

Long term plan six hour term

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Activity: Hockey</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • How to correctly hold the hockey stick. • Learning to use both sides of the stick. • Learning basic movements needed to play hockey. • Learning a push pass and a hit pass. • Basic dribbling skills, using cones to ensure close control. • How to control a pass successfully. 	<p>Activity: Dance</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Counting to 8 in a rhythm individually then as a group. • Learning basic movements in the counting to 8 rhythm. • Start to perform the basic movements in smaller groups. • Learn more complex dance moves. • Start to perform using the basic and more complex 	<p>Activity: Gymnastics</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Make letters, shapes and numbers individually with their bodies. • Learn basic roles such as pencil, egg and teddy bear. • Learn basic jump such as pencil, star, tuck and half turn. • Learn basic gymnastic floor skills • Learn a variety of balances holding for 3 seconds. 	<p>Activity: Football</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Learn the basic rules of football • Learning to use both feet • Learning basic movements needed to play football. • Learning how to pass a football using the inside of the foot • Basic dribbling skills, using cones to ensure close control. • How to control a pass 	<p>Activity: Multi skills</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Learning how to slide, roll and throw bean bags at a target. • Learning how to roll and throw a tennis ball at a target. • How to catch a bean bag using the correct technique. • How to stop and catch a tennis ball correctly using the correct technique. 	<p>Activity: Athletics</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Learning what speed is needing in a sprint race. • Practice staying in lanes when running. • Learning to wait for the starters order in a race • Throwing to targets at different distances and angles • Learning to jump correctly and safely. • Be ready to use skills on sports day

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		<p>moves in small groups.</p> <ul style="list-style-type: none"> • Create different positions to perform the routines from. 		successfully		
Year 2	<p>Activity: Hockey Skills learnt:</p> <ul style="list-style-type: none"> • Learning basic movements needed to play hockey. • Learning a push pass and a hit pass and when is best to use them. • Basic dribbling skills, using cones to ensure close control. • How to 	<p>Activity: Dance Skills learnt:</p> <ul style="list-style-type: none"> • Counting to 8 in a rhythm individually then as a group. • Learning basic movements in the counting to 8 rhythm. • Learn more complex dance moves. • Start to perform 	<p>Activity: Gymnastics Skills learnt:</p> <ul style="list-style-type: none"> • Make letters, shapes and numbers individually and in groups with their bodies. • Learn basic roles such as pencil, egg and teddy bear showing control. • Learn basic jump such 	<p>Activity: Football Skills learnt:</p> <ul style="list-style-type: none"> • Learn the basic rules of football and how they would apply to a game. • Learning to use both feet • Learning movements needed to play football. • Learning how to pass a football 	<p>Activity: Multi skills Skills learnt:</p> <ul style="list-style-type: none"> • Learning how to slide, roll and throw bean bags at a target. • Learning how to roll and throw a tennis ball at a target. • How to catch a bean bag using the correct technique. • How to stop and catch a tennis ball 	<p>Activity: Athletics Skills learnt:</p> <ul style="list-style-type: none"> • Practice running at full speed • Practice staying in lanes when running. • Showing correct technique for a standing start • Throwing to targets at different distances and angles • Learning to

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	<p>control a pass successfully</p> <ul style="list-style-type: none"> • Introduce more pressure of skills using time or targets. 	<p>using the basic and more complex moves in small groups.</p> <ul style="list-style-type: none"> • Create own routines using the moves learnt and perform to the class. • Create different positions to perform the routines from. 	<p>as pencil, star, tuck and half turn showing control.</p> <ul style="list-style-type: none"> • Learn basic gymnastic floor skills • Learn a variety of balances holding for 3 seconds. • Start to put moves together to create routines. 	<p>using the inside of the foot</p> <ul style="list-style-type: none"> • Basic dribbling skills, using cones and time limits to ensure close control and speed. • How to control a pass successfully with both the bottom and inside of the foot. 	<p>correctly using the correct technique.</p> <ul style="list-style-type: none"> • Learning how to roll, stop, catch and throw larger balls. 	<p>jump correctly and safely with good distance.</p> <ul style="list-style-type: none"> • Be ready to use skills on sports day
<p>Year 3</p>	<p>Activity: Hockey Skills learnt:</p> <ul style="list-style-type: none"> • Learning a push pass and a hit pass and when is best to use them. • Dribbling 	<p>Activity: Dance Skills learnt:</p> <ul style="list-style-type: none"> • Learning basic movements in the counting to 8 rhythm. • Learn more 	<p>Activity: Gymnastics Skills learnt:</p> <ul style="list-style-type: none"> • Learn basic and more advanced roles such as egg, forward roll, 	<p>Activity: Tag rugby Skills learnt:</p> <ul style="list-style-type: none"> • Learn the rules of tag rugby • Learning to pass both ways 	<p>Activity: Rounders Skills learnt:</p> <ul style="list-style-type: none"> • Learn the basic rules of rounders • Learn basic fielding skills such as catching and 	<p>Activity: Athletics Skills learnt:</p> <ul style="list-style-type: none"> • Practice running at full speed using the correct technique • Showing correct

