



PE Long term plan Cycle A

Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Robins	<p>Gym in the jungle</p> <p>Children can explore moving in different ways and using apparatus to create animal movements.</p>	<p>Dance dinosaurs</p> <p>Children will create their own dinosaur movements. They will turn these movements into short motifs which will be linked together to create class dance.</p>	<p>Best of balls</p> <p>Children will learn lots of different things to do with a ball. They will practise and develop skills which include controlling a ball, rolling and throwing a ball, bouncing a ball, kicking a ball, catching a ball and striking a ball.</p>	<p>Dance till you drop</p> <p>Children will build up a repertoire of songs and simple dances. They will be confident enough to sing and perform these dances in a group. They will also be able to adapt and change each dance, thinking about the mood and style, as well as developing a range of different moves to slightly change each dance.</p>	<p>Gymnastics jumping jacks</p> <p>Children will learn all about jumping, rolling and balancing. They will learn to perform different types of jumps and balances on the floor and on different gymnastics equipment. They will also learn different types of rolls,</p>	<p>Games the Olympics</p> <p>They will be learning how to throw, run and jump in a range of different ways. Children's learning will be linked to a range of Olympic sports. After this series of lessons they will take part in an Olympic multi-skills competition.</p>
Puffins	<p>Multit-skills: throwing and catching</p> <p>They will learn to control a ball when they are rolling and bouncing, throwing and catching, on their own, with a partner and in a group. The unit progresses the children from simple rolling to underarm throwing and two handed catching.</p> <p>Gymnastics animals</p> <p>children will be using a variety of movement and balances in order to create a sequence of animals.</p>	<p>Invasion games: at the fair</p> <p>Children will learn different ways of travelling, including moving backwards, sidestepping and changing direction. They will apply these different methods of travelling as they move onto travelling with a ball. Children will have the opportunity to learn about passing a ball to another player.</p> <p>Dance: starry skies</p> <p>Making shapes with objects, their bodies and others, hold them and move in them</p>	<p>Attacking and defending</p> <p>The children will learn about attacking skills, such as passing a ball to another player and dodging defenders. They will develop their defending skills, looking at how to mark players and how to defend a space.</p> <p>Circuit training</p> <p>This unit is designed to build the overall fitness of your children through a circuit of eight activities, each of which is based on a different skill.</p>	<p>Multi-skills: bat and ball</p> <p>develop children's skills using a tennis racket and a cricket bat. Children will develop their striking skills from hitting a stationary ball to one that has been thrown or rolled by a partner. This unit also introduces children to the use of simple tactics and rules of tennis and cricket.</p> <p>Dance: the seasons</p> <p>Working individually, in pairs and in groups and will develop their understanding of dance terminology such as mirroring, improvisation, canon and unison</p>	<p>Multi-skills: running and jumping</p> <p>They will learn to travel at different speeds by walking, jogging, running and sprinting, and will develop an understanding of when these speeds are most useful.</p> <p>Gymnastics traditional tales</p> <p>The unit builds on the children's knowledge of jumping by looking at jumping for distance and height.</p>	<p>Multi- skills: sports day</p> <p>The children will learn the key skills needed for traditional running, jumping and throwing activities and they will practise these in a range of fun activities.</p> <p>Yoga: salute to the sun</p> <p>children create a yoga sequence which comprises of a full range of movements and incorporates forward bends, backbends, inversions, twists and balances</p>



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<p>Kingfishers</p>	<p>Mult-skills: throwing and catching Children will be learning how to roll and stop a ball, and how to throw underarm for accuracy and overarm for distance.</p> <p>Gymnastics movement Children will learn how to perform a variety of floor and vault movements.</p>	<p>Invasion games They will learn how to dribble with a football, to pass and receive the for a range of invasion games and to use space effectively in a game. Children will learn how to dodge to get free from a defender to receive a pass as well as how to mark an opposition player.</p> <p>Dance: gunpowder plot Children act and react with partners and in groups as well as working on their own to retell the story of the Gunpowder Plot. They dance in different formations and structures, including in unison and canon.</p>	<p>Attacking and defending In this unit, they will further develop their understanding of the skills and tactics associated with attacking and defending and apply these to a variety of different games.</p> <p>Circuit training Children will develop balance and co-ordination by controlling changes of direction, jumping and accuracy.</p>	<p>Multi-skills: bat and ball Children will develop their striking skills from hitting a stationary ball to one that has been thrown or rolled by a partner. Children are also introduced to the use of simple tactics in tennis and cricket</p> <p>Dance: the romans Children will be learning a variety of dance techniques, taking inspiration from the topic of the Romans.</p>	<p>Multi-skills: target games Children will learn how to aim at both stationary and moving targets. Moving on into learning how to use equipment to aim for games such as golf and croquet.</p> <p>Gymnastics: under the sea children to learn and practise a variety of skills, including rolls, jumps and balances. Inspired by items and creatures found under the sea, children will develop their control, agility and coordination. They will move to put this in a sequence</p>	<p>Athletics Children will have the opportunity to develop their existing running, jumping and throwing skills, as well as learning new techniques. They will be refining their sprint technique.</p> <p>Dance: extreme earth Children will learn a range of different skills linked to the art of dance with the aim of producing an interesting dance phrase to represent a montage of natural disasters. Responding to stimulus and apply these to a routine.</p>
<p>Sparrowhawks</p>	<p>Outdoor adventurous activities Children will be exploring the fundamental principles of outdoor adventurous activities, such as teamwork, problem-solving and understanding maps</p> <p>Dance-Viking Battle</p>	<p>Invasion games They will learn how to dribble with a football, to pass and receive the ball range of invasion games and to use space effectively in a game. Children will learn how to dodge to get free from a defender to receive a pass as well as how to mark an opposition player.</p> <p>Gymnastics –movement</p>	<p>Invasions games: football Children will be learning how to dribble with the ball, as well as to pass and receive. They will learn about the fundamental principles of attacking and defending, such as finding space when attacking and denying a player space when defending.</p> <p>Gymnastics shape and balance- ancient Egypt</p>	<p>Net and wall games: fundamentals Children will take part in a range of footwork drills and learn the basic grip for holding a tennis racket. They will learn how to control the ball using a racket, such as balancing and bouncing it, before moving on to learning the basic</p>	<p>Striking and fielding games: fundamentals Children will learn the skills players need to play striking and fielding games, such as cricket, rounders, French cricket and Danish longball. The children will learn how to catch and throw across different distances with</p>	<p>Athletics Children will have the opportunity to develop their existing running, jumping and throwing skills, as well as learning new techniques. They will be refining their sprint technique.</p> <p>Dance: water</p>



