

Banks Road Primary School
PE Long Term Curriculum Plan 2025 - 2026



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Games <u>Key Vocabulary</u> Space, Stop, Listen, Go, Run, Jump, Roll, Hit, Kick, Throw, Catch, Dodge, Quick, Slow <u>Key Skills</u> - To be able to begin demonstrate confidence in their movements, showing signs of acceleration and deceleration, and less reliance on visual guidance - Locomotor- Crawling, Walking, Leaping, Jumping (Height and Distance), Galloping, Twisting - Body Control- Balancing, Turning, Bending, Landing,	Games and Fundamentals <u>Key Vocabulary</u> Space, Stop, Listen, Go, Run, Jump, Roll <u>Key Skills</u> - Pupils will begin demonstrate confidence in their movements, showing signs of acceleration and deceleration, and less reliance on visual guidance - Locomotor- Crawling, Walking, Leaping, Jumping (Height and Distance), Galloping, Twisting - Body Control- Balancing, Turning, Bending, Landing, Stopping, Twisting, Swinging	Invasion Games Beanbag Skills (Fundamental Games) <u>Key Vocabulary</u> Balance, Throw, Kick, Catch, Control <u>Key Skills</u> - To be able to balance a beanbag on various body parts - To be able to move the beanbag with good control - To be able to throw a beanbag at a target - To recognise key body parts - To be able to take turns with a partner	Net & Wall / Striking and Fielding Taking Turns on Holiday (Fundamentals) <u>Key Vocabulary</u> Teamwork, rules, fun, listen, space <u>Key Skills</u> - To develop hand-eye co-ordination - To be able to throw a ball in the right direction - To be able to take turns with a partner - To develop spatial awareness - To run with developing control and fluency	Gymnastics Jumping and Gym – Balancing <u>Key Vocabulary</u> Balance, Listen, Control, Still, Support <u>Key Skills</u> - Know how to use of a variety of equipment and resources - To make my body tense and relaxed - To roll in different ways - To travel in different ways - To develop overall balance	Dance Fictional Characters - Julia Donaldson <u>Key Vocabulary</u> Count, Step, Sequence, Space, Levels, Rhythm, Character, Expression <u>Key Skills</u> - To be able to demonstrate Paper Doll shapes - To be able to demonstrate wiggling and rescuing actions - To be Able to move with opposing (small and big) dynamics - To be able to move to the rhythm of spoken word - To be able to develop relationships- staying attached to a partner and/ or a group

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	Stopping, Twisting, Swinging Object Control- Control, Throw, Roll, Kick, Bounce	Object Control- Control, Throw, Roll, Kick, Bounce				
Reception	Net & Wall / Striking and Fielding Bats and Balls at the Circus <u>Key Vocabulary</u> Balance, Throw, Kick, Catch, Control, Hit, Strike, Aim <u>Key Skills</u> - To show control and balance in basic movement - To show spatial awareness during running and chasing games - To run around & over objects, demonstrating control & balance - To become familiar with the names of different types of equipment	Invasion Games Beanbag Skills (Fundamental Games) <u>Key Vocabulary</u> Balance, Throw, Kick, Catch, Control <u>Key Skills</u> - To be able to balance a beanbag on various body parts - To be able to move the beanbag with good control - To be able to throw a beanbag at a target - To recognise key body parts - To be able to take turns with a partner	Athletics Fun with Quoits & Cones <u>Key Vocabulary</u> Run, Sprint, Fast, Throw, Jump, Height <u>Key Skills</u> - To develop appropriate running technique - To jump over different sized obstacles - To throw towards a set target - To competently catch a ball or bean bag - To name some healthy foods (fruit and veg)	Dance Dance Animals – Mini Beasts <u>Key Vocabulary</u> Count, Step, Sequence, Space, Levels <u>Key Skills</u> - Able to demonstrate two-dimensional shapes - Able to demonstrate scuttling actions - Able to move with floaty and fluttery dynamics - Able to move in the space using forwards, backwards, and sideways actions - Able to develop relationships- away, towards, and around partner	Outdoor Adventurous Activities Fun Games With Friends <u>Key Vocabulary</u> Teamwork, rules, fun, listen, space <u>Key Skills</u> - Develop fundamental movement skills - To work within a small group - Participate in cooperative physical activities - Participate in competitive physical activities - Develop simple tactics	Gymnastics Jumping and Gym – Balancing <u>Key Vocabulary</u> Balance, Listen, Control, Still, Support <u>Key Skills</u> - Know how to use of a variety of equipment and resources - To make my body tense and relaxed - To roll in different ways - To travel in different ways - To develop overall balance

