</p> <p><u>Outdoor Adventurous Activity</u> Milestone 3- Embrace both leadership and team roles and gain the commitment and respect of a team. 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- Handball</u> Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing) Milestone 3- Work alone or with others in order to gain points or possession.</p> <p><u>Outdoor Adventurous Activity</u> Milestone 3- Embrace both leadership and team roles and gain the commitment and respect of a team. Milestone 3- Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p>
Autumn 2	<p><u>Ball Skills Unit</u> Milestone 2- Throw and catch with control and accuracy. Milestone 2- Maintain possession of a ball (with</p>	<p><u>Invasion Games- Netball</u> Milestone 2- Throw and catch with control and accuracy. Milestone 2- Maintain possession of a ball (with feet, hands or</p>	<p><u>Invasion Games- Netball</u> Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing).</p> <p><u>Invasion Games Hockey</u></p>	<p><u>Invasion Games- Football</u> Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing)</p>

PE Long Term Plan 2021/2022

	<p>feet, hands or stick).</p> <p><u>Invasion Games</u> <u>Basketball</u> Milestone 2- Throw and catch with control and accuracy. Milestone 2- Maintain possession of a ball (with feet, hands or stick)</p>	<p>stick).</p> <p><u>Swimming</u> Milestones continuous throughout the year.</p>	<p>Milestone 3- Choose and combine techniques in game situations (running, throwing, catching, passing).</p>	<p><u>Dance Unit - Anti-bullying</u> Milestone 3- Perform expressively and hold a precise and strong body posture.</p>
Spring 1	<p><u>Gymnastics</u> Milestone 2- Refine movements into sequences.</p> <p><u>Invasion Games- Football</u> Milestone 2- Pass to team mates at appropriate times.</p>	<p><u>Dance - States of Matter</u> Milestone 2-Plan, perform and repeat sequences. Milestone 2-Move in a clear, fluent and expressive manner. Milestone 2-Refine movements into sequences.</p> <p><u>Swimming</u> Milestones continuous throughout the year.</p>	<p><u>Gymnastics</u> Milestone 3- Hold shapes that are strong, fluent and expressive.</p> <p>Milestone 3- Practise and refine the gymnastic techniques used in performances.</p> <p><u>Fitness embedding the fundamental skills of ABC</u> Milestone 3- Keep track of personal best performance, setting targets for improvement.</p>	<p><u>Gymnastics</u> Milestone 3- Hold shapes that are strong, fluent and expressive.</p> <p>Milestone 3- Practise and refine the gymnastic techniques used in performances.</p> <p><u>Yoga</u> Milestone 3- Hold shapes that are strong, fluent and expressive. Milestone 3- Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good).</p>
Spring 2	<p><u>Dance Unit - Romans</u> Milestone 2-Plan, perform and repeat sequences. Milestone 2-Move in a clear, fluent and expressive manner.</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 Unit - Rock n Roll</u> Milestone 3- Perform expressively and hold a precise and strong body posture.</p> <p><u>Net and Wall- Tennis</u> Milestone 3- Use forehand and backhand when playing racket games.</p>	<p><u>Invasion Games- Tag Rugby</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</p>

PE Long Term Plan 2021/2022

	<p>Milestone 2-Refine movements into sequences.</p> <p><u>Invasion Games- Tag Rugby</u></p> <p>Milestone 2- Maintain possession of a ball</p> <p>Milestone 2- Choose appropriate tactics to cause problems for the opposition.</p>			<p>of play (defending and attacking)</p> <p><u>Net and Wall- Volleyball</u></p> <p>Milestone 3- Work alone or with team mates in order to gain points or possessions</p> <p>Milestone 3- Choose the most appropriate tactics for a game.</p>
Summer 1	<p><u>Net and Wall- Tennis</u></p> <p>Milestone 2- Strike a ball with control</p> <p><u>Striking and Fielding- Rounders</u></p> <p>Milestone 2- Strike a ball and field with control.</p>	<p><u>Striking and Fielding- Cricket</u></p> <p>Milestone 2- Strike a ball and field with control.</p> <p><u>Swimming</u></p> <p>Milestones continuous throughout the year</p>	<p><u>Striking and Fielding- Rounders</u></p> <p>Milestone 3- Field, defend and attack tactically by anticipating the direction of play. (Fielding element)</p> <p>Milestone 3- Strike a bowled or volleyed ball with accuracy.</p> <p><u>Net and Wall- Badminton</u></p> <p>Milestone- Use forehand and backhand when playing racket games.</p>	<p><u>Striking and Fielding- Cricket</u></p> <p>Milestone 3- Field, defend and attack tactically by anticipating the direction of play. (Fielding element)</p> <p>Milestone 3- Strike a bowled or volleyed ball with accuracy.</p> <p><u>Net and Wall- Tennis</u></p> <p>Milestone 3- Use forehand and backhand when playing racket games.</p>
Summer 2	<p><u>Athletics- Running, Jumping and Throwing</u></p> <p>Milestone 2-Jump in a number of ways, using a run up where appropriate.</p> <p>Milestone 2- Throw with accuracy to hit a target or cover a distance.</p>	<p><u>Athletics- Running, Jumping and Throwing</u></p> <p>Milestone 2-Jump in a number of ways, using a run up where appropriate.</p> <p>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)</p> <p>Milestone 3- Combine sprinting with low hurdles over 60 metres.</p> <p>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)</p> <p>Milestone 3- Combine sprinting with low hurdles over 60 metres.</p> <p>Milestone 3-Choose the best pace for running over a variety of distances.</p>

PE Long Term Plan 2021/2022

		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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