

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 and 4 (3)	<p>Multi-skills</p> <p>I can change and maintain centre of balance</p> <p>I can develop co-ordination whilst moving an object</p> <p>I can demonstrate agility by being able to turn and twist and change direction</p> <p>I can practice co-ordination and moving with others</p> <p>I can use co-ordination skills to move an object</p> <p>I can apply agility, balance and co-ordination skills</p>	<p>(African) dance</p> <p>I can explore and create patterns of movement</p> <p>I can Work with a partner to create dance patterns</p> <p>I can perform a dance with rhythm and expression</p> <p>I can use knowledge of dance to create a story</p> <p>I can work with a group to create a dance piece</p> <p>I can perform in front of others</p>	<p>Groovy gymnastics</p> <p>I can explore jumping techniques</p> <p>I can explore jumping techniques and link them to other gymnastic actions</p> <p>I can select and adapt gymnastic actions</p> <p>I can work with a partner/small group to create sequences involving jumping skills</p> <p>I can choose appropriate actions for a sequence to music</p> <p>I can refine a sequence to music</p>	<p>Gym fit circuit</p> <p>I can identify techniques to improve balance</p> <p>I can practise skills through a range of sequences</p> <p>I can perform skills with increased accuracy</p> <p>I can perform moves within a circuit</p> <p>I can perform a sequence of moves at each station with increased accuracy</p> <p>I can evaluate my performance within a circuit</p> <p><i>*Outdoor education covered in Y4 residential</i></p>	<p>Active athletics</p> <p>I can run at different speeds and in different directions</p> <p>I can improve throwing technique</p> <p>I can reinforce jumping technique</p> <p>I can understand and develop passing a baton in a relay race</p> <p>I can choose and understand an appropriate running technique</p> <p>I can compete in a mini competition and record scores</p>	<p>Throwing and catching</p> <p>I can investigate different ways of throwing and consider when is appropriate to use them</p> <p>I can practise the correct technique for catching a ball and use it in a game</p> <p>I can practise correct batting technique and use it in a game</p> <p>I can consolidate throwing and catching and use it in a game</p> <p>I can strike a ball for distance</p> <p>I can learn the rules of a striking and fielding game and apply them fairly</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 and 4 (4-)	<p>Invaders Building on Multi-skills from cycle 1</p> <p>I can keep possession of a ball</p> <p>I can use agility, balance and co-ordination to keep control of a ball in a competitive situation</p> <p>I can use accurate passing and dribbling in a game situation</p> <p>I can apply ways to move a ball towards an opponent's goal</p> <p>I can learn concepts of attack and defence</p> <p>I can play a mini tournament</p>	<p>Dynamic dance Building on African dance from cycle 1</p> <p>I can identify and practise patterns and actions of line dancing</p> <p>I can demonstrate awareness of music when improvising</p> <p>I can create a dance that reflects the line dancing style</p> <p>I can apply key components of dance</p> <p>I can perform line dancing using a range of movement</p> <p>I can perform and evaluate dance</p>	<p>Gym sequences Building on groovy gymnastics from cycle 1</p> <p>I can identify and practise body shapes</p> <p>I can identify and practise symmetrical and asymmetrical body shapes</p> <p>I can construct sequences using balance movements</p> <p>I can use counterbalances and incorporate them into a sequence</p> <p>I can perform movements in cannon and unison</p> <p>I can evaluate performance</p>	<p>Gym fit circuits Building on gym fit circuits from cycle 1</p> <p>I can understand that fitness work can be sport specific</p> <p>I can complete a hockey based circuit with understanding and accuracy</p> <p>I can complete a netball/basketball circuit with understanding and accuracy</p> <p>I can complete a football based circuit with understanding and accuracy</p> <p>I can complete a cricket based circuit with understanding and accuracy</p> <p>I can complete an athletics based circuit with understanding and accuracy</p>	<p>Young Olympians Building on Active athletics from cycle 1</p> <p>I can select and maintain running pace for different distances</p> <p>I can practice throwing with power and accuracy</p> <p>I can throw safely with understanding</p> <p>I can demonstrate good running technique in a competitive situation</p> <p>I can understand which technique is most effective when jumping for distance</p> <p>I can utilise all skills within this unit in a competitive situation</p>	<p>Striking and fielding Building on throwing and catching from cycle 1</p> <p>I can develop and investigate different ways of throwing</p> <p>I can use agility, balance and coordination (ABC) to field a ball well</p> <p>I can use ABC to move into good positions for catching