

William Law PE Long Term Plan

Physical Education (PE)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYF S	Introduction to PE - unit 2	Fundamentals – unit 2	Gymnastics – unit 1	Dance – unit 1	Ball Skills – unit 1	Games Unit 2
Year 1	Fundamentals Team Building	Ball Skills Gymnastics	Net and Wall Yoga	Striking and Fielding Dance	Sending and Receiving Net and Wall	Athletics Invasion
Year 2	Fundamentals Team Building	Ball Skills Gymnastics	Net and Wall Dance	Striking and Fielding Dance	Sending and Receiving Net and Wall	Athletics Invasion
Year 3 / 4	Fitness Fundamentals	Hockey Gymnastics	OAA Dance	Lacrosse Dance	Football Rounders	Athletics Cricket
Y5	Lacrosse Gymnastics	Netball Dance	Football Dance	Tennis Fitness	Basketball Volleyball	Athletics Rounders
Y6	Hockey Gymnastics / Swimming	Tag Rugby Gymnastic / Swimming	Netball Dance/ Swimming	Basketball Fitness / Swimming	Cricket/ Rounders / Swimming	Athletics Dance / Swimming

William Law PE – Skills Progression

Physical Education (PE)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<u>Introduction to PE: Unit 2</u> To move around safely in space. To follow instructions involving several ideas or actions. To understand why rules are important and why we follow them. To develop control when using equipment. To work cooperatively with a partner.	<u>Fundamentals: Unit 2</u> To decide on skills to complete a task. To negotiate space safely by considering others. To play games honestly with consideration of the rules. To show an understanding of feelings by regulating behaviour. To use movement skills to develop balance and coordination. To explore different ways to travel.	<u>Gymnastics: Unit 1</u> To try new challenges and perform in front of others. To negotiate space safely with consideration of others. To copy and create shapes with your body. To copy and create shapes whilst on apparatus. To develop jumping and landing safely. To develop rocking and rolling. To use movement skills by developing strength, balance and coordination	<u>Dance: Unit 1</u> To try new challenges and perform in front of others. To negotiate space safely with consideration of others. To show respect towards others when providing feedback to a partner. To use movement skills by developing strength, balance and coordination. To explore different body parts and how they move to combine and repeat actions. To express and communicate ideas by exploring movements.	<u>Ball skills: Unit 1</u> To negotiate space safely by considering others. To persevere when trying new challenges. To play ball games with consideration to the rules. To play cooperatively and take turns with others. To develop rolling a ball to a target. To develop stopping a rolling ball. To develop accuracy when throwing a ball to a target. To develop bouncing and catching a ball. To develop kicking a ball,	<u>Games: Unit 1</u> To negotiate space safely by considering others. To work safely and develop running and stopping. To play games showing an understanding of the different roles within it. To follow instructions and move safely when playing games. To play games honestly with consideration for the rules. To develop throwing and learn how to keep score. To use ball skills with developing competence and accuracy.

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Year 1	<u>Fundamentals</u> To explore balance, stability and landing safely. To recognise changes in the body when exercising. To explore how the body moves when running at different speeds. To explore changing direction when moving at speed and dodging. To explore jumping, hopping and skipping. To explore coordination and combination jumps. To explore combination jumping and skipping.	<u>Ball Skills</u> To develop control and coordination when dribbling with a ball with both hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. To explore catching with two hands. To explore control and coordination when dribbling with a ball with both feet. To explore tracking a ball that is moving.	<u>Target games</u> To develop underarm throwing towards a target. To develop throwing for accuracy. To develop underarm and overarm throwing for accuracy. To develop throwing for accuracy and distance using underarm and overarm. To select the correct technique for the situation. To develop throwing for accuracy and distance.	<u>Striking and Fielding</u> To develop underarm throwing and catching. To develop overarm throwing. To develop hitting a ball. To develop collecting a ball. To learn how to get a batter out. To play games and understand how to score points. To track a ball that is moving. To play games honestly with consideration for the rules.	<u>Sending and Receiving</u> To develop rolling and throwing a ball towards a target. To develop receiving a rolling ball and tracking skills. To be able to send and receive a ball with your feet. To develop throwing and catching skills over a short distance. To develop throwing and catching over a longer distance. To apply sending and receiving skills to small games.	<u>Athletics</u> To move at different speeds over varying distances. To develop balance. To develop agility and coordination. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy.

