



## Overchurch Junior School PE Subject Content and Long Term Plan 2021-22

### 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    | <b>Sending &amp; Receiving</b> Tag rugby (AS)<br><br><b>Sportshall Athletics</b> (AS)<br><br><b>Keeping Possession</b> Hockey (class teacher)<br><br><b>OAA</b> (class teacher) | <b>Linking Actions</b> Basketball (AS)<br><br><b>Linking Actions</b> Football (AS)<br><br><b>Keeping Possession</b> Netball (class teacher)<br><br><b>Gymnastics</b> (class teacher) | <b>Athletics</b> (AS)<br><br><b>Linking Actions</b> Cricket and Rounders (AS)<br><br><b>Sending &amp; Receiving</b> Tennis/Badminton (class teacher)<br><br><b>Dance</b> 'Pirates' (class teacher) |

| Year | Autumn   | Spring   | Summer   |
|------|--|--|--|
| 4    | <b>Linking Actions</b> Tag Rugby (AS)<br><br><b>Sportshall Athletics</b> (AS)<br><br><b>Health Related Exercise</b> (class teacher)<br><br><b>Dance</b> 'Circus' (class teacher) | <b>Keeping Possession</b> Basketball (AS)<br><br><b>Keeping Possession</b> Football (AS)<br><br><b>Gymnastics</b> (class teacher)<br><br><b>Sending &amp; Receiving</b> Tennis/Badminton (class teacher) | <b>Athletics</b> (AS)<br><br><b>Cricket</b> (AS)<br><br><b>Linking Actions</b> Hockey (class teacher)<br><br><b>Sending &amp; Receiving</b> Rounders (class teacher) |

| Year | Autumn  | Spring   | Summer   |
|------|---|--|--|
| 5    | <b>Creating &amp; Closing Space</b> Tag Rugby (AS)<br><br><b>Sportshall Athletics</b> (AS)<br><br><b>Dance</b> 'Dance Timeline' (class teacher)<br><br><b>Health Related Fitness</b> (class teacher)<br><br>Swimming for 1 week | <b>Creating &amp; Closing Space</b> Netball (AS)<br><br><b>Linking Actions</b> Football (AS)<br><br>Gymnastics (class teacher)<br><br><b>Health Related Fitness</b> (class teacher)<br><br>Swimming for 1 week | <b>Athletics</b> (AS)<br><br><b>Linking Actions</b> Cricket and Rounders (AS)<br><br><b>Tactics &amp; Strategies</b> Hockey (class teacher)<br><br><b>Tennis/Badminton</b> (class teacher) |

| Year | Autumn  | Spring   | Summer   |
|------|---|--|--|
| 6    | <p><b>Creating &amp; Closing Space</b> <i>Tag Rugby</i> (AS)</p> <p><b>Sportshall Athletics (AS)</b></p> <p><b>Gymnastics (class teacher)</b></p> <p><b>Health Related Fitness (class teacher)</b></p> <p><b>2 weeks swimming</b></p> | <p><b>Football (AS)</b></p> <p><b>Tactics &amp; Strategies</b> <i>Basketball</i> (AS)</p> <p><b>Dance</b> <i>War Dance</i> (class teacher)</p> <p><b>Linking Actions</b> <i>Hockey</i> (class teacher)</p> | <p><b>Athletics (AS)</b></p> <p><b>Cricket and Rounders (AS)</b></p> <p><b>Linking Actions</b> <i>Tennis</i> (class teacher)</p> <p><b>Tactics &amp; Strategies</b> <i>Netball</i> (class teacher)</p> |