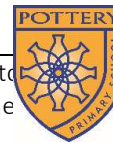


Pottery Primary School: Subject Long-Term Plan: PE

Cycle: A

LKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	<p>Indoor: Athletics (Y3) Demonstrate effective running for a short race and long race, showing a difference between them Jog into an effective jump Throw an object for distance with accuracy Take turns quickly swapping an object in a team race Compete (trying to win) in various athletics events</p>	<p>Indoor: Dance – Extreme Earth (Y3) Twinkl Improvise and create movements with a partner Create and perform imaginative movements to fit with different stimuli Develop new actions whilst working with a small group Show awareness of others when moving Work with a partner to create and perform a dance to show feelings and emotions. Work in a group to link actions to create a dance montage.</p>	<p>Indoor: Dance (Y3) Creating basic movements exploring a theme Collaborating to make a dance warmup Using stimulus to create a dance Dance in unison with a partner Perform a cannon with a group Perform using different levels and pathways</p>	<p>Indoor: Gymnastics (Y3) Demonstrating shapes and demonstrate them on different body parts. Demonstrating different ways of travelling on different levels and at different speeds. Demonstrating solo, matching and mirroring balances in a basic routine. Demonstrating basic rolls as well as a tuck roll to standing and an egg roll. Demonstrating and recognising the different jumping patterns. Demonstrating a sequence using rhythmic apparatus showing good control.</p>	<p>Indoor: Outdoor adventures (Y3) Twinkl Work effectively with others to complete a task Communicate effectively Follow multi-step instructions Solve a range of problems when working with others Follow a set of directions correctly. Give clear and precise directions for someone else to follow. Follow simple maps Know what orienteering is. Know and understand a range of map symbols.</p>	<p>Indoor: Tennis (Y3) Hitting a ball with a racket accurately along the floor to another child Returning a ball with a racket accurately along the floor to another child Serving a ball with a racket accurately along the floor to another child Playing a net/wall match appropriate to the child's age</p>
Outdoor	<p>Outdoor: TAG Rugby (Y3) Hold a rugby ball effectively when passing Receive a rugby ball effectively (able to catch) Perform a side step to evade an object Touch tag another player Play a tag rugby match appropriate to children's ability</p>	<p>Outdoor: Handball for competition then Basketball (Y3) Dribble in different ways changing speed Pass in different ways over different distances with accuracy Receive a ball at different speeds Shoot in different ways at different speeds</p>	<p>Outdoor: Dodgeball (Y3) Run at full speed to obtain the ball at the start of a game of dodgeball Show strength to use a good shield to defend the ball Show aerobic endurance to keep retrieving a ball Show agility to dodge a ball Play an inter class competition to age specific games of dodgeball</p>	<p>Outdoor: Invasion games (Y3) Twinkl Understand the basic principles of invasion games Know how to move and dribble with the ball in different invasion games Use a range of techniques to pass a ball Understand the basic principles</p>	<p>Outdoor: Athletics (Y3) Twinkl Practise and refine existing running, jumping and throwing skills. Sprint effectively Run over hurdles Jump for distance Develop and refine throwing techniques Learn different push throw techniques</p>	<p>Outdoor: Cricket (Y3) Intercept a moving ball from the floor with 2 hands whilst they are moving in different directions towards the ball Perform a moving pick up into a underarm throw Strike a ball that has been drop fed towards a target Over arm bowl a ball from a stationary position</p>



		Compete showing effective ball control under pressure in an invasion game		of defending in invasion games Apply attacking and defending skills in invasion games		Play a cricket match appropriate to the children's ability
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Pottery Primary School: Subject Long-Term Plan: PE

Cycle: B

LKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Indoor: Athletics (Y4) Run with a full stride to achieve maximum speed Jog before hurdling over an object effectively Throw an object for distance and height with accuracy Take turns in a relay race by receiving an object from behind Compete (trying to win) as part of a team	Indoor: Dance (Y4) Creating basic movements exploring a theme Cooperate to make a dance warmup and take on a leadership role Respond imaginatively to a stimulus Dance in unison with a group keeping in time with each other Perform a canon showing good timing To perform using a variety of levels and pathways	Indoor: Dance – Romans (Y4) <i>Twinkl</i> Combine and perform movement phrases to represent facts about the Roman Empire. Compose and perform movement sequences with expression. Link and combine movement phrases Work as part of a group to develop a longer dance that tells the story of Pompeii. Perform a dance with precision and control. Compose longer dance sequences for a performance and use a range of dance vocabulary to describe and improve work	Indoor: Gymnastics (Y4) Link a series of shapes together in a sequence and demonstrate them to the group with confidence. Demonstrate a variety of different ways of travelling at different speeds, levels and body parts. Demonstrate solo, matching, mirroring and counter balances as part of a routine. Demonstrate a forward and an egg roll. Demonstrate the different jumping patterns and perform cat leap or scissor kick Demonstrate sequence using rhythmic apparatus in a pair or small group	Indoor: OAA (Y4) <i>Twinkl</i> Practise teamwork and cooperation Solve a range of problems Understand maps	Indoor: Tennis (Y4) Hit a ball with a racket accurately with a bounce to another child Return a ball with a racket from a bounce accurately to another child with a bounce Serve a ball underarm with a racket accurately with a bounce to another child Play a tennis match appropriate to the child's age

Outdoor	<p>Outdoor: TAG Rugby (Y4) Hold a rugby ball effectively whilst passing accurately Receive a rugby ball effectively showing control (able to catch ready for the next move) Perform a side step to evade a moving defender Steal another players tag effectively Play a tag rugby match appropriate to children's ability</p>	<p>Outdoor: Handball for competition then basketball (Y4) Dribble in different ways changing speed and direction with control Pass in different ways whilst moving Receive a ball whilst moving Shoot whilst moving Compete making correct decisions in the invasion game</p>	<p>Outdoor: Dodgeball (Y4) Understand the rules and game format specific to age group Show different speeds in a game of dodgeball Show strength to pull a ball away from another player (grip and rip) Show aerobic endurance to keep playing in a game of dodgeball Show agility to link dodging and throwing a ball Play an inter class competition to age specific games of dodgeball</p>	<p>Outdoor: Invasion games (Y4) <i>Twinkl</i> Practise common skills needed for invasion games use a range of techniques Move with the ball pass and receive a football with increasing accuracy and success Use and understand attacking skills and strategies. Use and understand defending skills and strategies Use goalkeeping skills and strategies to protect a goal Use attacking and defending skills in a game</p>	<p>Outdoor: Athletics (Y4) <i>Twinkl</i> Use and apply existing running, jumping and throwing skills Improve running technique for sprinting Practise relay running Jump for distance using the standing triple jump Learn the pull throw technique Compete in a combined athletics event, aiming to achieve a personal best.</p>	<p>Outdoor: Cricket (Y4) Observe current understanding and introduce a cricket game Intercept a moving ball from the floor with 1 hand whilst moving in different directions towards the ball Perform a stationary overarm throw with accuracy Strike a ball that has been bowled Over arm bowl a ball from a stationary position towards a target Play a cricket match appropriate to the children's ability</p>
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