

# Banks Road Primary School

## PE Long Term Curriculum Plan



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<p><u>Games</u></p> <p><u>Key Vocabulary</u> Space, Stop, Listen, Go, Run, Jump, Roll, Hit, Kick, Throw, Catch, Dodge, Quick, Slow</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To be able to begin demonstrate confidence in their movements, showing signs of acceleration and deceleration, and less reliance on visual guidance</li> <li>Locomotor- Crawling, Walking, Leaping, Jumping (Height and Distance), Galloping, Twisting</li> <li>Body Control- Balancing, Turning, Bending, Landing, Stopping, Twisting, Swinging</li> <li>Object Control- Control, Throw, Roll, Kick, Bounce</li> </ul>	<p><u>Games and Fundamentals</u></p> <p><u>Key Vocabulary</u> Space, Stop, Listen, Go, Run, Jump, Roll</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Pupils will begin demonstrate confidence in their movements, showing signs of acceleration and deceleration, and less reliance on visual guidance</li> <li>Locomotor- Crawling, Walking, Leaping, Jumping (Height and Distance), Galloping, Twisting</li> <li>Body Control- Balancing, Turning, Bending, Landing, Stopping,</li> </ul>	<p><u>Invasion Games</u></p> <p>Beanbag Skills (Fundamental Games)</p> <p><u>Key Vocabulary</u> Balance, Throw, Kick, Catch, Control</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To be able to balance a beanbag on various body parts</li> <li>To be able to move the beanbag with good control</li> <li>To be able to throw a beanbag at a target</li> <li>To recognise key body parts</li> <li>To be able to take turns with a partner</li> </ul>	<p><u>Net &amp; Wall / Striking and Fielding</u></p> <p>Taking Turns on Holiday (Fundamentals)</p> <p><u>Key Vocabulary</u> Teamwork, rules, fun, listen, space</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To develop hand-eye co-ordination</li> <li>To be able to throw a ball in the right direction</li> <li>To be able to take turns with a partner</li> <li>To develop spatial awareness</li> <li>To run with developing control and fluency</li> </ul>	<p><u>Gymnastics</u></p> <p>Jumping and Gym – Balancing</p> <p><u>Key Vocabulary</u> Balance, Listen, Control, Still, Support</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Know how to use of a variety of equipment and resources</li> <li>To make my body tense and relaxed</li> <li>To roll in different ways</li> <li>To travel in different ways</li> <li>To develop overall balance</li> </ul>	<p><u>Dance</u></p> <p>Fictional Characters - Julia Donaldson</p> <p><u>Key Vocabulary</u> Count, Step, Sequence, Space, Levels, Rhythm, Character, Expression</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To be able to demonstrate Paper Doll shapes</li> <li>To be able to demonstrate wiggling and rescuing actions</li> <li>To be Able to move with opposing (small and big) dynamics</li> <li>To be able to move to the rhythm of spoken word</li> <li>To be able to develop relationships- staying attached to a partner and/ or a group</li> </ul>

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		<p>Twisting, Swinging</p> <ul style="list-style-type: none"> <li>Object Control- Control, Throw, Roll, Kick, Bounce</li> </ul>				
<b>Reception</b>	<p><u>Net &amp; Wall / Striking and Fielding</u></p> <p>Bats and Balls at the Circus</p> <p><u>Key Vocabulary</u> Balance, Throw, Kick, Catch, Control, Hit, Strike, Aim</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To show control and balance in basic movement</li> <li>To show spatial awareness during running and chasing games</li> <li>To run around &amp; over objects, demonstrating control &amp; balance</li> <li>To become familiar with the names of different types of equipment</li> </ul>	<p><u>Invasion Games</u></p> <p>Beanbag Skills (Fundamental Games)</p> <p><u>Key Vocabulary</u> Balance, Throw, Kick, Catch, Control</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To be able to balance a beanbag on various body parts</li> <li>To be able to move the beanbag with good control</li> <li>To be able to throw a beanbag at a target</li> <li>To recognise