and apply it in a game situation</p> <p>I can use hand/eye coordination to strike a moving and stationary ball</p> <p>I can develop fielding skills and understand their importance in a game situation</p> <p>I can play in a competitive situation and show sporting behaviour</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 & 6 (5)	<p>Invaders</p> <p>I can demonstrate basic passing and receiving skills</p> <p>I can develop skills required for a range of passes and choose when to use them</p> <p>I can understand the importance of finding space in order to receive a pass</p> <p>I can develop a range of defending skills</p> <p>I can learn how to shoot</p> <p>I can develop my understanding of different positions</p>	<p>Dynamic dance</p> <p>I can identify and practise the pattern and actions of a dance style</p> <p>I can demonstrate an awareness of rhythm when improvising</p> <p>I can create and perform an individual dance that reflects a known style</p> <p>I can create a partnered dance that reflects a style</p> <p>I can create a group dance that reflect a style</p> <p>I can perform and evaluate my and others work</p>	<p>Gym fit circuits</p> <p>I understand why fitness is good for health and wellbeing</p> <p>In can develop consistency in technique</p> <p>I can develop fitness in an obstacle style circuit</p>	<p>Gym sequences</p> <p>I can identify and practise body shapes and balances</p> <p>I can identify and practise symmetrical and asymmetrical body shapes</p> <p>I can develop skills for movement</p> <p>I can use counterbalances and incorporate them into a sequence of movement</p> <p>I can perform movement including movements in unison</p> <p>I can perform and evaluate my and others sequences</p>	<p>Striking and fielding</p> <p>I can develop skills in batting and fielding</p> <p>I can choose fielding techniques and learn when to run between wickets</p> <p>I can catch and return a ball with accuracy</p> <p>I can develop a safe effective over arm throw</p> <p>I can develop batting control</p> <p>I can apply my skills in a mini tournament</p> <p><i>Open water swim/swim safety session to delivered this term to y6 only (make sure this is booked)</i></p>	<p>Young Olympians</p> <p>I can use correct technique to run at speed and develop technique to run distance</p> <p>I can throw with accuracy and power</p> <p>I can identify and apply techniques of relay running</p> <p>I understand which technique is most effective when jumping for distance</p> <p>I can learn how to improve my distance of a pull throw</p> <p>In can demonstrate good technique in a competitive situation</p>

PE Long term plan session 1 – Cycle 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 & 6 (6)	<p>Invaders building on invaders from cycle 1</p> <p>I can understand the basic rules of tag rugby</p> <p>I can work as part of a team using ball handling skills</p> <p>I can pass and carry a ball using balance and coordination</p> <p>I can use skills learned to play a game of tag rugby</p> <p>I can apply rules and skills learned to a game</p> <p>I can play a competitive game of tag rugby</p>	<p>Dynamic dance building on dynamic dance from cycle 1</p> <p>I can identify and practise patterns and actions in street dance</p> <p>I can demonstrate an awareness of music when improvising</p> <p>I can create a dance that represents a street dance style</p> <p>I can create a group dance using street dance moves</p> <p>I can perform and analyse my own and others' performances</p>	<p>Gym sequences building on gym sequences from cycle 1</p> <p>I can identify and practise gymnastic shapes and balances</p> <p>I can identify and practise symmetrical and asymmetrical body shapes</p> <p>I can construct sequences using balancing and linking movements</p> <p>I can use counterbalances and incorporate them into a sequence</p> <p>I can perform movements in canon and unison</p> <p>I can perform and evaluate my own and others' performances</p>	<p>Striking and fielding building on striking and fielding from cycle 1</p> <p>I can throw and catch under pressure</p> <p>I can use fielding skills to stop a ball effectively</p> <p>I can bat with control</p> <p>I can play the role of backstop</p> <p>I can use tactics to try and beat another team</p> <p>I can play in a tournament as part of a team</p>	<p>Gym fit circuits building on gym fit circuits from cycle 1</p> <p>I can plan a personal programme</p> <p>(This objective is to run throughout the unit)</p> <p><i>Open water swim/swim safety session to delivered this term to y6 only (make sure this is booked)</i></p>	<p>Young Olympians building on young Olympians from cycle 1</p> <p>I can investigate running styles and changes of speed</p> <p>I can practise throwing with power and accuracy</p> <p>I can throw safely with understanding</p> <p>I can demonstrate good running technique in a competitive situation</p> <p>I can explore different footwork patterns</p> <p>I can utilise the skills in this unit in a competitive situation</p>