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1	Athletics Athletics (Fundamentals) <u>Key Vocabulary</u> Run, Throw, Jump, Speed, Accelerate, Distance, Height, Accuracy, Technique <u>Key Skills</u> - To develop a range of skills associated with Athletics - To understand how to change direction, levels and speeds - To develop a range of skills for distance and accuracy - To develop understanding of how we can use our body to improve performance - To develop skills in preparation for Athletic style events	Net & Wall / Striking and Fielding Striking & Fielding <u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim, Strike, Field, Position, Communication, Co-operation <u>Key Skills</u> - To work collaboratively with a partner - To use a range of small equipment - To throw to a partner whilst developing accuracy - To be able to strike an object - To be able to listen and observe	Dance Dance The UK – Celebrations <u>Key Vocabulary</u> Celebration, Sequence, Levels, Tempo, Speed, Rhythm, Creative <u>Key Skills</u> - Able to demonstrate egg shapes - Able to demonstrate actions representing a chick - Able to demonstrate sudden and explosive dynamics - Able to use different floor patterns in the space - Able to develop relationships- create an excited dance with a partner	Invasion Games Throwing and Catching (Games) <u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim <u>Key Skills</u> - To be able to throw a ball/ beanbag with accuracy - To be able to show an awareness of space - To be able to catch a ball/ beanbag with some control - To observe, describe and copy with others are doing - To work collaboratively with a partner	Outdoor Adventurous Activities - Creative Play (Outdoor Adventure) <u>Key Vocabulary</u> - Create, Turn-taking, Communication, Co-operation, Rules, Teamwork, Decisions <u>Key Skills</u> - Develop more complex fundamental movement skills - To work collaboratively within a group - To develop thinking and creativity - To develop decision making in games - To be able to work independently	Gymnastics Gym – Balance Shapes, mps and Travelling <u>Key Vocabulary</u> Balance, Agility, Movement, Stable, Creative, Space, Link, Sequence, Hold, Tension <u>Key Skills</u> - Attempt straight and star jumps - Explore basic shapes using a small, wide and long body shape - To be able to roll sideways in a straight shape - To gain confidence when walking forwards along apparatus - To attempt a tuck jump and improve landing position - Rock in two different shapes with good control - Explore different ways of balancing - To be able to hold a balance consistently for three seconds
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2	<u>Outdoor Adventurous Activities</u> Rule Making (Outdoor Adventure) <u>Key Vocabulary</u> Rules, Communication, Co-operation, Teamwork, Adapt, Competition, Creative <u>Key Skills</u> - To continually develop fundamental skills - To take part in competitive activities - To begin to work as a team - To further develop thinking and creativity - To create different rules for games	<u>Athletics</u> Movements (Athletics) <u>Key Vocabulary</u> Accuracy, Distance, Height, Weight, Throw, Jump, Follow Through <u>Key Skills</u> - To run in a co-ordinated & fluent way over obstacles - Develop awareness of distance & weight - To throw a range of different throwing implements - Developing awareness of distance & height - To be able to jump safely with distance	<u>Net & Wall / Striking and Fielding</u> Striking & Fielding <u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim, Strike, Field, Position, Communication, Co-operation <u>Key Skills</u> - To work well with a partner or small group - To develop striking with accuracy - To demonstrate an underarm and overarm throw - To be able to receive equipment in different ways - To be able to listen and follow instructions	<u>Invasion Games</u> Sending and Receiving (Games) <u>Key Vocabulary</u> Aim, Accuracy, Distance, Target, Catch, Follow Through, Technique, Space, Aware <u>Key Skills</u> - To begin to aim towards a given target - To accurately pass and receive a range of balls - To further increase their understanding of space - To pass a ball using different parts of the body - To receive a ball using different parts of the body	<u>Gymnastics</u> Gym – Balance and Co-ordination <u>Key Vocabulary</u> Balance, Co-ordination, Control, Tension, Rolls, Speed, Direction, Level, Sequence <u>Key Skills</u> - To understand what shapes are used in a pencil roll, side roll and egg roll - To remember the starting, landing and finishing positions of jumps - To be able to link three different balances with three different ways of travelling - To attempt a forward roll down incline independently - To understand what skill 'bunny hops over a bench' is developing	<u>Dance</u> Dance The UK – Traditional Dances <u>Key Vocabulary</u> Celebration, Sequence, Levels, Tempo, Speed, Rhythm, Creative <u>Key Skills</u> - Able to demonstrate star and arch shapes - Able to demonstrate folk dance actions - Able to demonstrate happy and energetic dynamics - Able to use the space to create different formations - Able to develop relationships- folk dance moves with a partner