key body parts</li> <li>To be able to take turns with a partner</li> </ul>	<p><u>Athletics</u></p> <p>Fun with Quoits &amp; Cones</p> <p><u>Key Vocabulary</u> Run, Sprint, Fast, Throw, Jump, Height</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To develop appropriate running technique</li> <li>To jump over different sized obstacles</li> <li>To throw towards a set target</li> <li>To competently catch a ball or bean bag</li> <li>To name some healthy foods (fruit and veg)</li> </ul>	<p><u>Dance</u></p> <p>Dance Animals – Mini Beasts</p> <p><u>Key Vocabulary</u> Count, Step, Sequence, Space, Levels</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Able to demonstrate two-dimensional shapes</li> <li>Able to demonstrate scuttling actions</li> <li>Able to move with floaty and fluttery dynamics</li> <li>Able to move in the space using forwards, backwards, and sideway actions</li> <li>Able to develop relationships- away, towards, and around partner</li> </ul>	<p><u>Outdoor Adventurous Activities</u></p> <p>Fun Games With Friends</p> <p><u>Key Vocabulary</u> Teamwork, rules, fun, listen, space</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Develop fundamental movement skills</li> <li>To work within a small group</li> <li>Participate in cooperative physical activities</li> <li>Participate in competitive physical activities</li> <li>Develop simple tactics</li> </ul>	<p><u>Gymnastics</u></p> <p>Jumping and Gym – Balancing</p> <p><u>Key Vocabulary</u> Balance, Listen, Control, Still, Support</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Know how to use of a variety of equipment and resources</li> <li>To make my body tense and relaxed</li> <li>To roll in different ways</li> <li>To travel in different ways</li> <li>To develop overall balance</li> </ul>
<b>1</b>	<u>Athletics</u>	<u>Net &amp; Wall (Tennis)</u>	<u>Dance</u>	<u>Invasion Games</u>	<u>Running</u>	<u>Gymnastics</u>

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	<p>Fundamentals</p> <p><u>Key Vocabulary</u> Run, Throw, Jump, Speed, Accelerate, Distance, Height, Accuracy, Technique</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To develop a range of skills associated with Athletics</li> <li>To understand how to change direction, levels and speeds</li> <li>To develop a range of skills for distance and accuracy</li> <li>To develop understanding of how we can use our body to improve performance</li> <li>To develop skills in preparation for Athletic style events</li> </ul>	<p>Striking &amp; Fielding - LTA Tennis – Introduction to Sending, Receiving &amp; Movement</p> <p><u>Key Vocabulary</u> Ready position, footwork, hop, jump, landing, balance, step forward, side-on position, opposite foot, roll, push, stop the ball, catch, bounce, throw, drop, serve, server, receiver, push serve, tracking the ball, racket, Hit Mitt, ball, spot marker, throw down line, hoop, net, partner, accuracy, control, distance.</p> <p><u>Content Summary:</u></p> <ul style="list-style-type: none"> <li>Fundamental footwork patterns (2-2, 1-1, 2-1, 1-2)</li> <li>Ready position and basic balance</li> <li>Rolling, stopping and pushing the ball with hands/Hit Mitts</li> <li>Floor rallies and partner cooperation</li> </ul>	<p>The UK – Celebrations</p> <p><u>Key Vocabulary</u> Celebration, Sequence, Levels, Tempo, Speed, Rhythm, Creative</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Able to demonstrate egg shapes</li> <li>Able to demonstrate actions representing a chick</li> <li>Able to demonstrate sudden and explosive dynamics</li> <li>Able to use different floor patterns in the space</li> <li>Able to develop relationships- create an excited dance with a partner</li> </ul>	<p>Throwing and Catching (Games)</p> <p><u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To be able to throw a ball/ beanbag with accuracy</li> <li>To be able to show an awareness of space</li> <li>To be able to catch a ball/ beanbag with some control</li> <li>To observe, describe and copy with others are doing</li> <li>To work collaboratively with a partner</li> </ul>	<p><u>Key Vocabulary</u> Jog, Pace, Track, Start line / Finish line, Breathing, Space, Route, Baton</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To jog at a steady pace and follow a marked route safely</li> <li>To understand how to control breathing during running</li> <li>To distinguish between jogging and sprinting</li> <li>To change speed safely within an activity</li> <li>To move safely in shared space</li> <li>To respond quickly to instructions</li> <li>To follow a running route while maintaining pace</li> <li>To understand how to run behind others safely</li> <li>To take part in a simple relay</li> <li>To pass a baton safely</li> <li>To complete a continuous run at a steady pace</li> <li>To work towards a personal best</li> </ul>	<p>Gym – Balance Shapes, mps and Travelling</p> <p><u>Key Vocabulary</u> Balance, Agility, Movement, Stable, Creative, Space, Link, Sequence, Hold, Tension</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Attempt straight and star jumps</li> <li>Explore basic shapes using a small, wide and long body shape</li> <li>To be able to roll sideways in a straight shape</li> <li>To gain confidence when walking forwards along apparatus</li> <li>To attempt a tuck jump and improve landing position</li> <li>Rock in two different shapes with good control</li> <li>Explore different ways of balancing</li> </ul>
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		<ul style="list-style-type: none"> <li>Basic control with two-hand and one-hand pushing actions</li> <li>Simple competitive challenges (rally counts, target rolls)</li> </ul> <p><u>Mapped LTA Lessons:</u> Lessons 1–3 (movement foundations, roll &amp; recover, space explorer)</p>				<ul style="list-style-type: none"> <li>To be able to hold a balance consistently for three seconds</li> </ul>
<b>2</b>	<p><u>Athletics (Running)</u></p> <p><u>Key Vocabulary</u> Lap, Pace, Stamina, Relay, Baton, Direction, Effort Level</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To run at different paces (slow, medium, fast) and understand how they feel</li> <li>To begin developing stamina through controlled pacing</li> <li>To run continuously at a steady pace for a set time</li> <li>To build early endurance and understand recovery</li> </ul>	<p><u>Athletics (Movements)</u></p> <p><u>Key Vocabulary</u> Accuracy, Distance, Height, Weight, Throw, Jump, Follow Through</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To run in a co-ordinated &amp; fluent way over obstacles</li> <li>Develop awareness of distance &amp; weight</li> <li>To throw a range of different throwing implements</li> <li>Developing awareness of distance &amp; height</li> </ul>	<p><u>Net &amp; Wall (Tennis)</u></p> <p>Striking &amp; Fielding - LTA Tennis – Control, Tap-Ups &amp; Early Serve Skills</p> <p><u>Key Vocabulary</u> Volley, rally, forehand, backhand, underarm throw, tap, hit, serve, game, score, point, rally, in, out, ready position, step forward, opposite foot, balance, tap up, bounce, catch, control, racket, Hit Mitt, balloon, net, hoop.</p> <p><u>Content Summary:</u></p> <ul style="list-style-type: none"> <li>Drop–bounce–catch sequences</li> <li>Tap-ups with hands/Hit Mitts/rackets</li> </ul>	<p><u>Invasion Games</u></p> <p>Sending and Receiving (Games)</p> <p><u>Key Vocabulary</u> Aim, Accuracy, Distance, Target, Catch, Follow Through, Technique, Space, Aware</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To begin to aim towards a given target</li> <li>To accurately pass and receive a range of balls</li> <li>To further increase their understanding of space</li> <li>To pass a ball using different</li> </ul>	<p><u>Gymnastics</u></p> <p>Gym – Balance and Co-ordination</p> <p><u>Key Vocabulary</u> Balance, Co-ordination, Control, Tension, Rolls, Speed, Direction, Level, Sequence</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To understand what shapes are used in a pencil roll, side roll and egg roll</li> <li>To remember the starting, landing and finishing positions of jumps</li> <li>To be able to link three different balances with three different ways of travelling</li> </ul>	<p><u>Dance</u></p> <p>Dance The UK – Traditional Dances</p> <p><u>Key Vocabulary</u> Celebration, Sequence, Levels, Tempo, Speed, Rhythm, Creative</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Able to demonstrate star and arch shapes</li> <li>Able to demonstrate folk dance actions</li> <li>Able to demonstrate happy and energetic dynamics</li> <li>Able to use the space to create</li> </ul>

