



Overchurch Junior School PE Subject Content and Long Term Plan

Key Stage 2

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations

OVERCHURCH PE LONG TERM PLAN

Year	Autumn	Spring	Summer
3	<p>Invasion Games <i>Tag rugby (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills and techniques with control and accuracy. • Choose and use a range of simple action, skills and tactics to suit the situation. • Know and use rules fairly, adapting them when necessary. • Describe what they and others do well and suggest how they could improve further. • Know how to perform a safe and effective warm up. • Describe the changes that happen to their body during exercise. <p>Gymnastics Learning Objectives:</p> <ul style="list-style-type: none"> • Use own movements improvising freely when completing a task or interpreting a stimulus. • Perform a range of movements with control and fluency. • Remember, repeat and perform simple movement phases and routines which show some dynamic and expressive qualities. • Share and create sequences with a partner and a small group 	<p>Invasion Games <i>Basketball and netball (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills and techniques with control and accuracy. • Choose and use a range of simple action, skills and tactics to suit the situation. • Know and use rules fairly, adapting them when necessary. • Describe what they and others do well and suggest how they could improve further. • Know how to perform a safe and effective warm up. • Describe the changes that happen to their body during exercise. <p>Dance-Pirates Learning Objectives:</p> <ul style="list-style-type: none"> • Use own movements improvising freely when completing a task or interpreting a stimulus. • Perform a range of movements with control and fluency. • Remember, repeat and perform simple movement phases and routines which 	<p>Invasion Games <i>Football and hockey. (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills and techniques with control and accuracy. • Choose and use a range of simple action, skills and tactics to suit the situation. • Know and use rules fairly, adapting them when necessary. • Describe what they and others do well and suggest how they could improve further. • Know how to perform a safe and effective warm up. • Describe the changes that happen to their body during exercise. <p>Athletics(AS) Learning Objectives:</p> <ul style="list-style-type: none"> • Run at fast, medium and slow speeds changing speed and direction. • Link running and jumping activities with some fluency and control. • Devise and repeat a short sequence of linked jumps.

that communicate an idea and show a contrast in the actions used.

- Adapt routines and sequences so they match the different apparatus and the ability of the group/partner.
- Discuss and compare the different movements used in a sequence highlighting similarities, differences and use of expression.
- With some guidance, recognise how a performance could be improved and suggest ways to do this.
- Understand the importance of warming up and suggest possible activities and identify some muscle groups.
- Know why strength and suppleness are important and remain active for a sustained period of time.

Sportshall Athletics(AS)

Learning Objectives:

- Run at fast, medium and slow speeds changing speed and direction.
- Link running and jumping activities with some fluency and control.
- Devise and repeat a short sequence of linked jumps.
- Understand how a relay activity is performed and perform effectively as part of a team.
- Throw a variety of objects, changing their action for accuracy and distance.
- Recognise when heart rate and breathing rate have changed.
- To work against each-other in a friendly and competitive environment.
- Link to Olympics and Paralympics.

show some dynamic and expressive qualities.

- Share and create sequences with a partner and a small group that communicate an idea and show a contrast in the actions used.
- Adapt routines and sequences so they match the different apparatus and the ability of the group/partner.
- Discuss and compare the different movements used in a sequence highlighting similarities, differences and use of expression.
- With some guidance, recognise how a performance could be improved and suggest ways to do this.
- Understand the importance of warming up and suggest possible activities and identify some muscle groups.
- Know why strength and suppleness are important and remain active for a sustained period of time.

- Understand how a relay activity is performed and perform effectively as part of a team.
- Throw a variety of objects, changing their action for accuracy and distance.
- Recognise when heart rate and breathing rate have changed.
- To work against each-other in a friendly and competitive environment.
- Link to Olympics and Paralympics.

Tennis/Badminton

Learning Objectives:

- Use a range of actions, skills and techniques with accuracy.
- Choose and use arrange of simple actions, skills, techniques and tactics to suit the situation.
- Know and use rules fairly, adapting them when necessary.
- Describe what they and others do well and suggest how they could improve further.
- Know how to perform a safe and effective warm up.
- Describe the changes that happen to their body during exercise.

Cricket and Rounders (AS)

Learning Objectives:

- Use a range of actions, skills and techniques with control and accuracy.
- Choose and use a range of simple actions, skills, techniques and tactics to suit the situation.
- Know and use rules fairly, adapting them when necessary.
- Describe what they and others do well, suggest how they could improve further.
- Know how to perform a safe and effective warm up.
- Describe the changes that happen to their body during exercise.

