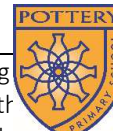


Pottery Primary School: Subject Long-Term Plan: PE

Cycle: A

UKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	<p>Indoor: Athletics (Y5) Run a race showing an understanding of pacing the run Run before hurdling over an object effectively Throw an object using the whole body Take turns in a relay race by receiving an object from behind whilst moving forwards Compete and succeed in an athletics event (degree of success, noted by positioning in events against those of similar physical development)</p>	<p>Indoor: Dance (Y5) Introduction to developing a routine through basic action, space and dynamics. Cooperate and collaborate to create a warmup displaying a variety of movement patterns I can translate ideas from a stimulus showing control and fluency Dance in unison in a group performing a range of movement patterns Perform a canon showing a range of movement patterns To perform using a variety of levels and using the space</p>	<p>Indoor: Gymnastics (Y5) Demonstrate linked shapes with a partner Demonstrate a variety of different ways of travelling at different speeds, levels and directions. Demonstrate solo, matching, mirroring and counter balances as part of a group Demonstrate a forward roll to seated tuck and an egg roll with different shapes in the middle. Demonstrate the different jumping patterns and perform shapes while elevated Demonstrate a structured sequence using rhythmic apparatus incorporating shapes, balances, rolls jumps and travel.</p>	<p>Indoor: Dance (Y6) <i>Twinkl - Electricity</i> Respond to stimuli, improvising freely using a range of controlled movements Perform a variety of dance techniques with accuracy and consistency. Work with a group to create appropriate dance movements to fit with different musical stimuli. Represent objects and actions through a dance phrase. Select and use a range of movements to create a dance phrase that demonstrates my ideas. Suggest and make improvements to my group's dance phrase, based on peer feedback.</p>	<p>Outdoor: OAA (Y5) <i>Twinkl</i> Work as part of a team to complete a range of challenges. Demonstrate agility and endurance in a range of situations. Know what a compass is and how to use it. Know the eight directions on a compass. Read, follow and understand maps. Take part in an orienteering exercise Work collaboratively to plan and prepare an orienteering course. Work collaboratively to complete a timed orienteering course</p>	<p>Outdoor: Tennis (Y5) Can hit a ball accurately with a racket over a net to another child Can return a ball with a racket accurately over a net to another child Can serve a ball underarm accurately with a racket over a net to another child Play a tennis match appropriate to the child's age</p>
Outdoor	<p>Outdoor: Invasion games (Y5) <i>Twinkl</i> Use a range of skills to move with the ball. Use the correct technique to pass the ball.</p>	<p>Outdoor: Basketball (Y5) Dribble in different ways linking with passing and moving</p>	<p>Outdoor: Dodgeball (Y5) Understand the rules and game format specific to age group</p>	<p>Outdoor: TAG Rugby (Y5) Hold a rugby ball effectively whilst passing accurately over a long distance</p>	<p>Outdoor: Athletics (Y5) <i>Twinkl</i> Practise and refine existing running, jumping and throwing skills</p>	<p>Outdoor: Cricket (Y5) Intercept a bouncing ball with 2 hands whilst moving in different directions towards the ball</p>



	<p>Keep possession of the ball.</p> <p>Use different tactics for attacking in invasion games.</p> <p>Win back possession of the ball</p> <p>Adapt my movements for attacking and defending.</p>	<p>Pass in the best way linking with dribbling and moving</p> <p>Receive a ball linking with passing and moving</p> <p>Shoot linking with moving and passing or dribbling</p> <p>Compete and succeed individually in an invasion game (degree of success, noted by movements noticed within the invasion game environment)</p>	<p>Demonstrate speed endurance</p> <p>Show strength to throw a fast straight ball over a short distance</p> <p>Play a game of dodgeball with no stoppages</p> <p>Show agility to link dodging with retrieving a ball</p> <p>Play an inter class competition to age specific games of dodgeball</p>	<p>Receive the ball effectively showing control over different distances</p> <p>Show agility to evade more than one defender</p> <p>Steal another players tag effectively in a game situation</p> <p>Play a tag rugby match appropriate to children's ability</p>	<p>Use an effective technique for sprinting including the sprint start.</p> <p>Sustain my running pace over longer distances.</p> <p>Practise jumping for height.</p> <p>Learn the fling throw technique</p> <p>Use a variety of throwing techniques</p>	<p>Perform a moving into an overarm throw</p> <p>Strike a ball that has been bowled towards a target</p> <p>Over arm bowl a ball with a short approach</p> <p>Play a cricket match appropriate to the children's ability</p>
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Pottery Primary School: Subject Long-Term Plan: PE

