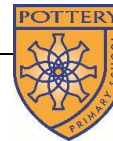


# Pottery Primary School: Subject Long-Term Plan: PE

## Cycle: A

KS1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	<p><b>Dance (Y1) Twinkl - The seasons</b></p> <p>Begin to move in time to a video stimulus</p> <p>Create dance moves with a partner</p> <p>Show awareness of others when working in a group</p> <p>Understand mirroring and do this with a partner</p> <p>Perform a traditional style of dance</p> <p>Vary the style and shape of a movement to represent an object</p>	<p><b>Indoor: Dance (Y1)</b></p> <p>Listening to music and beginning to move in time to it</p> <p>Performing basic dance movement</p> <p>Performing basic dance travelling movements</p> <p>Performing some dance moves demonstrating some control</p>	<p><b>Indoor: Gymnastics (Y1)</b></p> <p>Show the different shapes and practise these jumping off apparatus safely</p> <p>Creating a sequence including methods of travelling</p> <p>Demonstrating solo balances including mirroring with a partner</p> <p>Demonstrating the different rolls</p> <p>Demonstrating basic jumping and landing techniques</p> <p>Creating a sequence which includes different shapes</p>	<p><b>Indoor: Multi skills – Throwing and Catching (Y1) Twinkl</b></p> <p>Learn how to track and receive a ball.</p> <p>Throw underarm</p> <p>Catch an object by myself</p> <p>Throw and catch an object with a partner</p> <p>Bounce a ball on the spot</p> <p>Throw, catch and and bounce an object</p>	<p><b>Outdoor: Aerobic Circuits (Y1) Twinkl</b></p> <p>Move over or around an object with control</p> <p>Jump in different ways with control</p> <p>Show control and balance when travelling</p> <p>Show control when rolling and bouncing a ball</p> <p>Combine skills to complete circuit activities independently</p> <p>Try to improve individual performance</p>	<p><b>Outdoor: Attacking and Defending (Y1) Twinkl</b></p> <p>use space to try to score points in a team game.</p> <p>Mark another player</p> <p>Defend the space between players</p> <p>Pass the ball to another player</p> <p>Get past a defender</p> <p>Use attacking and defending skills in a team game</p>
Outdoor	<p><b>Outdoor: Athletics (Y1)</b></p> <p>Showing the difference between running, jogging and walking</p> <p>Jumping for distance and height</p> <p>Throwing difference sized objects for distance and height</p> <p>Working as a team to complete a race</p>	<p><b>Outdoor: Invasion games (Y1)</b></p> <p>Dribbling in different ways with control</p> <p>Passing in different ways with accuracy</p> <p>Receiving a ball in different ways away from the body</p> <p>Shooting in different ways with accuracy</p> <p>Competing in an invasion game</p>	<p><b>Outdoor: Dodgeball (Y1)</b></p> <p>Run at full speed from a stationary position</p> <p>Show strength to keep their bodies from losing balance when picking up a ball</p> <p>Run showing endurance in a game of dodgeball</p> <p>Show agility in a crowded environment</p> <p>Play an inter class competition to age specific games of dodgeball</p>	<p><b>Outdoor: Football (Y1)</b></p> <p>Throw a ball to another child to simulate a football pass (with Hands)</p> <p>Control a moving ball from the air to simulate receiving a football (with hands)</p> <p>Travel in different directions with a ball (with hands or feet)</p> <p>React with their body anticipating the direction of the ball in order to</p>	<p><b>Outdoor: Net &amp; Wall games (Y1)</b></p> <p><b>Accurately throw a ball underarm with a bounce to another child</b></p> <p><b>Catch a ball from a bounce and return it with a bounce accurately to another child</b></p> <p><b>Accurately throw a ball underarm with a bounce to another child</b></p> <p><b>Play a net/wall match appropriate to the child's age</b></p>	<p><b>Outdoor: Striking and Fielding (Y1)</b></p> <p>Intercept a moving ball from the floor with 2 hands whilst they are moving towards it</p> <p>Perform a controlled roll from a moving position</p> <p>Strike a rolling ball towards a target</p> <p>Under arm bowl a ball towards a target</p> <p>Play a striking and fielding match appropriate to the children's ability</p>



				intercept/steal (with hands or feet) Shoot the ball at a moving object (with hands)		
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Pottery Primary School: Subject Long-Term Plan: PE