Year	Autumn	Spring	Summer
4	<p>Invasion Games <i>Tag Rugby (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills remember and repeat and perform longer sequences of movement including changes in speed and direction and good quality movement. • Choose and use a range of simple action, skills and tactics to suit the situation. • Know and use rules fairly, adapting them when necessary. • Watch and describe their own and others performances and identify how they can improve. • Know how to perform a safe and effective warm up. • Know how strength, speed and stamina can be identified. • With a partner lead a short warm up routine recognising what is happening to their body. <p>Dance <i>Greek Dance</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Perform actions, balances, body shapes motifs and agilities clearly and with control and fluency. • Remember, repeat and perform longer sequences that include changes in speed and level, clear shapes and good quality movements. • Working individually, with a partner or in a group to select and adapt simple actions and motifs to create and structure a sequence. • Describe, interpret and evaluate a performance using appropriate language. • Make specific suggestions using defined criteria that lead to improvements in their own and others performances. • Perform a range of movements with control and fluency. • Show some understanding of how strength and suppleness can be improved. • Lead a partner through a short warm up commenting on how the warm up will prepare the body for exercise. • Positively influence other children through encouragement, support and acting as a role model. 	<p>Invasion Games <i>Basketball and netball (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills remember and repeat and perform longer sequences of movement including changes in speed and direction and good quality movement. • Choose and use a range of simple action, skills and tactics to suit the situation. • Know and use rules fairly, adapting them when necessary. • Watch and describe their own and others performances and identify how they can improve. • Know how to perform a safe and effective warm up. • Know how strength, speed and stamina can be identified. • With a partner lead a short warm up routine recognising what is happening to their body. <p>Gymnastics Learning Objectives:</p> <ul style="list-style-type: none"> • Perform actions, balances, body shapes and agilities clearly and with control and fluency. • Remember, repeat and perform longer sequences that include changes in speed and level, clear shapes and good quality movements. • Working individually, with a partner or in a group to select and adapt simple actions to create and structure a sequence. • Describe and interpret a performance using appropriate language. • Make specific suggestions using defined criteria that lead to improvements in their own and others performances. • Perform a range of movements with control and fluency. • Show some understanding of how strength and suppleness can be improved. 	<p>Invasion Games <i>Football and hockey (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills remember and repeat and perform longer sequences of movement including changes in speed and direction and good quality movement. • Choose and use a range of simple action, skills and tactics to suit the situation. • Know and use rules fairly, adapting them when necessary. • Watch and describe their own and others performances and identify how they can improve. • Know how to perform a safe and effective warm up. • Know how strength, speed and stamina can be identified. • With a partner lead a short warm up routine recognising what is happening to their body. <p>Tennis/Badminton Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of actions, skills and techniques with accuracy. • Remember, repeat and perform longer sequences that include changes in speed and level, direction and good quality movements. • Select, use and vary the actions, skills, techniques and tactics to suit the situation. • Know, adapt and use rules fairly. • Describe what they and others do well and suggest how they could improve further. • Watch and describe their own and others performances and identify how they could improve. • With a partner lead a warm up.

- Develop a sense of right and wrong through working together. Children will start to learn that their actions have consequences.

Sportshall Athletics (AS)

Learning Objectives:

- Use a range of running, jumping and throwing actions and techniques with control, fluency and accuracy.
- Remember, repeat and perform longer sequences of movement including changes in speed.
- Watch and describe their own and others performances and identify how they can improve.
- With a partner lead a short warm up routine recognising what is happening to their body.
- Know how strength, speed and stamina can be identified.
- Select and use the skills, techniques used to suit a task or activity.
- To work against each other in a friendly and competitive environment.
- Link to Olympics and Paralympics.
- Children and record performances using iPads and reflect on their technique and use this as a tool to improve.

- Lead a partner through a short warm up commenting on how the warm up will prepare the body for exercise.
- Positively influence other children through encouragement, support and acting as a role model.
- Develop a sense of right and wrong through working together. Children will start to learn that their actions have consequences.

- Know how strength, speed and stamina can be identified.

Cricket and Rounders (AS)
Learning Objectives:

- Use a range of actions, skills and techniques with control, accuracy and fluency.
- Remember, repeat and perform longer sequences of movement including changes in speed, level and direction and good quality movements.
- Select, use and vary the actions, skills and techniques used to suit the activity or task.
- Know, adapt and use rules fairly.
- Watch and describe their own and others' performance and identify how they can improve.
- With a partner, lead a short warm up routine, recognising what is happening to their body.
- Know how strength, speed and stamina can be identified.

Swimming
Learning Objectives:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations

Athletics (AS)
Learning Objectives:

- Use a range of running, jumping and throwing actions and techniques with control, fluency and accuracy.
- Remember, repeat and perform longer sequences of movement including changes in speed.
- Watch and describe their own and others performances and identify how they can improve.