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	<ul style="list-style-type: none"> <li>To understand how to take turns in a relay</li> <li>To pass a baton safely and accurately</li> <li>To change direction safely while running</li> <li>To control body movement through zigzag routes</li> <li>To challenge themselves to match or improve performance</li> <li>To apply pacing skills over a longer run</li> <li>To run continuously for an extended period.</li> <li>To manage pacing and stamina independently</li> </ul>	<ul style="list-style-type: none"> <li>To be able to jump safely with distance</li> </ul>	<ul style="list-style-type: none"> <li>Spot &amp; roll, spot &amp; tap control work</li> <li>Serve-catch introduction (push serve)</li> <li>Targets (hoops/spots), accuracy challenges</li> <li>Use of IN/OUT and simple scoring in small games</li> </ul> <p><u>Mapped LTA Lessons:</u></p> <p>Lessons 2–6 (drop &amp; catch ladders, serve catch, target hoops, IN–OUT).</p>	<p>parts of the body</p> <ul style="list-style-type: none"> <li>To receive a ball using different parts of the body</li> </ul>	<ul style="list-style-type: none"> <li>To attempt a forward roll down incline independently</li> <li>To understand what skill 'bunny hops over a bench' is developing</li> </ul>	<p>different formations</p> <ul style="list-style-type: none"> <li>Able to develop relationships-folk dance moves with a partner</li> </ul>
<b>3</b>	<p><u>Invasion Games</u> Tag Rugby</p> <p><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</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Refine fundamental ball handling skills</li> </ul>	<p><u>Dance</u> Dance Style – Bollywood</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Fine, Bollywood, Mudras, Gestures, Relationships, Unison, Canon, Illusions, Formation</p> <p><u>Key Skills</u></p>	<p><u>Athletics (Running)</u></p> <p><u>Key Vocabulary</u> Stride, Acceleration, Deceleration, Endurance, Tactic, Consistency, Relay Zone</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To understand how stride length and pace affect running</li> </ul>	<p><u>Net &amp; Wall (Tennis)</u></p> <p>Striking &amp; Fielding - LTA Tennis – Forehand/ Backhand Foundations &amp; Rally Building</p> <p><u>Key Vocabulary</u> Hit, roll, tap, self-feed, stop the ball, push shot, attack, defend, target, aim, accuracy, ready position, recover, side step, bend low, underarm throw, bounce, catch,</p>	<p><u>Swimming</u></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Pool Safety Rules, Assessment &amp; Group</li> <li>Safe entry, Movement around pool, Face in blow bubbles, Sit &amp; stand, Safe exit</li> <li>Floating front &amp; back, Move on front to standing,</li> </ul>	<p><u>Gymnastics</u> Developing Balancing, Rolling and Jumping</p> <p><u>Key Vocabulary</u> Symmetry, Identical, Strength, Power, Control, Tension, Counterbalance, Direction, Shape, Enter, Exit, Apparatus, Transition, Fluid</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To be able to identify 5</li> </ul>

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	<ul style="list-style-type: none"> <li>Develop confidence in using the correct passing technique over different distances</li> <li>Develop confidence in attacking in overload situations</li> <li>Begin to understand positioning and techniques when defending</li> <li>Successfully participate in adapted gameplay</li> </ul>	<ul style="list-style-type: none"> <li>Able to express happy dynamics</li> <li>Able to demonstrate physical skill-looking at the hands whilst dancing</li> <li>Able to demonstrate Bollywood technique- 'mudras' and arm gestures</li> <li>Able to demonstrate relationships- unison and canon</li> <li>Able to create an illusion- 1 person with 6 arms</li> </ul>	<ul