

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 and 4 (3)	<p>Boot camp</p> <p>I can prepare the body for exercise</p> <p>I understand what fitness means</p> <p>I can complete a range of circuits</p> <p>I understand what happens to heart rate during exercise</p> <p>I can complete circuits based on improving balance and coordination</p>	<p>Mighty movers</p> <p>I can explore running at different speeds</p> <p>I can work as part of a team in a running situation</p> <p>I understand the value of running based circuits and the impact they have on health</p> <p>I can improve fitness by raising my heart rate</p>	<p>Skip to the beat</p> <p>I can develop my skipping technique</p> <p>I can develop control and balance when skipping</p>	<p>Ball skills</p> <p>I am aware of others around me</p> <p>I can choose correct skills to meet a challenge</p> <p>I can perform a range of actions whilst controlling a ball</p> <p>I can perform catching skills</p> <p>I can master throwing techniques</p> <p>I can throw and hit a ball in different ways</p> <p>I can apply tactics and follow rules in a game</p>	<p>Fitness frenzy</p> <p>I can improve core strength</p> <p>I can improve agility</p>	<p>Cool core</p> <p>I can complete an agility circuit</p> <p>I can improve fitness by raising my heart rate</p> <p>I can develop skipping technique</p> <p>I can evaluate my performance</p> <p>I can improve core strength</p> <p>I can perform a sequence</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 and 4 (4-)	<p>Boot camp</p> <p>I can prepare the body for exercise</p> <p>I understand what fitness means</p> <p>I can complete a range of circuits</p> <p>I understand what happens to heart rate during exercise</p> <p>I can complete circuits based on improving balance and coordination</p>	<p>Mighty movers</p> <p>I can learn footwork movement patterns</p> <p>I can demonstrate the correct technique for a jab</p> <p>I understand the value of boxercise moves</p> <p>I can build an aerobic exercise routine</p> <p>I can create and perform an aerobic exercise routine with increased accuracy</p>	<p>Step to the beat</p> <p>I understand the importance of a warmup</p> <p>I can improve strength and stamina</p> <p>I can develop coordination and balance</p>	<p>Nimble nets</p> <p>I can familiarise myself with balls and short tennis rackets</p> <p>I can get a ball into play</p> <p>I can accurately serve underarm</p> <p>I can build up a rally</p> <p>I can perform a variety of shots in a game situation</p> <p>I can play a competitive game of tennis</p>	<p>Fitness frenzy</p> <p>I can complete a circuit of aerobic stations</p> <p>I can perform a boxercise routine with precision</p> <p>I can develop coordination and balance</p> <p>I can complete an athletics based circuit</p> <p>I can develop cool core moves using balance techniques</p> <p>I can perform an aerobic circuit with increased accuracy</p>	<p>Cool core</p> <p>I can improve balance and coordination</p> <p>I can consolidate and improve learnt moves</p> <p>I can develop balance techniques</p> <p>I can sustain balance and concentration</p> <p>I can further develop cool core moves</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 & 6 (5)	<p>Boot camp</p> <p>I understand what fitness means</p> <p>I can prepare the body for exercise</p> <p>I can complete a range of circuits</p> <p>I know why my heart rate increases</p> <p>I can develop balance and coordination</p>	<p>Mighty movers</p> <p>I can perform a boxercise session with good technique</p> <p>I understand the principle of dynamic stretching</p> <p>I can improve fitness by increasing heart rate</p> <p>I can perform actions to music</p> <p>I can adapt actions</p>	<p>Skip to the beat</p> <p>I understand the importance of a warmup</p> <p>I can develop coordination and balance</p> <p>I can improve general fitness levels</p> <p>I can learn new strength-based moves</p> <p>I know about muscle tone</p> <p>I know about aerobic fitness</p>	<p>Cool core</p> <p>I can develop moves to improve balance, coordination and strength</p>	<p>Nimble nets</p> <p>I can identify and apply techniques for hitting a tennis ball</p> <p>I can develop technique for ground strokes and volleys</p> <p>I can develop back hand technique and use it in a game</p> <p>I can use the scoring system in tennis</p> <p>I can perform an overhead serve</p> <p>I can perform all shots in a game situation</p>	<p>Fitness frenzy</p> <p>I can complete a circuit with a range of activities</p> <p>I can adapt boxercise techniques</p> <p>I can perform to music</p> <p>I know the benefits of improving muscle tone</p> <p>I know why fitness is good for health and well-being</p> <p>I can improve coordination</p> <p>I can perform a sequence of moves at each station with increased accuracy</p>

PE Long term plan session 2 – Cycle 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 & 6 (6)	<p>Boot camp</p> <p>I understand how to prepare the body for exercise</p> <p>I understand what fitness means</p> <p>I can complete circuit based activities and I understand the reason for doing them</p> <p>I understand what happens to heart rate during exercise</p> <p>I can complete circuits aimed at improving balance and coordination</p>	<p>Mighty movers</p> <p>I understand the basic principles of a good warmup</p> <p>I understand how moves can be linked together</p> <p>I can perform and devise a sequence of movements to music</p>	<p>Step to the beat</p> <p>I understand the value of aerobic exercise</p> <p>I can measure heart rate and note any changes during exercise</p> <p>I can perform aerobic activity to music</p> <p>I understand the value of step based exercise</p>	<p>Cool core</p> <p>I can identify exercises that will improve core strength</p> <p>I can apply balance</p> <p>I can perform exercises with increased difficulty</p> <p>I can create my own cool core moves</p> <p>I can perform moves with increased control, coordination and balance</p>	<p>Nimble nets</p> <p>I can demonstrate the correct grip of a tennis racket</p> <p>I can use good hand eye coordination</p> <p>I understand how to serve a shuttle</p> <p>I can perform an overhead clear and I understand how this can be used in a game</p> <p>I understand a drop shot is an attacking shot and I know where to aim for</p> <p>I understand how to outwit an opponent in a game</p>	<p>Fitness frenzy</p> <p>I can complete a circuit with different aerobic activities</p> <p>I can perform to music</p> <p>I understand the value of aerobic exercise</p> <p>I can plan a personal programme</p> <p>I can perform a programme created by peers</p>

