



THE RADSTONE

Primary School

LONG TERM PLANNING
PE

Purpose of Study

PE is taught at The Radstone Primary School following the National Curriculum and Development Matters (EYFS). At TRPS we truly believe that a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims of the PE national curriculum

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

EYFS Overview

In the EYFS children will explore physical activity and begin to develop fundamental movement skills. This will enable them to pursue happy, healthy and active lives. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Through a range of activities, with feedback and support from adults, children will develop proficiency, control and confidence.

Key Stage 1 Overview

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

	Autumn	Spring	Summer
Year 1	<p>Movement skills Understands the key features of a good running technique. Can push off to change direction. Is able to travel in different directions of travel – forwards and backwards. Demonstrates hopping and jumping with control.</p> <p>Cross country Can identify how our bodies feel when we exercise. Knows what happens to our running when we get fitter.</p> <p>Ball skills Can send and receive a ball and travelling skills.</p>	<p>Ball skills Can send and receive a ball and travelling skills. Is able to roll and pick up a ball accurately with a partner. Can throw and catch a large ball to self. Throws accurately to a target increasing distances away. Sends a ball to a partner with the feet.</p> <p>Dance Can use my body to create simple theme related shapes, movements and actions. Can use my body to express simple theme related shapes, movements and feelings. Travels safely and creatively in space, showing different levels.</p>	<p>Striking and fielding skills Can move in line with the ball when fielding. Uses both hands to pick up the ball Knows what a crease is and know to run to score. Is able to throw underarm to a target. Can chase and collect a ball. Can hit from a tee.</p> <p>Dance Can use my body to create simple theme related shapes, movements and actions. Can use my body to express simple theme related shapes, movements and feelings. Travels safely and creatively in space, showing different levels. Communicates effectively with a partner to give feedback. Uses pictures and poems to create shapes, movements and actions.</p>

	<p>Is able to roll and pick up a ball accurately with a partner. Can throw and catch a large ball to self. Throws accurately to a target increasing distances away. Sends a ball to a partner with the feet.</p>	<p>Communicates effectively with a partner to give feedback. Uses pictures and poems to create shapes, movements and actions. Remember and perform a simple sequence of movement. Identifies what good looks like and can give feedback to help my partner improve.</p> <p>Net game skills Can move around the court facing the net. Holds the racket correctly. Controls a ball using the strings along the ground using both sides. Is able to trap a ball when played along the floor using the racket. Can bounce and catch a ball over a line.</p> <p>Yoga Shows different poses. Can bend, stretch and reach. Displays self-confidence when performing yoga moves. Is able to breathe in 3 parts.</p>	<p>Remember and perform a simple sequence of movement. Identifies what good looks like and can give feedback to help my partner improve.</p> <p>Athletics skills Reacts quickly to the start of a race. Can run in a lane with a good technique. Understand how to jump for distance and land with soft knees. Can add a short run up to a jump. Knows how to increase the distance of throws.</p>
<p>Year 2</p>	<p>Dance Can use my body to create a variety of theme related shapes, movements and actions. Can use my body to express theme related shapes, movements and feelings. Travels safely and creatively in space, changing levels and direction. Communicates effectively in a group to give feedback. Uses pictures and poems to create and demonstrate shapes, movements and actions. Remember and perform a sequence of movement as a group. Identifies what good looks like and can give feedback to help my group improve.</p>	<p>Teambuilding Can take turns when sharing ideas as a group. Understands the importance of working together to solve a problem. Can plan what to do before attempting a task. Shows resilience when things don't go to plan and is able to use an alternative strategy.</p> <p>Net game skills Holds the racket correctly when sending a ball along the ground. Moves around the court facing the net. Can return a ball played along the ground. Demonstrates the ready position consistently. Can try to win a point in throw catch tennis by looking for space.</p>	<p>Athletics skills Reacts quickly to the start of a race and understands the importance of a good start. Can run in a lane with a good technique and focuses beyond the finish line. Understand how to jump for distance and land with soft knees. Is able to show some height when jumping. Can add a short run up to a jump. Can increase the distance of throws by transferring weight forwards.</p> <p>Striking and Fielding. Shows good agility when running and changing direction. Can stop and pick up a moving ball. Is able to throw underarm accuracy.</p>