style="list-style-type: none"> <li>To run using a controlled, sustainable pace</li> <li>To maintain a steady running pace for a longer period</li> <li>To understand basic endurance strategies (breathing, pace control)</li> <li>To accelerate and decelerate safely and efficiently</li> <li>To understand how changing speed affects technique</li> <li>To follow complex running routes with control</li> <li>To apply simple tactics (overtaking safely, finding space)</li> <li>To run effectively as part of a relay team</li> <li>To pass a baton accurately while moving</li> </ul>	<p>racket, cone, spot marker, hoop, ball, team, turn, opponent.</p> <p><u>Content Summary:</u></p> <ul style="list-style-type: none"> <li>Right/left side recognition and movement patterns</li> <li>Forehand and backhand pushing actions (floor tennis)</li> <li>Tracking ball flight and moving to the ball</li> <li>Target-based hitting (spots, cones, hoops)</li> <li>Cooperative rallies using floor pushes and early tap-ups</li> <li>Simple umpiring: IN/OUT, one-bounce rule</li> </ul> <p><u>Mapped LTA Lessons:</u></p> <p>Lessons 7–9 (Colour Play, Puma Play, Double Defender, target striking).</p>	<p>Move on to back to standing</p> <ul style="list-style-type: none"> <li>Push &amp; Glide front to &amp; away from wall, log roll front to back to standing</li> <li>Push &amp; Glide back to &amp; away from wall, log roll back to front to standing</li> <li>Kick on Front &amp; back with floats &amp; without floats</li> <li>Introduction to big pool, Safe entry, water confidence skills</li> <li>Check floating front &amp; back, Kick front &amp; back with &amp; without floats</li> <li>Water Safety</li> <li>Assessment &amp; results</li> </ul>	<p>different stretches</p> <ul style="list-style-type: none"> <li>To have a basic understanding of jumping, balancing and travelling</li> <li>To focus on sticking landing positions with good balance and posture throughout the session</li> <li>Understand the technique of a backward roll</li> <li>To explore using different body parts whilst travelling with a partner</li> <li>To improve body tension in rebound jumps</li> </ul>
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			<ul style="list-style-type: none"> <li>To run continuously for an extended period using good pacing</li> <li>To show improvement in stamina and consistency</li> </ul>			
<b>4</b>	<p><u>Swimming</u></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Pool Safety Rules, Assessment &amp; Group</li> <li>Safe entry, Movement around pool, Face in blow bubbles, Sit &amp; stand, Safe exit</li> <li>Floating front &amp; back, Move on front to standing, Move on to back to standing</li> <li>Push &amp; Glide front to &amp; away from wall, log roll front to back to standing</li> <li>Push &amp; Glide back to &amp; away from wall, log roll back to front to standing</li> <li>Kick on Front &amp; back with floats &amp; without floats</li> <li>Introduction to big pool, Safe entry,</li> </ul>	<p><u>Dance</u></p> <p>Dance Style – Charleston</p> <p><u>Key Vocabulary</u></p> <p>Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Flexion, Extension, Footwork, Patterns, Mirroring, Contrasting</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Able to express cheeky and over the top dynamics</li> <li>Able to demonstrate physical skill-flexed wrists</li> <li>Able to demonstrate Charleston technique-footwork patterns</li> <li>Able to demonstrate</li> </ul>	<p><u>Athletics (Running)</u></p> <p><u>Key Vocabulary</u></p> <p>Cadence, Stride efficiency, Speed endurance, Threshold pace, Relay exchange, Inside/outside line, Consistency</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To develop an efficient running technique focusing on cadence and posture</li> <li>To understand how efficient form improves speed and reduces fatigue</li> <li>To maintain a “comfortably hard” pace for extended intervals</li> </ul>	<p><u>Invasion Games</u></p> <p>Passing and Moving (Invasion – Netball &amp; Basketball)</p> <p><u>Key Vocabulary</u></p> <p>Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To know when to move within a game</li> <li>To know when to pass during a game</li> <li>Show an awareness of space and know how to use it in games</li> <li>To travel using change of</li> </ul>	<p><u>Net &amp; Wall (Tennis)</u></p> <p>Striking &amp; Fielding - LTA Tennis – Serve Development &amp; Mini-Court Games</p> <p><u>Key Vocabulary</u></p> <p>Forehand, backhand, rally, serve, return, target space, placement, accuracy, control, consistency, ready position, recover, move to the ball, footwork, point, score, court.