Cycle: B

KS1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	<p><b>Indoor: Dance (2) Twinkl - Plants</b></p> <p>Create and perform a dance motif inspired by a stimulus</p> <p>Use different movements and body shapes to represent a plant growing. create movements to represent different types of seeds.</p> <p>Work with a partner to create a dance based on Plants</p>	<p><b>Indoor: Dance (2)</b></p> <p>Listening to music and beginning to move in time to it showing expression</p> <p>Performing basic dance movements with control</p> <p>Performing dance movements showing travelling movements in different directions</p> <p>Perform and remember some dance moves and steps demonstrating some control and in time to the music</p>	<p><b>Indoor: Gymnastics (2)</b></p> <p>Show the different shapes and practise these jumping off apparatus and landing safely</p> <p>Creating a sequence including methods of travelling with start and end positions</p> <p>Demonstrating solo balances including mirroring with a partner</p> <p>Demonstrating the different rolls</p> <p>Demonstrating basic jumping and landing techniques</p> <p>Creating a sequence which includes different shapes and ways of travelling</p>	<p><b>Indoor: Multi skills – Throwing and Catching (2) Twinkl</b></p> <p>Learn how to track and receive a ball</p> <p>Throw underarm</p> <p>Catch an object by myself</p> <p>Throw and catch an object with a partner</p> <p>Bounce a ball on the spot</p> <p>Throw, catch and bounce an object</p>	<p><b>Outdoor: Aerobic Circuits (2) Twinkl</b></p> <p>Change the direction of movements with control</p> <p>Use and combine different types of jumps</p> <p>Perform movements with control and accuracy</p> <p>Combine more than one skill to complete an activity</p> <p>Complete activities independently and try to improve own performance</p> <p>Watch others and use this to improve own performance</p>	<p><b>Outdoor: Attacking and Defending (2) Twinkl</b></p>

Outdoor	<p><b>Outdoor: Athletics (2)</b>          Showing the difference between running, jogging and walking with acceleration and deceleration          Jumping for distance and height using arms and legs to give body swing          Throwing difference sized objects with control and accuracy          Working as a team to complete a race, taking turns</p>	<p><b>Outdoor: Invasion games (2)</b>          Dribbling in different ways using left and right hands/feet          Passing in different ways with speed and accuracy          Receiving a ball from different heights and distances          Shooting in different ways over different distances          Competing showing effective ball control without pressure in an invasion game</p>	<p><b>Outdoor: Dodgeball (2)</b>          Run at full speed from a moving position          Show strength to keep their bodies from losing balance when dodging a ball          Show repeated efforts of endurance          Show agility to retrieve a ball          Play an inter class competition to age specific games of dodgeball</p>	<p><b>Outdoor: Football (2)</b>          Pass a ball to a non moving object or child (with feet)          Control a moving ball from the ground (with feet)          Dribble a ball at different speeds, whilst changing direction (with feet)          Can forcefully within the rules steal the ball from another players feet (with feet)          Shoot the ball at a stationary object (with feet)</p>	<p><b>Outdoor: Net &amp; Wall games (2)</b>          Hit a ball with hands accurately along the floor to another child          Return a ball accurately hitting with hands along the floor (without stopping the ball)          Accurately throw a ball overarm with a bounce to another child          Play a net/wall match appropriate to the child's age</p>	<p><b>Outdoor: Striking and Fielding (2)</b>          Intercept a moving ball from the floor with 1 hand whilst they are stationary          Perform a stationary under arm throw with accuracy          Strike a bouncing ball towards a target          Under arm bowl a ball with accuracy most of the time          Play a striking and fielding match appropriate to the children's ability</p>
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