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	<p>Children use and plan their own dance based on a Viking journey. We will be exploring the way our bodies moves thinking about actions, space, relationship and dynamics.</p>	<p>Children will learn how to perform a variety of floor and vault movements.</p>	<p>Children will learn how to use gymnastics shapes and balances to communicate their learning about key aspects of the ancient Egyptian civilisation.</p>	<p>technique for a forehand and backhand hit. Circuit training Children will focus on different types of exercise, participating in a range of activities that focus on the upper body, lower body and core muscles. Children will learn about aerobic and anaerobic exercise and will be asked to continually consider the benefits gained through participating in these.</p>	<p>accuracy. They will develop their skills of cooperation. Gymnastics-shape The children will make static shapes, shapes in the air, symmetrical shapes and shapes incorporating rhythmic gymnastics apparatus. They will put together sequences involving a variety of body shapes and other gymnastic movement such as jumping.</p>	<p>In each session, children will explore a different stage of the water cycle and will practise and apply dance techniques. The children will learn a variety of skills: to design their own dance phrases; link and combine movements; perform with expression; respond to a changing stimulus; create and perform a dance</p>
<p>Housemartins</p>	<p>Invasion games Children will learn a skills needed to play a range of invasion games, such as dribbling with the ball, passing and keeping possession. It also covers attacking and defending tactics, such as two-touch passing; learning when to pass and when to dribble and different techniques for tackling and marking. Dance WW2 Children will learn different dance styles that were popular before and during the wartime period and give them the opportunity to</p>	<p>Quidditch OAA Children will be exploring a variety of outdoor activities and use these to participate in a game of quidditch. Gymnastic movement Children will be taught how to perform a variety of floor and vault movements. The children will learn stag jumps, split leaps, pike rolls, round-offs and the squat through vault while developing their understanding of the necessary flexibility, strength and control</p>	<p>Invasions games basketball Children will practice such as dribbling with the ball, passing and keeping possession. It also covers attacking skills, such as shooting and changing direction with the ball in football using the drag back and stop turn. Defending skills such as shadowing and tackling are also covered. Circuit training Children will focus on different types of exercise, participating in a range of activities that focus on the upper body, lower body and core muscles.</p>	<p>Net and wall games: badminton Children are learning progressively to put together racket skills, footwork steps and attack and defence skills to use in a full match. Children will learn different attack and defence shots and will discover how to use the court or playing space to give them the best chance of scoring points. Gymnastics shape and balance- space The children will make static shapes, shapes</p>	<p>Striking And Fielding Games: Cricket The children will learn the fundamental skills of both batting and bowling, developing their ability to hit and strike a ball towards different areas of a cricket ground. Children will develop their fielding skills by learning how to catch balls travelling along different trajectories or pathways and will be introduced to the different ways of stopping a ball travelling along the ground. Dance: Eco Dance Children will learn about transitioning between actions in a dance and how to create a recurring</p>	<p>Athletics Children will have the opportunity to develop their existing running, jumping and throwing skills, as well as learning new techniques. They will be refining their sprint technique. Invasion Games: Handball Children will learn the main attacking and defending skills and fundamentals needed to play this fast and fun invasion game. In offence, children will learn how to throw and catch the ball, as well as</p>



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	<p>choreograph their own interpretive dances based on an event from the time. The children will learn steps from the Charleston, Lambeth Walk and Lindy Hop, while developing their technique and performance skills.</p>	<p>needed to perform the movements successfully.</p>	<p>Children will learn about aerobic and anaerobic exercise and will be asked to continually consider the benefits gained through participating in these.</p>	<p>in the air, symmetrical shapes and shapes incorporating rhythmic gymnastics apparatus. They will put together sequences involving a variety of body shapes and other gymnastic movement such as jumping.</p>	<p>motif. They will develop their use of their spatial awareness and their understanding of timing in dance, as well as the way they create lines and shapes with their bodies.</p>	<p>move, pass and shoot. In defence, they will learn how to mark and intercept.</p>
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