</p> <p><u>Content Summary:</u></p> <ul style="list-style-type: none"> <li>Tap-serve technique (toss to head height + push)</li> <li>Forehand/backhand groundstrokes after one bounce</li> <li>Targeted serve/return (hoops, spots)</li> <li>Rally Rackets: cooperative hitting and counting</li> </ul>	<p><u>Gymnastics</u></p> <p>Gym – What’s my Direction?</p> <p><u>Key Vocabulary</u></p> <p>Accelerate, Decelerate, Travel, Movement, Tempo, Transition, Rhythm, Control, Tension, Flow, Sequence, Twist, Turn, Analyse, Strengths, Weaknesses</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To use body tension in twisting jumps</li> <li>To be able to hold a stable tuck/pike sit position for three seconds</li> <li>To understand how to approach and use a springboard correctly</li> </ul>

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	<p>water confidence skills</p> <ul style="list-style-type: none"> <li>• Check floating front &amp; back, Kick front &amp; back with &amp; without floats</li> <li>• Water Safety</li> <li>• Assessment &amp; results</li> </ul>	<p>relationships-mirroring</p> <ul style="list-style-type: none"> <li>• Able to demonstrate contrasting levels in still positions</li> </ul>	<ul style="list-style-type: none"> <li>• To understand how pacing affects endurance</li> <li>• To use simple running tactics to maintain speed on curves</li> <li>• To know when and how to overtake safely</li> <li>• To perform smooth relay exchanges at jog pace</li> <li>• To understand positioning and timing for moving handovers</li> <li>• To maintain a consistent pace across multiple laps</li> <li>• To compare performance and understand pacing strategy</li> <li>• To sustain a steady running pace for 10 minutes</li> <li>• To apply all techniques learned: cadence, form, pacing, tactics</li> </ul>	<p>direction and speed easily</p> <ul style="list-style-type: none"> <li>• Describe what happens to their bodies when warming up</li> </ul>	<ul style="list-style-type: none"> <li>• Mini-matches: basic scoring, rotations, line judging</li> <li>• Applying tactics: aiming into space, using depth</li> </ul> <p><u>Mapped LTA Lessons:</u></p> <p>Lessons 10–12 (serve/toss development, Rally Rackets, Mini Games).</p>	<ul style="list-style-type: none"> <li>• To attempt rolling down an incline</li> <li>• To be able to jump and land safely when using apparatus</li> <li>• To understand the base needed in a headstand</li> <li>• Explore different body parts to use when travelling</li> <li>• To be able to balance using a piece of hand held equipment</li> </ul>
<b>5</b>	<u>Dance</u>	<u>Gymnastics</u>	<u>Swimming</u>	<u>Invasion Games</u>	<u>Athletics (Running)</u>	<u>Net &amp; Wall (Tennis)</u>

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	<p>Dance Style – Rock n’ Roll</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Character, Lift, Trust</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>• Able to express energetic dynamics</li> <li>• Able to demonstrate physical skill-extension through the limbs</li> <li>• Able to demonstrate Rock n’ Roll technique- hand jive and flicks</li> <li>• Able to demonstrate relationships-contact work</li> </ul> <p>Able to execute lifts safely and competently</p>	<p>Abstract Angles</p> <p><u>Key Vocabulary</u> Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvement</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>• To know the correct starting and landing positions of a jump</li> <li>• To understand the core muscle group used in a V sit</li> <li>• To understand the correct the correct technique for using a springboard</li> <li>• To be able to perform a front support