			<ul style="list-style-type: none">• With a partner lead a short warm up routine recognising what is happening to their body.• Know how strength, speed and stamina can be identified.• Select and use the skills, techniques used to suit a task or activity.• To work against each other in a friendly and competitive environment.• Link to Olympics and Paralympics.• Children and record performances using iPads and reflect on their technique and use this as a tool to improve.
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Year	Autumn	Spring	Summer
5	<p>Invasion Games <i>Tag Rugby (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills and techniques competently with increased control and consistency. • Know how tactics can be used in game and used effectively. • Apply rules consistently and follow them fairly. • Identify and follow warm up exercises that are relevant to the activity or game. • Recognise how games affect their bodies. • Identify what they and others have performed well and make suggestions to help improve. <p>Dance <i>Dance Timeline</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Adapt and refine performance to fulfil the requirement of a task to fulfil the dance style and partner's ability. • Perform specific skills, actions, balances, body shapes clearly, consistently and accurately demonstrating good tension. • Explore, improvise and perform actions and agilities which show clear differences between levels, speed and directions. • Create longer, more complex sequences for performance. • Describe using appropriate terminology the shapes, and balances used identifying which aspects have been performed with consistency. • Make simple judgements using criteria and suggest improvements. • Know how to improve body strength, tone and flexibility. • Perform with confidence in front of others. <p>Sportshall Athletics (AS) Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of running, jumping and throwing actions and techniques with increased control, consistency and accuracy. • Select and use appropriate equipment for the skill or technique they will be performing. 	<p>Invasion Games <i>Basketball and Netball (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills and techniques competently with increased control and consistency. • Know how tactics can be used in game and used effectively. • Apply rules consistently and follow them fairly. • Identify and follow warm up exercises that are relevant to the activity or game. • Recognise how games affect their bodies. • Identify what they and others have performed well and make suggestions to help improve. <p>Gymnastics Learning Objectives:</p> <ul style="list-style-type: none"> • Perform specific skills, actions, balances, body shapes clearly, consistently and accurately demonstrating good tension. • Explore, improvise and perform actions and agilities which show clear differences between levels, speed and directions. • Create longer, more complex sequences for performance. • Choose appropriate actions and movements from a wider range of themes and ideas to fulfil the requirements of a task including working effectively. • Describe using appropriate terminology the shapes, and balances used identifying which aspects have been performed with consistency. • Make simple judgements using criteria and suggest improvements. • Know how to improve body strength, tone and flexibility. • Perform with confidence in front of others. 	<p>Invasion Games <i>Football and Hockey (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills and techniques competently with increased control and consistency. • Know how tactics can be used in game and used effectively. • Apply rules consistently and follow them fairly. • Identify and follow warm up exercises that are relevant to the activity or game. • Recognise how games affect their bodies. • Identify what they and others have performed well and make suggestions to help improve. <p>Tennis/Badminton Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of actions, skills and techniques with accuracy. • Know how tactics can help in a game and select some tactics effectively. • Recognise how games affect their bodies. • Know, adapt and use rules fairly. • Describe what they and others do well and suggest how they could improve further. • Watch and describe their own and others performances and identify how they could improve. • With a partner lead a warm up. • Identify and follow warm up exercises. <p>Cricket and Rounders (AS) Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of actions, skills and techniques competently with increased control and consistency. • Know how tactics can help them in a game and begin