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3	Dance Dance Style – Bollywood <u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Fine, Bollywood, Mudras, Gestures, Relationships, Unison, Canon, Illusions, Formation <u>Key Skills</u> • Able to express happy dynamics • Able to demonstrate physical skill-looking at the hands whilst dancing • Able to demonstrate Bollywood technique- 'mudras' and arm gestures • Able to demonstrate relationships- unison and canon • Able to create an illusion- 1 person with 6 arms	Invasion Games Invasion – Tag Rugby <u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Play the Ball, W- grip, Hooker, Dummy <u>Key Skills</u> • Refine fundamental ball handling skills • Develop confidence in using the correct passing technique over different distances • Develop confidence in attacking in overload situations • Begin to understand positioning and techniques when defending • Successfully participate in adapted gameplay	Outdoor Adventurous Activities Thinking Aloud (Outdoor Adventure) <u>Key Vocabulary</u> Trust, Communication, Co-operation, Listening, Problem Solving, Trial and Error, Map, Symbols, Key, Pathways, Routes <u>Key Skills</u> • To place trust in teammates • To develop problem solving skills • To create and recognise some map symbols • To develop basic map reading skills • Work cooperatively to solve group/ paired challenges	Net & Wall / Striking and Fielding Striking & Fielding <u>Key Vocabulary</u> Accuracy, Striking, Control, Space, Power, Technique, Direction, Aim, Fielding, Trapping, Direction <u>Key Skills</u> • To be able to strike a ball with some accuracy • To vary the speed and direction of a ball • Perform the basic skills needed for the games with control and consistency • Describe what is successful in their own and other's play • To develop understanding of distance and power when striking	Swimming / Athletics <u>Key Skills</u> • Pool Safety Rules, Assessment & Group • Safe entry, Movement around pool, Face in blow bubbles, Sit & stand, Safe exit • Floating front & back, Move on front to standing, Move on to back to standing • Push & Glide front to & away from wall, log roll front to back to standing • Push & Glide back to & away from wall, log roll back to front to standing • Kick on Front & back with floats & without floats • Introduction to big pool, Safe entry, water confidence skills • Check floating front & back, Kick front & back	Gymnastics Developing Balancing, Rolling and Jumping <u>Key Vocabulary</u> Symmetry, Identical, Strength, Power, Control, Tension, Counterbalance, Direction, Shape, Enter, Exit, Apparatus, Transition, Fluid <u>Key Skills</u> • To be able to identify 5 different stretches • To have a basic understanding of jumping, balancing and travelling • To focus on sticking landing positions with good balance and posture throughout the session • Understand the technique of a backward roll • To explore using different body parts whilst travelling with a partner
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					with & without floats • Water Safety • Assessment & results	• To improve body tension in rebound jumps
3S	Invasion Games Invasion – Tag Rugby <u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Play the Ball, W-grip, Hooker, Dummy <u>Key Skills</u> • Refine fundamental ball handling skills • Develop confidence in using the correct passing technique over different distances • Develop confidence in attacking in overload situations • Begin to understand positioning and techniques when defending	Dance Dance Style – Bollywood <u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Fine, Bollywood, Mudras, Gestures, Relationships, Unison, Canon, Illusions, Formation <u>Key Skills</u> • Able to express happy dynamics • Able to demonstrate physical skill-looking at the hands whilst dancing • Able to demonstrate Bollywood technique- 'mudras' and arm gestures • Able to demonstrate relationships-unison and canon	Outdoor Adventurous Activities Thinking Aloud (Outdoor Adventure) <u>Key Vocabulary</u> Trust, Communication, Co-operation, Listening, Problem