turn to back support turn</li> <li>• To be able to perform a bunny hop onto low vault independently</li> <li>• To attempt a cartwheel on floor with support</li> </ul>	<p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>• Pool Safety Rules, Assessment &amp; Group</li> <li>• Body position, Push &amp; glide front &amp; back, Push, glide &amp; kick front &amp; back</li> <li>• Fc Breathing, Fc Full stroke</li> <li>• Bk Full Stroke using drills e.g. little finger entry, kick from hips</li> <li>• Introduction to Deep water using skills Introduce Fly kick</li> <li>• Swim deep water Front, Introduce Br kick</li> <li>• Swim deep water Back Introduce Fly full stroke</li> <li>• Introduce Br Full stroke, Distance swim Front &amp; Back</li> <li>• Water Safety</li> <li>• Assessment &amp; results</li> </ul>	<p>Invasion in a Team (Hockey &amp; Football Skills)</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Win, Lose, Tactics</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>• To develop teamwork through communication</li> <li>• To play games competitively</li> <li>• To pass a ball towards a space for a teammate to receive</li> <li>• To apply a range of tactics and strategies for defence and attack</li> <li>• To understand how it feels to win and lose</li> </ul>	<p><u>Key Vocabulary</u> Stride frequency, Stride length, Aerobic capacity, Anaerobic effort, Surge, Race strategy, Finish drive</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>• To refine running technique by analysing stride frequency and length</li> <li>• To select the stride pattern that produces most efficient speed</li> <li>• To improve speed endurance using structured interval training</li> <li>• To sustain near-race pace for manageable periods</li> <li>• To apply tactical elements such as surges and controlled speed changes</li> <li>• To understand how race positioning affects overall performance</li> <li>• To refine baton exchanges using acceleration and timing</li> </ul>	<p>Exploring, Striking &amp; Fielding - LTA Tennis – Forehand/Backhand/ Volley &amp; Attacking Skills</p> <p><u>Key Vocabulary</u> Forehand, backhand, rally, serve, return, attack, defend, space, placement, target area, footwork, recovery, balance, point, game, score.</p> <p><u>Content Summary:</u></p> <ul style="list-style-type: none"> <li>• Forehand, backhand and volley technique development</li> <li>• Serve → return → rally sequences</li> <li>• Play into space: width, depth, placement</li> <li>• Transition between groundstrokes and volleys</li> <li>• Cooperative and competitive rallies</li> <li>• Understanding doubles roles (server, returner,</li> </ul>
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		<ul style="list-style-type: none"> <li>To be able to link a balance, roll and jump</li> </ul>			<ul style="list-style-type: none"> <li>To run relays with precision and teamwork</li> <li>To understand and apply pacing for a middle-distance style run</li> <li>To compare lap times and improve consistency</li> <li>To run for 12 minutes using appropriate pacing</li> <li>To demonstrate improvement in stamina and technique</li> </ul>	<p>hitter, supporter)</p> <p><u>Mapped LTA Lessons:</u></p> <p>Lessons 13–15 (Colour Play Throw &amp; Go, Elephant Play, Team of Teams).</p>
<b>6</b>	<p><u>Net &amp; Wall (Tennis)</u> Net Games for Points (Net Games) - LTA Tennis – Advanced Rallying, Volley Sequences &amp; Match Play</p> <p><u>Key Vocabulary</u> Forehand, backhand, serve, rally, return, point, game, score, in, out, court, umpire, strategy, attack, defend, target, respect, fair play, opponent, teamwork.</p> <p><u>Content Summary:</u></p> <ul style="list-style-type: none"> <li>Overarm and tap-serve refinement</li> <li>Consistent forehand/backhand under pressure</li> </ul>	<p><u>Invasion Games</u> Competitive (Netball &amp; Basketball)</p> <p><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</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To further develop knowledge of</li> </ul>	<p><u>Gymnastics</u> Gym – ‘Perfecting’ In Which Quadrant?