<ul style="list-style-type: none"> • Watch and describe their own and others performances and identify how they can improve. • Recognise the effects that participating in athletics style activities has upon their body. • With a partner lead a short warm up routine recognising what is happening to their body. • To work against each other in a friendly and competitive environment. • Link to Olympics and Paralympics. • Children and record performances using iPads and reflect on their technique and use this as a tool to improve. 			<p>to select and use some tactics effectively.</p> <ul style="list-style-type: none"> • Apply rules consistently and follow them fairly. • Identify and follow warm up exercises that are relevant to the activity or game. • Recognise how games affect their bodies. • Identify what they and others have performed well and make suggestions to help improve. <p>Athletics (AS) Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of running, jumping and throwing actions and techniques with increased control, consistency and accuracy. • Select and use appropriate equipment for the skill or technique they will be performing. • Watch and describe their own and others performances and identify how they can improve. • Recognise the effects that participating in athletics style activities has upon their body. • With a partner lead a short warm up routine recognising what is happening to their body. • To work against each other in a friendly and competitive environment. • Link to Olympics and Paralympics. • Children and record performances using iPads and reflect on their technique and use this as a tool to improve.
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Year	Autumn	Spring	Summer
	<p>Invasion Games <i>Tag Rugby (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills and techniques competently with increased control and consistency. • Know and understand why tactics are important and choose to use a range of tactical ideas effectively. • Play co-operatively and effectively as part of a team and know the roles associated with their position when attacking and defending. • Apply rules consistently and follow them fairly. • Identify and follow warm up exercises that are relevant to the activity or game. • Recognise how games affect their bodies. • Identify what they and others have performed well and make suggestions to help improve. <p>Gymnastics Learning Objectives:</p> <ul style="list-style-type: none"> • Create and explore imaginative movements inspired by a stimulus or theme. • Perform simple and difficult movements with good body control and fluency. • Create motifs and sequences which portray a clear theme or idea through selecting and using a range of actions or compositional ideas including the use of canon and unison. • Change the level, direction, pathways and formations used in sequences and movement phases including a contrast in actions or speed. • Modify the selective movement or structure to suit the music or theme. • Use specific terminology when describing their own or others work e.g. tense, control, relaxed, balance, performance, sequence. • Arrange apparatus safely to suit the needs of the task. • Identify the positive aspects of a performance and suggest ways to improve based on specific criteria. 	<p>Invasion Games <i>Basketball and Netball (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills and techniques competently with increased control and consistency. • Know and understand why tactics are important and choose to use a range of tactical ideas effectively. • Play co-operatively and effectively as part of a team and know the roles associated with their position when attacking and defending. • Apply rules consistently and follow them fairly. • Identify and follow warm up exercises that are relevant to the activity or game. • Recognise how games affect their bodies. • Identify what they and others have performed well and make suggestions to help improve. <p>Dance <i>War Dance</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Create and explore imaginative movements inspired by a stimulus or theme. • Perform simple and difficult movements with good body control and fluency. • Create motifs and sequences which portray a clear theme or idea through selecting and using a range of actions or compositional ideas including the use of canon and unison. • Change the level, direction, pathways and formations used in sequences and movement phases including a contrast in actions or speed. • Modify the selective movement or structure to suit the music or theme. • Use specific terminology when describing their own or others work eg tense, control, relaxed, balance, performance, sequence. 	<p>Invasion Games <i>Football and Hockey (AS)</i> Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of action skills and techniques competently with increased control and consistency. • Know and understand why tactics are important and choose to use a range of tactical ideas effectively. • Play co-operatively and effectively as part of a team and know the roles associated with their position when attacking and defending. • Apply rules consistently and follow them fairly. • Identify and follow warm up exercises that are relevant to the activity or game. • Recognise how games affect their bodies. • Identify what they and others have performed well and make suggestions to help improve. <p>Tennis/Badminton Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of actions, skills and techniques with accuracy. • Understand how tactics can help in a game and select some tactics effectively. • Recognise how games affect their bodies. • Play co-operatively and effectively as part of a team. • Know, adapt and use rules fairly. • Describe what they and others do well and suggest how they could improve further. • Watch and describe their own and others performances and identify how they could improve. • With a partner lead a warm up. • Identify and follow warm up exercises

<ul style="list-style-type: none"> • Identify and describe the different types of exercise which would improve performance and contribute to fitness and well-being. • Work effectively with others to achieve a personal/group goal for example leader can express, communicate and listen to opinions when planning and evaluating. 	<ul style="list-style-type: none"> • Identify the positive aspects of a performance and suggest ways to improve based on specific criteria. • Identify and describe the different types of exercise which would improve performance and contribute to fitness and well-being. • Work effectively with others to achieve a personal/group goal for example leader can express, communicate and listen to opinions when planning and evaluating. • Know the importance of a warm up, cool down and how to improve fitness and health. 	<p>Cricket and Rounders (AS) Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of actions, skills and techniques competently with more consistency. • Understand why tactics are important and choose and use a range of tactical ideas effectively. • Play co-operatively and effectively as part of a team and know the roles associated with their position when attacking and defending. • Plan and use appropriate warm up exercises and recognise how games affect the body. • Identify how and why they and others are playing well and suggest the areas they can practise to improve. <p>Athletics (AS) Learning Objectives:</p> <ul style="list-style-type: none"> • Use a range of athletic actions, skills and techniques competently and with more consistency. • Understand why safety is important in athletic activities. • Select and apply the correct techniques for the event they are participating in. • Work cooperatively and effectively as part of a team. • Identify how others are performing well and suggest the areas that could be developed further. • Plan and use appropriate warm up exercises. • Link to Olympics and Paralympics. • Children and record performances using iPads and reflect on their technique and use this as a tool to improve.
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