

Greenfields	Long Term Plans	PE LEAD- Caroline Townshend
KS1	Cycle A	Key Skills
Autumn 1 YEAR 1/2	Ball skills - tag rugby	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. Attack and defend
EYFS	Ball skills	<ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
Nursery (Helmingham)		<ul style="list-style-type: none"> • Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking
Autumn 2 YEAR 1/2	Invasion - basketball	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. Attack and defend
EYFS		<ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding

		(scooters, trikes and bikes) and ball skills.
Nursery (Helmingham)		Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking
Spring 1 YEAR 1/2	Net/Wall- badminton	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate.
EYFS		<ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
Nursery (Helmingham)		<ul style="list-style-type: none"> • Walk, run, jump and climb Start taking part in some group activities which they make up for themselves, or in teams
Spring 2 YEAR 1/2	Invasion -hockey	Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking
EYFS		<ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
Nursery (Helmingham)		<ul style="list-style-type: none"> • Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking
Summer 1	Athletics	<ul style="list-style-type: none"> • Athletic activities are combined with games in Years 1 and 2.

YEAR 1/2		
EYFS		Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Nursery (Helmingham)		Enjoy starting to kick, throw and catch balls. Build independently with a range of appropriate resources. Skip, hop, stand on one leg and hold a pose for a game like musical statues.
Summer 2 YEAR 1/2	Games Striking & fielding Cricket/rounders	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. Attack and defend
EYFS		Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Nursery (Helmingham)		<ul style="list-style-type: none"> • Walk, run, jump and climb Start taking part in some group activities which they make up for themselves, or in teams
KS1	Cycle B	Key Skills
Autumn 1 YEAR 1/2	Invasion - football	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate Attack and defend
EYFS		Gradually gain control of their whole body through continual practice of

		large movements, such as waving, kicking, rolling, crawling and walking
Nursery (Helmingham)		Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
Autumn 2 YEAR 1/2	Dance through stories	<ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea.
EYFS		Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.
Nursery (Helmingham)		Clap and stamp to music
Spring 1 YEAR 1/2	Gymnastics	<ul style="list-style-type: none"> • Copy and remember actions. • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Show contrasts • Travel by rolling forwards, backwards and sideways. • Hold a position whilst balancing on different points of the body. • Climb safely on equipment. • Develop flexibility.

		Jump in a variety of ways and land
Spring 2 YEAR 1/2	Invasion - netball	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. Attack and defend
EYFS		<ul style="list-style-type: none"> • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Nursery (Helmingham)		Walk, run, jump and climb Start taking part in some group activities which they make up for themselves, or in team
Summer 1 YEAR 1/2	Net/Wall- tennis	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. Lead others when appropriate.
EYFS		<ul style="list-style-type: none"> • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Nursery (Helmingham)		Walk, run, jump and climb Start taking part in some group activities which they make up for themselves, or in team
Summer 2 YEAR 1/2	Striking & fielding Cricket/rounders	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. Attack and defend

EYFS		<ul style="list-style-type: none"> • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Nursery (Helmingham)		Walk, run, jump and climb Start taking part in some group activities which they make up for themselves, or in team
Year 3/4	Cycle A	Key Skills
Autumn 1	Invasion- tag rugby	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member.
Autumn 2	Invasion- basketball	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times.

		<ul style="list-style-type: none"> • Lead others and act as a respectful team member.
Spring 1	Net/Wall - badminton	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Time a hit of the ball • Lead others and act as a respectful team member.
Spring 2	Invasion - hockey	<ul style="list-style-type: none"> • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, a hockey stick). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member.
Summer 1	Athletics	<ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance • Use a range of throwing techniques (such as under arm, over arm).

		<ul style="list-style-type: none"> • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. <p>Compete with others and aim to improve personal best performances</p>
Summer 2	Striking & fielding cricket	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Lead others and act as a respectful team member.
Year 3/4	Cycle B	Key Skills
Autumn 1	Invasion - football	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member.

<p>Autumn 2</p>	<p>Dance/Drama Through class themes/ books</p>	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practising moves and stretching.
<p>Spring 1</p>	<p>Gymnastics</p>	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. • Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). • Swing and hang from equipment safely (using hands).
<p>Spring 2</p>	<p>Invasion- Netball</p>	<ul style="list-style-type: none"> • Throw and catch with control and accuracy.

		<ul style="list-style-type: none"> • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member.
All of Summer Term- both cycles	Swimming	<ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water.
Summer 1	Net/Wall- Tennis	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Time a hit of the ball • Lead others and act as a respectful team member. •

<p>Summer 2</p>	<p>Striking & fielding- Rounders</p>	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Lead others and act as a respectful team member. •
<p>Year 5/6</p>	<p>Cycle A</p>	<p>Key Skills</p>
<p>Autumn 1</p>	<p>Invasion- tag rugby</p>	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team.
<p>Autumn 2</p>	<p>Invasion- basketball</p>	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team

		<p>mates in order to gain points or possession.</p> <ul style="list-style-type: none"> • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team.
Spring 1	Net/Wall - badminton	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team.
Spring 2	Invasion - hockey	<ul style="list-style-type: none"> • Choose and combine

		<p>techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <ul style="list-style-type: none"> • Work alone, or with team mates in order to gain points or possession. Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team.
Summer 1	Athletics	<ul style="list-style-type: none"> • Combine sprinting with low hurdles over 60 metres. • Choose the best place for running over a variety of distances. • Throw accurately and refine performance by analysing technique and body shape. • Show control in take-off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement.
Summer 2	Cricket	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).

		<ul style="list-style-type: none"> • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team.
	Cycle B	
Autumn 1	Invasion - football	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team.
Autumn 2	Dance	<ul style="list-style-type: none"> • Compose creative and

		<p>imaginative dance sequences. •</p> <p>Perform expressively and hold a precise and strong body posture. •</p> <p>Perform and create complex sequences.</p> <ul style="list-style-type: none"> • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). •
<p>Spring 1</p>	<p>Gymnastics</p>	<ul style="list-style-type: none"> • Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills. • Hold shapes that are strong, fluent and expressive.

		<ul style="list-style-type: none"> • Include in a sequence set pieces, choosing the most appropriate linking elements. • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). • Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright). •
Spring 2	Netball	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. •
Summer 1	Tennis	<ul style="list-style-type: none"> • Choose and combine

		<p>techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <ul style="list-style-type: none"> • Work alone, or with team mates in order to gain points or possession. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. <ul style="list-style-type: none"> • Lead others when called upon and act as a good role model within a team. •
<p>Summer 2</p>	<p>Rounders</p>	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations.

		<ul style="list-style-type: none">• Lead others when called upon and act as a good role model within a team.•
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