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	<p>skills, using cones and passive pressure to ensure close control.</p> <ul style="list-style-type: none"> • How to control a pass successfully • More pressure of skills using time or targets. • Starting to learn tactics in hockey and when they would be applicable in a match situation. 	<p>complex dance moves.</p> <ul style="list-style-type: none"> • Start to perform using the more complex moves in small groups. • Create own routines using the moves learnt and perform to the class. • Work in both small and larger groups to create routines to improve teamwork. • Groups start to create different positions and add 	<p>cartwheel and teddy bear roll showing control.</p> <ul style="list-style-type: none"> • Learn basic and more advanced jumps such as pike, star, straddle, tuck and half turn showing control. • Learn basic and more complex gymnastic floor skills • Learn a variety of balances holding for 3 seconds. • Start to put moves together to create routines using control and flow. 	<ul style="list-style-type: none"> • Learning basic movements needed to play tag rugby. • Learning how to attack as a team in tag rugby • How to tag and avoid been tagged in a game situation. • How to catch a tag rugby ball. 	<p>stopping the ball.</p> <ul style="list-style-type: none"> • Play rounders with a variety of equipment such as foot rounders and using a bigger bat to play. 	<p>technique for a standing start</p> <ul style="list-style-type: none"> • Throwing a bean bag with a shot putt technique • Learning to do a standing long jump correctly and safely with good distance. • Be ready to use skills on sports day
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		movement in the dance.				
Year 4	<p>Activity: Hockey</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Practicing a push pass and a hit pass under pressure. • Dribbling skills, using cones and pressure from defenders to ensure close control. • More pressure of skills using time or targets. • Starting to learn tactics in hockey and when they would be applicable in 	<p>Activity: Dance</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Learning complex movements in the counting to 8 rhythm. • Start to perform using the more complex moves in small groups. • Introduce different people to lead the group. • Work in both small and larger groups to create routines to 	<p>Activity: Gymnastics</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Learn more advanced roles such as egg, forward roll, cartwheel and teddy bear roll showing control. • Learn more advanced jumps such as pike, star, straddle, tuck and half turn showing control. • Learn more complex gymnastic floor skills • Learn a variety of 	<p>Activity: Tag rugby</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Learn the rules of tag rugby • Learning to catch and pass correctly • Learning movements needed to play tag rugby and avoid getting tagged. • Learning how to attack as a team in tag rugby • Bring knowledge of skills and rules into 	<p>Activity: Rounders</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Learn the rules of rounders • Learn fielding skills such as catching, throwing and stopping the ball. • Play rounders with a variety of equipment such as foot rounders and using a bigger bat to play. • Start to apply tactics to a game situation and understand how to apply 	<p>Activity: Athletics</p> <p>Skills learnt:</p> <ul style="list-style-type: none"> • Practice sprinting with correct technique • Showing correct technique for a standing start • Throwing a bean bag with a shot putt technique with correct technique • Learning to do a standing long jump correctly and safely with good distance. • Be ready to use skills on

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	<p>a match situation.</p> <ul style="list-style-type: none"> • Mini games using the skills learned in the previous weeks. 	<p>improve teamwork.</p> <ul style="list-style-type: none"> • Groups start to create different positions and add movement in the dance. 	<p>balances holding for 5 seconds.</p> <ul style="list-style-type: none"> • Start to put moves together to create routines both individually and as a group using control and flow. 	<p>mini games.</p>	<p>the rules</p>	<p>sports day.</p>
<p>Year 5</p>	<p>Activity: Hockey Skills learnt:</p> <ul style="list-style-type: none"> • Practicing a push pass and a hit pass under pressure. • Dribbling skills, using cones and pressure from defenders to ensure close control. • Working on 	<p>Activity: Dance Skills learnt:</p> <ul style="list-style-type: none"> • Learning complex movements in the counting to 8 rhythm. • Start to perform with confidence using the more complex moves in small and 	<p>Activity: Gymnastics Skills learnt:</p> <ul style="list-style-type: none"> • Learn more advanced roles such as a round off, forward roll, cartwheel and teddy bear roll showing control. • Learn more advanced 	<p>Activity: Tag rugby Skills learnt:</p> <ul style="list-style-type: none"> • Learn the more complex rules and tactics of tag rugby • Learning to catch and pass correctly while on the move • Learning 	<p>Activity: Rounders Skills learnt:</p> <ul style="list-style-type: none"> • Learn the rules and tactics of rounders • Learn complex fielding skills such as catching and stopping the ball with correct technique and the 	<p>Activity: Athletics Skills learnt:</p> <ul style="list-style-type: none"> • Practice sprinting with correct technique pushing for maximum speed • Showing correct technique for a kneeling start • Throwing a bean bag