Solving, Trial and Error, Map, Symbols, Key, Pathways, Routes <u>Key Skills</u> • To place trust in teammates • To develop problem solving skills • To create and recognise some map symbols • To develop basic map reading skills • Work cooperatively to solve group/paired challenges	Net & Wall / Striking and Fielding Striking & Fielding <u>Key Vocabulary</u> Accuracy, Striking, Control, Space, Power, Technique, Direction, Aim, Fielding, Trapping, Direction <u>Key Skills</u> • To be able to strike a ball with some accuracy • To vary the speed and direction of a ball • Perform the basic skills needed for the games with control and consistency • Describe what is successful in their own and other's play • To develop understanding of distance and power when striking	Swimming / Athletics <u>Key Skills</u> • Pool Safety Rules, Assessment & Group • Safe entry, Movement around pool, Face in blow bubbles, Sit & stand, Safe exit • Floating front & back, Move on front to standing, Move on to back to standing • Push & Glide front to & away from wall, log roll front to back to standing • Push & Glide back to & away from wall, log roll back to front to standing • Kick on Front & back with floats & without floats	Gymnastics Developing Balancing, Rolling and Jumping <u>Key Vocabulary</u> Symmetry, Identical, Strength, Power, Control, Tension, Counterbalance, Direction, Shape, Enter, Exit, Apparatus, Transition, Fluid <u>Key Skills</u> • To be able to identify 5 different stretches • To have a basic understanding of jumping, balancing and travelling • To focus on sticking landing positions with good balance and posture throughout the session • Understand the technique of a backward roll • To explore using different body

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	Successfully participate in adapted gameplay	Able to create an illusion- 1 person with 6 arms			- Introduction to big pool, Safe entry, water confidence skills - Check floating front & back, Kick front & back with & without floats - Water Safety - Assessment & results	parts whilst travelling with a partner To improve body tension in rebound jumps
4G	Swimming / Athletics <u>Key Skills</u> - Pool Safety Rules, Assessment & Group - Safe entry, Movement around pool, Face in blow bubbles, Sit & stand, Safe exit - Floating front & back, Move on front to standing, Move on to back to standing - Push & Glide front to & away from wall, log roll front to back to standing - Push & Glide back to & away from wall, log	Dance Dance Style – Charleston <u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Flexion, Extension, Footwork, Patterns, Mirroring, Contrasting <u>Key Skills</u> - Able to express cheeky and over the top dynamics - Able to demonstrate physical skill-flexed wrists - Able to demonstrate Charleston technique-footwork patterns	Outdoor Adventurous Activities Decisions (Outdoor Adventure) <u>Key Vocabulary</u> Orienteering, Map Reading, Direction, Points of a Compass, Pathway, Route, Key, Symbols, Communication, Teamwork, Course, Obstacles <u>Key Skills</u> - Develop some knowledge of orienteering - To create their own course for a partner to follow - To learn some common map symbols - Choose & apply strategies to meet problems	Invasion Games Passing and Moving (Invasion – Netball & Basketball) <u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive <u>Key Skills</u> - To know when to move within a game - To know when to pass during a game - Show an awareness of space and know how to use it in games - To travel using change of	Net & Wall / Striking and Fielding Striking & Fielding <u>Key Vocabulary</u> Accuracy, Striking, Control, Space, Power, Technique, Direction, Aim, Fielding, Trapping, Direction, Overarm, Teamwork, Back-up, Long Barrier <u>Key Skills</u> - Throw an object with varying speed and accuracy - Throw an object or ball overarm - Choose appropriate positioning when fielding - Intercept an object or ball	Gymnastics Gym – What's my Direction? <u>Key Vocabulary</u> Accelerate, Decelerate, Travel, Movement, Tempo, Transition, Rhythm, Control, Tension, Flow, Sequence, Twist, Turn, Analyse, Strengths, Weaknesses <u>Key Skills</u> - To use body tension in twisting jumps - To be able to hold a stable tuck/pike sit position for three seconds - To understand how to approach and use a springboard correctly