	<p>Movement skills Is able to run in space with good technique. Can show good reactions when starting, stopping and changing direction. Understand what is meant by agility. Can shadow a partners movements by dodging. Travels forwards, backwards and sideways with control. Able to hop (on both legs) and jumping with control.</p> <p>Invasion Games Skills Can throw with an overarm technique with some accuracy. Is able to catch a ball thrown from a partner. Understand what is meant by marking. Dribbles a ball using the dominant hand with some control. Can move into space to receive a pass.</p> <p>Cross country Can describe how our bodies feel when we exercise using some scientific vocabulary. Is able to challenge themselves with their running and show determination to keep going.</p>	<p>Gymnastics Can travel in a curled shape. Is able to show a stretched shape as a balance. Understands what is meant by an arched shape. Links stretches and curls in a sequence. Performs a front and back support. Travels into and out of front and back supports.</p> <p>Yoga Show different poses. Bend, stretch and reach. Display self-confidence. To breathe in 3 parts.</p>	<p>Can hit a ball consistently from a tee from a side on position. Demonstrates the correct stance as a wicket keeper. Can catch a ball after one bounce.</p> <p>Swimming Improvement of stroke technique. Increase in water confidence. Developing self-rescue skills.</p>
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Key Stage 2 Overview

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 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

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

	Autumn	Spring	Summer
Year 3	<p>Hockey Demonstrates the correct way to hold the stick showing a good body position. Can dribble the ball with an open stick. Is able to receive the ball with the stick low to the ground. Consistently performs a push pass with some accuracy. Looks for players in space. Can dribble and shoot at a goal. Understands that you cannot use your feet or the reverse of the stick.</p> <p>Netball Performs a chest pass and bounce pass with the correct technique. Can look and pass the ball to a free player. Is able to stay with an opponent to mark them. Understands about the footwork rule. Is able to pivot in a practise situation. Can shoot with the ball above the head.</p> <p>Gymnastics Takes weight on patches of the body with control. Understands the difference between asymmetrical and symmetrical work. Can balance on the back and shoulders holding a steady shoulder stand. Is able to perform a cartwheel with some success. Can demonstrate a teddy bear roll. Shows timing and control in sequences.</p> <p>Swimming Improvement of stroke technique. Increase in water confidence. Developing self-rescue skills.</p>	<p>Yoga Perform a variety of poses. Breathe and follow instructions. Work with control. Understand the importance of relaxation.</p> <p>Hockey Demonstrates the correct way to hold the stick showing a good body position. Can dribble the ball with an open stick. Is able to receive the ball with the stick low to the ground. Consistently performs a push pass with some accuracy. Looks for players in space. Can dribble and shoot at a goal. Understands that you cannot use your feet or the reverse of the stick.</p> <p>Tennis Demonstrates the ready position and moves into good positions to hit the ball. Can hit the ball on the forehand after one bounce. Is able to show the correct position to play a backhand shot. Volleys a ball by striking downwards. Understands points – in / out via throwing tennis. Is able to contact the ball above the head to serve.</p> <p>Gymnastics Takes weight on patches of the body with control. Understands the difference between asymmetrical and symmetrical work. Can balance on the back and shoulders holding a steady shoulder stand.</p>	<p>Athletics Understand the benefit of sprinting drills to improve technique. Knows why pacing is important when running for distance. Hurdles with some technique and knows which their take off leg is. Throw overarm from a side on position and able to assess the technique of others. Can demonstrate a long jump with a good take off and landing within the rules of the event.</p> <p>Rounders Can throw underarm and catch with some consistency. Knows when to run and when to wait as a batter. Is able to hit from a tee consistently. Can self feed to hit a ball. Is able to bowl underarm over a short distance. Calls their names when attempting to catch a high ball.</p> <p>Dance Is able to develop a motif demonstrating some agility, balance, co-ordination and precision. Creatively changes static actions into travelling movements. Shows different levels and pathways when travelling. Communicates effectively with a partner and a group. Can improve ideas. Is able to evaluate the work of others using accurate technical language.</p> <p>Fitness Able to explain what happens when we warm up and why this is important. Can identify the area of the body which is working during different activities</p>