</p> <p><u>Key Vocabulary</u> Balance, Routine, Control, Counter Balance, Body Weight, Support, Extend, Elevate, Points, Momentum, Levels, Symmetrical, Asymmetrical, Flight</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Link three skills together: roll, jump and a balance</li> <li>Work towards performing a handstand</li> </ul>	<p><u>Athletics (Running)</u></p> <p><u>Key Vocabulary</u> Aerobic threshold, Anaerobic burst, Efficiency, Negative split, Kick finish, Relay pass, Race strategy</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To run efficiently by refining arm drive, posture and cadence</li> <li>To understand what “aerobic threshold” pace feels like</li> <li>To run two controlled efforts, making the second</li> </ul>	<p><u>Dance</u> Dance Style – Street Dance</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Character, Attitude, Top Rock, Slide, Helicopter, Momentum, Direction, Formation</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Able to express attitude and strong dynamics</li> <li>Able to develop physical skill-strength in upper body</li> </ul>	<p><u>Swimming</u></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Pool Safety Rules, Assessment &amp; Group</li> <li>Body position, Push &amp; glide front &amp; back, Push, glide &amp; kick front &amp; back</li> <li>Fc Breathing, Fc Full stroke</li> <li>Bk Full Stroke using drills e.g. little finger entry, kick from hips</li> <li>Introduction to Deep water using skills</li> </ul>

## Banks Road Primary School PE Long Term Curriculum Plan



	<ul style="list-style-type: none"> <li>• Volley sequences progressing away from the net</li> <li>• Tactical point play (move opponent, exploit space, shot selection)</li> <li>• Mini-match structures (first to 3, rotating umpire roles)</li> <li>• Game management: umpiring, scoring, honesty &amp; respect</li> </ul> <p><u>Mapped LTA Lessons:</u></p> <p>Lessons 16–18 (Blitz Hits, Double Trouble, Mini Matches).</p>	<p>attacking and defending</p> <ul style="list-style-type: none"> <li>• To know how to intercept a pass</li> <li>• To know how to invade as a team</li> <li>• To communicate effectively with teammates</li> <li>• To develop sportsmanship</li> </ul>	<ul style="list-style-type: none"> <li>• To improve front support shape</li> <li>• To work towards performing a handstand</li> <li>• Improve the transition between skills during a sequence</li> <li>• To attempt a handstand on floor with support</li> <li>• To work towards a cartwheel and improve technique</li> <li>• To be able to jump and turn 180 degrees</li> </ul>	<p>faster than the first</p> <ul style="list-style-type: none"> <li>• To understand pacing strategy for longer runs</li> <li>• To apply tactical techniques such as surges and kick finishes</li> <li>• To run safely in small groups (“pack running”)</li> <li>• To perform fast, accurate relay exchanges at near-sprint pace</li> <li>• To understand positioning and timing in competitive relays</li> <li>• To apply pacing, efficiency and mental strategies during a longer run</li> <li>• To compare performance and evaluate improvements</li> <li>• To run continuously for 15 minutes with effective pacing</li> </ul>	<ul style="list-style-type: none"> <li>• Able to demonstrate street dance technique- top rock, slides, helicopter</li> <li>• Able to demonstrate relationships- confrontation</li> <li>• Able to explore space- directions and formation</li> </ul>	<p>Introduce Fly kick</p> <ul style="list-style-type: none"> <li>• Swim deep water Front, Introduce Br kick</li> <li>• Swim deep water Back Introduce Fly full stroke</li> <li>• Introduce Br Full stroke, Distance swim Front &amp; Back</li> <li>• Water Safety</li> <li>• Assessment &amp; results</li> </ul>
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## Banks Road Primary School PE Long Term Curriculum Plan



				<ul style="list-style-type: none"> <li>To demonstrate mastery of technique, breathing, stride and strategy</li> </ul>		
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### Curriculum Enrichments

Bikeability Non-riders and Level 1/2	Accessed by Year 6 in Autumn 1
Balance Bikes	Accessed by Nursery, Reception and Year 1 in Autumn 1