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	roll back to front to standing - Kick on Front & back with floats & without floats - Introduction to big pool, Safe entry, water confidence skills - Check floating front & back, Kick front & back with & without floats - Water Safety - Assessment & results	- Able to demonstrate relationships- mirroring - Able to demonstrate contrasting levels in still positions	Use a map to travel around a simple course	direction and speed easily Describe what happens to their bodies when warming up	Work collaboratively in small teams	- To attempt rolling down an incline - To be able to jump and land safely when using apparatus - To understand the base needed in a headstand - Explore different body parts to use when travelling - To be able to balance using a piece of hand held equipment
5C	Dance Dance Style – Rock n’ Roll <u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Character, Lift, Trust <u>Key Skills</u> - Able to express energetic dynamics - Able to demonstrate physical skill-extension through the limbs	Gymnastics Gym – Abstract Angles <u>Key Vocabulary</u> Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvement <u>Key Skills</u> - To know the correct starting and landing positions of a jump - To understand the core muscle group used in a V sit	Swimming / Athletics <u>Key Skills</u> - Pool Safety Rules, Assessment & Group - Body position, Push & glide front & back, Push, glide & kick front & back - Fc Breathing, Fc Full stroke - Bk Full Stroke using drills e.g. little finger entry, kick from hips - Introduction to Deep water	Invasion Games Invasion in a Team (Hockey & Football Skills) <u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Win, Lose, Tactics <u>Key Skills</u> - To develop teamwork through communication - To play games competitively	Outdoor Adventurous Activities - Leadership (Outdoor Adventure) <u>Key Vocabulary</u> - Orientation, Map Reading, Navigation, Symbols, Key, Pathway, Route, Leadership, Communication, Collaboration, Co-operation, Roles, Code, Respect <u>Key Skills</u>	Net & Wall / Striking and Fielding Exploring, Striking & Fielding <u>Key Vocabulary</u> Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision <u>Key Skills</u> - To explore the use of space during games - Choose appropriate positioning when fielding

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	- Able to demonstrate Rock n' Roll technique- hand jive and flicks - Able to demonstrate relationships- contact work Able to execute lifts safely and competently	- To understand the correct the correct technique for using a springboard - To be able to perform a front support turn to back support turn - To be able to perform a bunny hop onto low vault independently - To attempt a cartwheel on floor with support - To be able to link a balance, roll and jump	using skills Introduce Fly kick - Swim deep water Front, Introduce Br kick - Swim deep water Back Introduce Fly full stroke - Introduce Br Full stroke, Distance swim Front & Back - Water Safety - Assessment & results	- To pass a ball towards a space for a teammate to receive - To apply a range of tactics and strategies for defence and attack - To understand how it feels to win and lose	- Develop communication through speaking & listening - Work as a group to overcome a challenge - Learn some different ways of tying knots - Take part in competitive orienteering activities - Plan a short loop course for a partner or group	- To strike a ball/ object using both hands and feet - To retrieve, intercept, and stop a ball when fielding - To develop the range and consistency of their skills
55	<u>Dance</u> Dance Style – Rock n' Roll <u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Character, Lift, Trust <u>Key Skills</u> Able to express energetic dynamics	<u>Gymnastics</u> - Gym – Abstract Angles <u>Key Vocabulary</u> - Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvement	<u>Outdoor Adventurous Activities</u> Leadership (Outdoor Adventure) <u>Key Vocabulary</u> Orientation, Map Reading, Navigation, Symbols, Key, Pathway, Route, Leadership, Communication, Collaboration, Co-operation, Roles, Code, Respect <u>Key Skills</u>	<u>Swimming / Athletics</u> <u>Key Skills</u> - Pool Safety Rules, Assessment & Group - Body position, Push & glide front & back, Push, glide & kick front & back - Fc Breathing, Fc Full stroke - Bk Full Stroke using drills e.g.	<u>Invasion Games</u> Invasion in a Team (Hockey & Football Skills) <u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Win, Lose, Tactics <u>Key Skills</u> To develop teamwork	<u>Net & Wall / Striking and Fielding</u> Exploring, Striking & Fielding <u>Key Vocabulary</u> Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision <u>Key Skills</u> To explore the use of space during games