		<p>Is able to perform a cartwheel with some success.</p> <p>Can demonstrate a teddy bear roll.</p> <p>Shows timing and control in sequences.</p>	
Year 4	<p>Football</p> <p>Can use different parts of the foot to control the ball.</p> <p>Passing and receiving with control using the inside of the foot.</p> <p>Is able to shooting with accuracy using the laces.</p> <p>Make decisions and link skills to put together an attacking play.</p> <p>Gymnastics</p> <p>Can support weight on hands and feet with good body tension.</p> <p>Is able to spin and take weight from one support to another.</p> <p>Combines rolls and supports to create a fluent sequence.</p> <p>Can show different shapes with the legs in a shoulder stand.</p> <p>Perform a sequence in unison with a partner.</p> <p>Can travel under and over a partner.</p> <p>Swimming</p> <p>Improvement of stroke technique.</p> <p>Increase in water confidence.</p> <p>Developing self-rescue skills.</p>	<p>Health Related Fitness</p> <p>Able to identify different components of fitness.</p> <p>Shows determination and able to challenge themselves.</p> <p>Can identify some major muscles of the body.</p> <p>Yoga</p> <p>Perform a variety of poses.</p> <p>Breathe and follow instructions.</p> <p>Work with control.</p> <p>Understand the importance of relaxation.</p> <p>Basketball</p> <p>Can control a basketball with both hands when dribbling.</p> <p>Is able to dribble with head up.</p> <p>Shows good technique in using a chest pass and bounce pass.</p> <p>Can demonstrate the triple threat position.</p> <p>Can demonstrate an overhead and shoulder pass</p> <p>Understands what is meant by BEEF when shooting.</p> <p>Badminton</p> <p>Demonstrates the ready position consistently.</p> <p>Performs a backhand flick serve over the net.</p> <p>Understand the rules of serving.</p> <p>Can return a thrown shuttlecock using a forehand and backhand technique</p>	<p>OAA</p> <p>Uses non verbal communication to solve problems.</p> <p>Understands the importance of having a plan before undertaking a challenge.</p> <p>Can give clear instructions to successfully navigate a blindfolded partner around an obstacle course.</p> <p>Is able to navigate around course using a map.</p> <p>Can work quickly and effectively against the clock.</p> <p>Rounders</p> <p>Catches a ball with soft hands.</p> <p>Bowls with consistent height and knows what is meant by a good ball.</p> <p>Can catch or pick up and throw quickly as a backstop.</p> <p>Moves to back up others when fielding.</p> <p>Hits the ball with some consistency from a bowlers delivery.</p> <p>Can make good decisions over when to run as a batter.</p> <p>Communicates well to ensure the ball is thrown to the correct base.</p> <p>Athletics</p> <p>Can demonstrate the sprint start position.</p> <p>Can pace a race when running for distance.</p> <p>Performs a triple jump correctly.</p> <p>Is able to sprint between hurdles and take off from the same foot..</p> <p>Can throw the javelin with good distance and knows the rules of measuring.</p> <p>Passes a relay baton to a moving team mate.</p> <p>Can demonstrate a scissor kick technique for high jump.</p> <p>Dance</p> <p>Is able to develop a motif demonstrating good agility, balance, co-ordination and precision.</p>

		<p>Is able to make contact with the shuttlecock above the head. Introduce points – in / out via throwing badminton.</p>	<p>Creatively changes static actions into dynamic movements. Shows different levels and pathways when travelling at different speeds.</p> <p>Communicates effectively with a partner and a group. Can improve ideas based on group discussions.</p> <p>Is able to evaluate the work of others using accurate technical language providing constructive criticism.</p>
<p>Year 5</p>	<p>Leadership Understands the importance of verbal and non verbal communication. Can explain a task clearly. Demonstrates an activity effectively. Is able to speak confidently to a group. Motivates others with positive praise. Can plan and set up an activity using the STEP principle.</p> <p>Gymnastics Can roll over a partner in a straight shape. Shows momentum in forwards and backwards rolls. Performs a strong arch and bridge. Can travel over and under a partner in combination with apparatus. Travels over a partner by taking weight on hands. Produces a sequence with good technique and fluent transitions.</p> <p>Swimming Improvement of stroke technique. Increase in water confidence. Developing self-rescue skills.</p>	<p>Dance Is able to develop a motif demonstrating good agility, balance, co-ordination and precision. Creatively changes static actions into dynamic movements. Shows different levels and pathways when travelling at different speeds. Communicates effectively with a partner and a group. Can improve ideas based on group discussions. Is able to evaluate the work of others using accurate technical language providing constructive criticism.</p> <p>Tag rugby Can demonstrate a pop pass and a pocket pass. Grips the ball correctly and carries it in 2 hands. Is able to send and receive a ball on the move to the left and the right. Consistently passes the ball backwards. Understands what off side and knock on means. Closes down space when defending. Can apply skills in a small sided game.</p> <p>Fitness Able to explain why we warm up using scientific vocabulary.</p>	<p>Yoga Adopt the rest position and relaxation pose. Perform a wide range of poses. Prepare mind and body for yoga. Benefits of yoga. Make positive affirmations.</p> <p>Tennis Demonstrates a consistent ready position and always moves sideways on to strike the ball. Returns a thrown ball consistently on the forehand. Controls when the ball is played. Is able to volley on the forehand and backhand and 'place' the ball Introduce volleying. Understands the technique for serving and is able to hit the ball consistently over the net from an overhead position.</p> <p>Athletics Can demonstrate the sprint start position. Can pace a race when running for distance. Performs a triple jump correctly. Is able to sprint between hurdles and take off from the same foot.. Can throw the javelin with good distance and knows the rules of measuring. Passes a relay baton to a moving team mate. Can demonstrate a scissor kick technique for high jump.</p> <p>Rounders Catches a ball with soft hands.</p>

