



P.E. Long Term Plan 2022/23

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



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| Year 3 | | |
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| Autumn | Spring | Summer |
| <p><u>A1</u> Sending & Receiving Tag rugby (AS)</p> <p>Yoga (class teacher/ Rainbow Programme)</p> <p><u>A2</u> Sportshall Athletics (AS)</p> <p>Keeping Possession Netball (class teacher)</p> | <p><u>S1</u> Keeping Possession Basketball (AS)</p> <p>Keeping Possession Hockey (class teacher)</p> <p><u>S2</u> Linking Actions Cricket and Rounders (AS)</p> <p>Gymnastics (class teacher)</p> | <p><u>S1</u> Orienteering (AS)</p> <p>Sending & Receiving Tennis (class teacher)</p> <p><u>S2</u> Tactics & Strategies Football (AS)</p> <p>Dance Topic: Brazil (Waka Waka, Shakira)(class teacher)</p> |



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| Year 4 | | |
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| Autumn | Spring | Summer |
| <p><u>A1</u> Linking Actions Tag Rugby (AS)</p> <p>Health Related Exercise (class teacher)</p> <p><u>A2</u> Sportshall Athletics (AS)</p> <p>Dance Topic: Greeks (Zorba the Greek) (class teacher)</p> | <p><u>S1</u> Keeping Possession Basketball (AS)</p> <p>Gymnastics (class teacher)</p> <p><u>S2</u> Linking Actions Cricket and Rounders (AS)</p> <p>Sending & Receiving Tennis (class teacher)</p> | <p><u>S1</u> Orienteering (AS)</p> <p>Linking Actions Rounders (class teacher)</p> <p><u>S2</u> Tactics & Strategies Football (AS)</p> <p>Sending & Receiving Rounders (class teacher)</p> |



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| Year 5 | | |
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| Autumn | Spring | Summer |
| <p><u>A1</u> Creating & Closing Space Tag Rugby (AS)</p> <p>Health Related Fitness (class teacher)</p> <p><u>A2</u> Sportshall Athletics (AS)</p> <p>Creating and Closing Space Netball (class teacher)</p> <p>Swimming 2 weeks</p> | <p><u>S1</u> Keeping Possession Basketball (AS)</p> <p>Gymnastics (class teacher)</p> <p><u>S2</u> Linking Actions Cricket and Rounders (AS)</p> <p>Tactics & Strategies Hockey (class teacher)</p> | <p><u>S1</u> Orienteering (AS)</p> <p>Dance Topic: Sace (Spaceman-Hardwell) (class teacher)</p> <p><u>S2</u> Tactics & Strategies Football (AS)</p> <p>Linking Actions Tennis (class teacher)</p> |



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| Year 6 | | |
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| Autumn | Spring | Summer |
| <p><u>A1</u> Creating & Closing Space Tag Rugby (AS)</p> <p>Health Related Fitness (class teacher)</p> <p><u>A2</u> Sportshall Athletics (AS)</p> <p>Gymnastics (class teacher)</p> | <p><u>S1</u> Keeping Possession Basketball (AS)</p> <p>Dance Topic: WW2 (War - Edwin Starr) <i>(class teacher)</i></p> <p><u>S2</u> Linking Actions Cricket and Rounders (AS)</p> <p>Linking Actions Hockey (class teacher)</p> | <p><u>S1</u> Orienteering (AS)</p> <p>Linking Actions Tennis (class teacher)</p> <p><u>S2</u> Tactics & Strategies Football (AS)</p> <p>Tactics & Strategies Dodgeball (class teacher)</p> |