Cycle: B

UKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	<p>Indoor: Athletics (Y6)</p> <p>Start and finish a race with technique</p> <p>Link hopping, skipping and jumping</p> <p>Throw an object demonstrating a follow through technique</p> <p>Take turns in a relay race by receiving an object from behind whilst running forwards</p> <p>Compete and succeed in various athletics events (degree of success, noted by positioning in events against those of similar physical development)</p>	<p>Indoor: Dance (Y6)</p> <p>Introduction to developing a routine through basic action, space and dynamics. Cooperate, communicate and collaborate with a group to make up a warmup with good rhythm and timing</p> <p>I can translate ideas from a stimulus into movement showing expression, precision, control and fluency</p> <p>Dance in unison in a group showing good timing, energy and strength</p> <p>Perform a canon in a group showing good timing, energy and strength</p> <p>To perform using levels, travelling and space with timing and musicality</p>	<p>Indoor: Dance (Y5)</p> <p>Twinkl - WW2</p> <p>Dance in unison.</p> <p>Dance in time to the music.</p> <p>Reflect the appropriate style and mood of the Lambeth Walk song when dancing.</p> <p>Choreograph some of my own dance steps for the Lambeth Walk.</p>	<p>Indoor: Gymnastics (Y6)</p> <p>Demonstrate linked shapes with a partner using different body parts</p> <p>Demonstrate variety of different ways of travelling at different speeds, levels, directions and pathways.</p> <p>Demonstrate solo, matching, mirroring, counter balances and counter tension balances as part of a group</p> <p>Demonstrate a forward roll and egg roll from different starting positions</p> <p>Demonstrate the different jumping patterns and perform shapes while shapes while elevated using rotation</p>	<p>Outdoor: Athletics (Y6)</p> <p>Twinkl</p> <p>Practise and refine fundamental movement skills needed for athletics.</p> <p>Work as a team to competitively perform a sprint relay</p> <p>Control running pace over a range of distances</p> <p>Refine my hurdling technique.</p> <p>Practise and refine jumping techniques. Throw for distance using a heave throw technique</p>	<p>Outdoor: Tennis (Y6)</p> <p>Can hit a ball accurately with a racket over a net to score in a match</p> <p>Can return a ball accurately over a net to score in a match</p> <p>Can serve a ball underarm accurately with a racket over a net to score in a match</p> <p>Play a tennis match appropriate to the child's age</p>

				Demonstrate a structured sequence using rhythmic apparatus incorporating shapes, balances, rolls jumps and travel with a partner or group		
Outdoor	<p>Outdoor: Invasion Games (Y6) <i>Twinkl</i></p> <p>Apply skills and knowledge to be able to move with the ball.</p> <p>Apply skills and knowledge to be able to pass and move with the ball.</p> <p>Apply a variety of attacking skills and techniques in a game.</p> <p>Apply a variety of defending skills and techniques in a game.</p> <p>Invent a new game that requires attacking and defending skills</p> <p>Apply the skills and techniques I have learnt to play an invasion game and evaluate its success</p>	<p>Outdoor: Basketball (Y6)</p> <p>Dribble in different ways with control under pressure</p> <p>Pass in the best way with speed and accuracy under pressure</p> <p>Receive a ball under pressure linking with other skills</p> <p>Shoot in different ways under pressure linking with other skills</p> <p>Compete and succeed individually and as a team player in an invasion game (degree of success, noted by moments noticed within the invasion game environment)</p>	<p>Outdoor: Dodgeball (Y6)</p> <p>Understand the rules and game format specific to age group</p> <p>Show speed endurance in a game of dodgeball</p> <p>Show strength to throw a fast straight ball over a long distance</p> <p>Show aerobic endurance by playing multiple games of dodgeball in a lesson</p> <p>Show agility to link dodging with retrieving and throwing a ball</p> <p>Play an inter class competition to age specific games of dodgeball</p>	<p>Outdoor: TAG Rugby (Y6)</p> <p>Hold a rugby ball effectively whilst passing accurately on the move</p> <p>Receive the ball effectively with control over different distances whilst moving</p> <p>Show agility to evade more than one defender whilst changing speed and direction</p> <p>Effectively defend as part of a team</p> <p>Play a tag rugby match appropriate to children's ability</p>	<p>Outdoor: Outdoor Adventurous Activities (Y6) <i>Twinkl</i></p> <p>Work systematically and as part of a team to solve a range of problems</p> <p>Demonstrate positivity, perseverance and effective teamwork when completing a range of challenges.</p> <p>Use a range of communication methods effectively during problem solving activities and challenges.</p> <p>Demonstrate effective leadership skills.</p> <p>Work together effectively to achieve a common goal.</p> <p>Work effectively with others to complete a range of challenges.</p> <p>Work effectively with others to plan and carry out a game plan (strategy).</p> <p>Compete in a timed orienteering team relay event.</p> <p>Work as part of a team to design a themed orienteering course.</p>	<p>Outdoor: Cricket (Y6)</p> <p>Intercept an aerial ball with 2 hands whilst stationary</p> <p>Select the appropriate method of returning the ball (overarm/underarm/rolling)</p> <p>Strike a ball that has been bowled in different directions</p> <p>Over arm bowl a ball with a short approach with accuracy</p> <p>Play a cricket match appropriate to the children's ability</p>