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	<p>tactics in hockey and when and how they would be applicable in a match situation.</p> <ul style="list-style-type: none"> • Mini games using the skills learned in the previous weeks. • Start to take up different roles such as referee and a variety of positions. 	<p>large groups.</p> <ul style="list-style-type: none"> • Introduce different people to lead the group and organise the dance. • Groups create different formations and movement in the dance. • Groups starting to critique each other's performance , showing understanding of what makes a dance routine look good. 	<p>jumps such as pike, straddle, tuck and full turn showing control.</p> <ul style="list-style-type: none"> • Learn complex gymnastic floor skills • Learn a variety of balances holding for 5 seconds. • Put moves together to create routines both individually and as a group using control and flow. • Introduce critiquing and coaching within the gymnastics 	<p>movements needed to play tag rugby and avoid getting tagged.</p> <ul style="list-style-type: none"> • Learning how to attack and defend as a team in tag rugby • Bring knowledge of skills and rules into mini games. 	<p>ability to throw to the right base.</p> <ul style="list-style-type: none"> • Play rounders with a variety of equipment such cricket bats, tennis rackets and rounders to bats. • Start to apply tactics to a game situation and understand how to apply the rules to give their team an advantage. 	<p>with a shot putt technique with correct technique looking for distance</p> <ul style="list-style-type: none"> • Learning to do a standing long jump with good distance. • Be ready to use skills on sports day. • Practice long distance running and understand the speed needed
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			<p>routines.</p>			
<p>Year 6</p>	<p>Activity: Hockey Skills learnt:</p> <ul style="list-style-type: none"> Practicing a push pass, a hit pass and dribbling skills under pressure from time, targets and defenders. Working on tactics in hockey and when and how they would be applicable in a match situation. Mini games using the skills learned in the previous weeks. Start to take 	<p>Dance: Week 1: Counting to the beat of 8 using different move and standing moves top rock and back rock. Week 2: Standing moves bounce, heel twist, arm hit and heel sweep, then start to put moves together. Week 3: Floor moves, sit and slide, knee change, knee slide and knee spin. Linking moves from floor to standing such as spin to floor, spin to stand and step kick. Week 4: Perform moves in formations and start to</p>	<p>Activity: Gymnastics Skills learnt:</p> <ul style="list-style-type: none"> Learn advanced roles such as a round off, forward roll, cartwheel and teddy bear roll showing control and skill. Learn advanced jumps such as pike, straddle, tuck and full turn showing control and skill. Learn complex gymnastic 	<p>Activity: Tag rugby Skills learnt:</p> <ul style="list-style-type: none"> Learn the more complex rules and tactics of tag rugby Learning movements needed to play tag rugby and avoid getting tagged. Learning how to attack and defend as a team in tag rugby Bring knowledge of skills and rules into 	<p>Activity: Rounders Skills learnt:</p> <ul style="list-style-type: none"> Learn the rules and tactics of rounders Learn complex fielding skills such as catching and stopping the ball with correct technique and the ability to throw to the right base. Play rounders with a variety of equipment such cricket bats, tennis rackets and rounders to 	<p>Activity: Athletics Skills learnt:</p> <ul style="list-style-type: none"> Practice sprinting with correct technique pushing for maximum speed and analysing ways to improve Showing correct technique for a kneeling start to ensure a quick start Throwing a bean bag with a shot putt technique with correct technique looking for

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	<p>up different roles such as referee, fixture organiser and a variety of positions in the matches.</p> <ul style="list-style-type: none"> • Start to take on leadership roles within the games to organise tactics and formations. 	<p>choreograph routines. Week 5: Work on routines to perform to the class. Week 6: Dance battle between groups with other groups as the judges.</p>	<p>floor skills with control and skill.</p> <ul style="list-style-type: none"> • Learn a variety of balances holding for 5 seconds. • Put moves together to create routines both individually and in a group using control and flow. • Introduce critiquing and coaching within the gymnastics routines. With children helping each other improve and understandi 	<p>mini games</p> <ul style="list-style-type: none"> • Take charge of other roles in tag rugby such as the referee, captain or game organiser. 	<p>bats.</p> <ul style="list-style-type: none"> • Start to apply tactics to a game situation and understand how to apply the rules to give their team an advantage. • Take on other roles in the rounders game such as referee, wicketkeeper or bowler. 	<p>distance</p> <ul style="list-style-type: none"> • Learning to do a standing long jump with good distance. • Be ready to use skills on sports day. • Practice long distance running and understand the speed needed
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			ng what makes a good routine or skill.			
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Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Hockey	Dance	Gymnastics	Football	Multi skills	Athletics
2	Hockey	Dance	Gymnastics	Football	Multi skills	Athletics
3	Hockey	Dance	Gymnastics	Tag Rugby	Rounders	Athletics
4	Hockey	Dance	Gymnastics	Tag Rugby	Rounders	Athletics
5	Hockey	Dance	Gymnastics	Tag Rugby	Rounders	Athletics
6	Hockey	Dance	Gymnastics	Tag Rugby	Rounders	Athletics