		<p>Understands the benefits of exercise for the body and mind. Could plan a warm up for an activity.</p> <p>Netball Can accurately send a netball using a chest pass, bounce pass, overhead pass and shoulder pass. Knows how to signal for a pass. Moves into space after making a pass. Communicates with others on the court. Understands and applies the footwork rule. Can shoot with some accuracy from different positions. Knows the roles of the different positions in High 5 Netball.</p>	<p>Bowls with consistent height and knows what is meant by a good ball. Can catch or pick up and throw quickly as a backstop. Moves to back up others when fielding. Hits the ball with some consistency from a bowlers delivery. Can make good decisions over when to run as a batter. Communicates well to ensure the ball is thrown to the correct base.</p>
<p>Year 6</p>	<p>Football Demonstrates skill and close control of the ball using different parts of the foot. Is able to dribble at different tempos. Can pass and move into space. Combines skills to allow the team to retain possession. Shows good positioning as a defending, not overcommitting too soon. Communicates with team mates on the pitch. Shoots with accuracy</p> <p>Gymnastics Take off from one foot and two feet. Gain elevation from a run up. Create shapes when in flight. Land with soft knees in a strong symmetrical position. Can take off from one foot and spring from two into flight. Is able to squat onto a box. Shows different levels in sequences to include flight and travel on the ground. Is able to show an understanding of canon and unison.</p>	<p>Dance Is able to develop a motif demonstrating good agility, balance, co-ordination and precision. Creatively changes static actions into dynamic movements. Shows different levels and pathways when travelling at different speeds. Communicates effectively with a partner and a group. Can improve ideas based on group discussions. Is able to evaluate the work of others using accurate technical language providing constructive criticism.</p> <p>Basketball Can control a basketball with both hands when dribbling and protect the ball under pressure. Is able to create space to receive a pass. Uses changes of speed and direction to beat a defender. Can demonstrate the triple threat position.</p>	<p>OAA Can communicate using verbal and non verbal communication. Respects the opinion of team mates. Is able to make a plan to solve a problem. Can evaluate as a team to see if we can improve in the future. Puts trust in others. Speaks encouragingly to team mates. Perseveres when things don't go to plan.</p> <p>Kwik Cricket Catches a ball under pressure. Is able to throw a ball overarm with accuracy. Slides the bat over the crease when running. Can bowl overarm with a straight arm after a short run up. Is able to pick up and return a ball with one hand. Shows good awareness as a fielder. Can perform a pull shot when batting.</p> <p>Rounders Catches a ball consistently. Bowls with consistent height and knows what is meant by a good ball and no ball.</p>

	<p>Swimming Improvement of stroke technique. Increase in water confidence. Developing self-rescue skills.</p>	<p>Uses the different passes at the correct times and with good technique. Demonstrates what is meant by BEEF when shooting. Can mark a player or an area of the court.</p> <p>Health Related Fitness Understand what is meant by the different components of fitness and how to improve them. Able to assess and improve fitness.</p> <p>Badminton Always assumes the ready position and shows good movement on the court. Can perform a forehand and backhand serve. Is able to serve long and short. Returns overhead shots with some power. Is able to show the correct position when playing net shots. Understands the scoring system and can umpire games.</p>	<p>Can catch or pick up and throw quickly to first post as a backstop. Moves to back up others when fielding and makes a chain when needed. Hits the ball with some consistency from a bowlers delivery. Can make good decisions over when to run as a batter. Makes good decisions as a fielder to get players out / stop them scoring.</p> <p>Athletics Can demonstrate the sprint start position and time runs accurately. Can pace a race when running for distance and finish strongly. Is able to both perform and measure accurately the long jump and triple jump. Shows a low position when travelling over the hurdles. Can add a run up to the javelin throw. Is able to communicate effectively to ensure relay changeovers occur in the box.</p>
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