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	• Able to demonstrate physical skill-extension through the limbs • Able to demonstrate Rock n' Roll technique- hand jive and flicks • Able to demonstrate relationships-contact work • Able to execute lifts safely and competently	• <u>Key Skills</u> • To know the correct starting and landing positions of a jump • To understand the core muscle group used in a V sit • To understand the correct technique for using a springboard • To be able to perform a front support turn to back support turn • To be able to perform a bunny hop onto low vault independently • To attempt a cartwheel on floor with support • To be able to link a balance, roll and jump	• Develop communication through speaking & listening • Work as a group to overcome a challenge • Learn some different ways of tying knots • Take part in competitive orienteering activities • Plan a short loop course for a partner or group	little finger entry, kick from hips • Introduction to Deep water using skills • Introduce Fly kick • Swim deep water Front, Introduce Br kick • Swim deep water Back • Introduce Fly full stroke • Introduce Br Full stroke, Distance swim Front & Back • Water Safety • Assessment & results	through communication • To play games competitively • To pass a ball towards a space for a teammate to receive • To apply a range of tactics and strategies for defence and attack • To understand how it feels to win and lose	• Choose appropriate positioning when fielding • To strike a ball/object using both hands and feet • To retrieve, intercept, and stop a ball when fielding • To develop the range and consistency of their skills
6	<u>Net & Wall / Striking and Fielding</u> Net Games for Points (Net Games)	<u>Invasion Games</u> Invasion – Competitive (Netball & Basketball)	<u>Gymnastics</u> Gym – 'Perfecting' In Which Quadrant?	<u>Outdoor Adventurous Activities</u> Finding Success (Outdoor Adventure)	<u>Dance</u> Dance Style – Street Dance <u>Key Vocabulary</u>	<u>Swimming / Athletics</u> <u>Key Skills</u>

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	<u>Key Vocabulary</u> Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision, Overarm, Wicketkeeper, Teamwork, Communication <u>Key Skills</u> - To field as a collaborative team unit - To strike a ball or object 'cleanly' using different equipment - To retrieve, intercept, and stop a ball when fielding - To strike a ball or object using both sides of the body - Recognise their own and other's strengths	<u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Intercept, Reading the game, Body language, Sportsmanship, Respect <u>Key Skills</u> - To further develop knowledge of attacking and defending - To know how to intercept a pass - To know how to invade as a team - To communicate effectively with teammates - To develop sportsmanship	<u>Key Vocabulary</u> - Balance, Routine, Control, Counter Balance, Body Weight, Support, Extend, Elevate, Points, Momentum, Levels, Symmetrical, Asymmetrical, Flight <u>Key Skills</u> - Link three skills together: roll, jump and a balance - Work towards performing a handstand - To improve front support shape - To work towards performing a handstand - Improve the transition between skills during a sequence - To attempt a handstand on floor with support - To work towards a cartwheel and improve technique	<u>Key Vocabulary</u> Communication, Teamwork, Speaking, Listening, Adopt, Adapt, Challenge, Trial and Error, Problem Solving, Orienteering, Map Reading, Compass, Direction, Route, Pathways, Perseverance <u>Key Skills</u> - Develop communication through speaking & listening - Work as a group to overcome a challenge - Learn some different ways of tying knots - Take part in competitive orienteering activities - Plan a short loop course for a partner or group	Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Character, Attitude, Top Rock, Slide, Helicopter, Momentum, Direction, Formation <u>Key Skills</u> - Able to express attitude and strong dynamics - Able to develop physical skill-strength in upper body - Able to demonstrate street dance technique- top rock, slides, helicopter - Able to demonstrate relationships-confrontation - Able to explore space- directions and formation	- Pool Safety Rules, Assessment & Group - Body position, Push & glide front & back, Push, glide & kick front & back - Fc Breathing, Fc Full stroke - Bk Full Stroke using drills e.g. little finger entry, kick from hips - Introduction to Deep water using skills Introduce Fly kick - Swim deep water Front, Introduce Br kick - Swim deep water Back Introduce Fly full stroke - Introduce Br Full stroke, Distance swim Front & Back - Water Safety - Assessment & results
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			To be able to jump and turn 180 degrees			
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