

Delves Lane Primary School P.E. Long Term Plan

Intra-School House Cup Sports Events (Monday Afternoons)

Reception Obstacle Course Tues 19th Oct	Year 1 Gymnastics Wed 30th Mar	Year 2 Rounders Thurs 19th May	Year 3 Benchball Wed 13th Oct	Year 4 Dodgeball Mon 4th Apr	Year 5 Kwik Cricket Tue 24th May	Year 6 Tennis Thurs 26th May	Dance Festival 14th Feb	Sports Day 11th – 13th July
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	<div style="background-color: yellow; display: inline-block; padding: 2px;">Movement Skills</div>	Ball Skills	<div style="background-color: yellow; display: inline-block; padding: 2px;">Dance</div>	Movement Skills	Racket Skills	Athletics
					Gymnastics	

Yellow Highlight = House Cup Sports Event
 Red Highlight = Foundation of Light Taught Unit
 Blue Highlight = County Swimming Taught Unit

<p>Y1</p>	<p>Movement Skills</p> <p>Develop fundamental movement skills (specifically running, jumping, throwing and catching).</p> <p>Apply skills to a range of contexts.</p>	<p>Ball Skills (Football)</p> <p>Develop simple tactics for attacking and defending.</p> <p>To engage in competitive (against self and others) and co-operative activities.</p>	<p>Dance</p> <p>Perform dances using simple movement patterns.</p> <p>To work individually and with others.</p>	<p>Movement Skills</p> <p>Develop fundamental movement skills (specifically running, jumping, throwing and catching).</p> <p>Apply skills to a range of contexts.</p>	<p>Racket Skills (Cricket)</p> <p>Develop fundamental movement skills (specifically running, jumping, throwing and catching).</p> <p>To engage in competitive (against self and others) and co-operative activities.</p>	<p>Athletics</p> <p>Develop fundamental movement skills (specifically running, jumping, throwing and catching).</p> <p>To become increasingly competent.</p>		
<p>Y2</p>	<p>Movement Skills</p> <p>Develop fundamental movement skills (specifically running, jumping, throwing and catching).</p> <p>Apply skills to a range of contexts.</p>	<p>Ball Skills (Netball)</p> <p>Develop simple tactics for attacking and defending.</p> <p>To engage in competitive (against self and others) and co-operative activities.</p>	<p>Dance</p> <p>Perform dances using simple movement patterns.</p> <p>To work individually and with others.</p>	<p>Movement Skills</p> <p>Develop fundamental movement skills (specifically running, jumping, throwing and catching).</p> <p>Apply skills to a range of contexts.</p>	<p>Racket Skills (Rounders)</p> <p>Develop fundamental movement skills (specifically running, jumping, throwing and catching).</p> <p>To engage in competitive (against self and others) and co-operative activities.</p>	<p>Athletics</p> <p>Develop fundamental movement skills (specifically running, jumping, throwing and catching).</p> <p>To become increasingly competent.</p>		
<p>Gymnastics</p> <p>Extend their agility, balance and coordination</p> <p>To become increasingly competent.</p>			<p>Gymnastics</p> <p>Extend their agility, balance and coordination</p> <p>To become increasingly competent.</p>			<p>Gymnastics</p> <p>Extend their agility, balance and coordination</p> <p>To become increasingly competent.</p>		

Y3

Invasion Games (Benchball)

To play competitive games, modified where appropriate.
Apply basic principles suitable for attacking and defending.

Gymnastics

Develop flexibility, strength, technique, control and balance.
Link broader range of skills to make actions and sequences of movement.

Dance

Perform dances using a range of movement patterns.
Learn how to evaluate and recognise their own success.

Invasion Games (Basketball)

To play competitive games, modified where appropriate.
Apply basic principles suitable for attacking and defending.

Net & Wall Games (Tennis)

Develop a broader range of skills in isolation and in combination (specifically running, jumping, throwing and catching).
Apply broader range of skills to a range of contexts.

Athletics

Develop a broader range of skills in isolation and in combination (specifically running, jumping, throwing and catching).
Compare and improve performances with previous ones.

Swimming

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

Y4

Invasion Games (Football)

To play competitive games, modified where appropriate.
Apply basic principles suitable for attacking and defending.

Gymnastics

Develop flexibility, strength, technique, control and balance.
Link broader range of skills to make actions and sequences of movement.

Dance

Perform dances using a range of movement patterns.
Learn how to evaluate and recognise their own success.

Net & Wall Games (Dodgeball)

Develop a broader range of skills in isolation and in combination (specifically running, jumping, throwing and catching).
To play competitive games, modified where appropriate

Striking & Fielding Games (Rounders)

Develop a broader range of skills in isolation and in combination (specifically running, jumping, throwing and catching).
Apply broader range of skills to a range of contexts.

Athletics

Develop a broader range of skills in isolation and in combination (specifically running, jumping, throwing and catching).
Compare and improve performances with previous ones.

Y5	<p>Invasion Games (Tag Rugby)</p> <p>To play competitive games, modified where appropriate.</p> <p>Apply basic principles suitable for attacking and defending.</p>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Link broader range of skills to make actions and sequences of movement.</p>	<p>Dance</p> <p>Perform dances using a range of movement patterns.</p> <p>Learn how to evaluate and recognise their own success.</p>	<p>Net & Wall Games (Badminton)</p> <p>Develop a broader range of skills in isolation and in combination (<i>specifically running, jumping, throwing and catching</i>).</p> <p>Apply broader range of skills to a range of contexts.</p>	<p>Striking & Fielding Games (Cricket)</p> <p>Develop a broader range of skills in isolation and in combination (<i>specifically running, jumping, throwing and catching</i>).</p> <p>Apply broader range of skills to a range of contexts.</p>	<p>Athletics</p> <p>Develop a broader range of skills in isolation and in combination (<i>specifically running, jumping, throwing and catching</i>).</p> <p>Compare and improve performances with previous ones.</p>
	<p>Swimming</p> <p>swim competently, confidently and proficiently at least 25 metres</p> <p>use a range of strokes effectively [front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p>					
Y6	<p>Invasion Games (Netball)</p> <p>To play competitive games, modified where appropriate.</p> <p>Apply basic principles suitable for attacking and defending.</p>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Link broader range of skills to make actions and sequences of movement.</p>	<p>Dance</p> <p>Perform dances using a range of movement patterns.</p> <p>Learn how to evaluate and recognise their own success.</p>	<p>OAA (Orienteering)</p> <p>Take part in outdoor and adventurous challenges individually and as a team.</p> <p>Enjoy communicating, collaborating and competing with each other.</p>	<p>Net & Wall Games (Tennis)</p> <p>Develop a broader range of skills in isolation and in combination (<i>specifically running, jumping, throwing and catching</i>).</p> <p>Apply broader range of skills to a range of contexts.</p>	<p>Athletics</p> <p>Develop a broader range of skills in isolation and in combination (<i>specifically running, jumping, throwing and catching</i>).</p> <p>Compare and improve performances with previous ones.</p>
	<p>Swimming</p> <p>swim competently, confidently and proficiently at least 25 metres</p> <p>use a range of strokes effectively [front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p>					