<u>Team building</u>	<u>Gymnastics</u>	<u>Yoga</u>	<u>Dance</u>	<u>Net and Wall</u>	<u>Invasion</u>
To co-operate with a partner to complete challenges.	To explore travelling movements.	To recognise how mindful movements make me feel mentally and physically	To explore speeds and actions.	To defend space, using the ready position.	To understand the role of defenders and attackers.
To explore and develop working as a team.	To develop quality when performing and linking shapes.	To remember and repeat actions, linking balances together	To use expression and create actions that relate to the story.	To play against an opponent and keep the score.	To recognise who to pass to and why.
To develop talking, listening and sharing skills.	To develop stability and control when performing balances.	To say what I like about someone else's sequence	To use a pathway when travelling.	To explore hitting with a racket.	To move towards the goal with the ball.
To use speaking and listening skills to lead a partner.	To develop technique and control when performing shape jumps.	To show an awareness of space when travelling	To explore and copy actions in response to a theme.	To develop racket and ball skills.	To support a teammate when playing in attack.
To plan with a partner and small group to complete challenges.	To develop technique in the barrel, straight and forward roll.	To work with others to create balances	To create my own actions for an animal.	To develop sending a ball using a racket.	To move into space showing an awareness of defenders.
To use talking, listening and sharing skills to complete challenges.	To link gymnastic actions to create a sequence.		To explore pathways with a partner.	To develop hitting over a net.	To stay with a player when defending.
To understand the rules of a game.	To use apparatus safely.			To track balls and other equipment.	
				To play games honestly with consideration for the rules.	

Physical Education (PE)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	<u>Fundamentals</u> To develop balance, stability and landing safely. To recognise changes in the body when exercising. To explore how the body moves when running at different speeds. To develop changing direction when moving at speed and dodging. To develop jumping, hopping and skipping. To develop coordination and combination jumps. To develop combination jumping and skipping. To explore providing feedback using keywords.	<u>Ball Skills</u> To develop control and technique when dribbling with a ball with both hands. To develop coordination when rolling a ball. To develop technique when throwing with accuracy towards a target. To develop catching with two hands. To explore control and technique when dribbling with a ball with both feet. To develop tracking a ball that is moving.	<u>Net and Wall</u> To defend space, using the ready position on court. To develop returning a ball with hands. To play against an opponent and keep the score. To develop hitting with a racket to return a ball. To develop sending a ball using a racket. To develop hitting over a net. To track balls and other equipment. To play against an opponent using a racket. To play games honestly with consideration for the rules.	<u>Striking and Fielding</u> To develop underarm throwing and catching with a field ball. To develop overarm throwing to a batter. To develop hitting a ball at distance. To learn how to get a batter out. To play games and understand how to score points. To track a rolling ball that is moving and collect it. To play games honestly with consideration for the rules.	<u>Target Games</u> To select an appropriate skill (throw, roll or strike). To understand the principles of a target and use a scoring system when playing games. To understand what a good technique looks like. To use keywords to provide feedback.	<u>Athletics</u> To develop the sprinting action. To develop jumping for distance. To develop technique when jumping for height. To develop hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy.

	<u>Team Building</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Dance</u>	<u>Net and Wall</u>	<u>Invasion</u>
	To communicate simple instructions. To follow instructions. To follow a path and lead others. To listen to other people's ideas. To suggest ideas to solve tasks. To work with a partner in a small group.	To perform gymnastic shapes and link them together. To use shapes to create balances. To link travelling actions to create a sequence using apparatus. To use apparatus safely. To demonstrate different shapes, take off and landing when performing jumps. To develop rolling and sequence building.	To use counts of 8 to stay in time with the music. To develop an understanding of dynamics and how they can show an idea. To copy, remember and repeat actions using facial expressions to show different characters. To explore pathways and levels. To remember and rehearse a circus dance showing expression and character.	To copy, repeat and create actions in response to a stimulus. To copy, create and perform actions considering dynamics. To create a short dance phrase with a partner showing clear changes of speed. To copy, repeat and create movement patterns in response to the theme. To create and perform using unison, mirroring and matching with a partner. To remember and repeat actions and dance as a group.	To defend a place in the ready position. To describe how the body feels during exercise. To hit a ball over the net and into a court. To throw accurately to a partner. To know how to score points and remember the score. To show good sportsmanship.	To understand what being in possession means and to support a teammate. To understand that scoring goals is an attacking skill and to explore ways to do this. To understand that stopping goals is a defending skill and explore ways to do this. To explore how to gain possession. To mark an opponent and understand that this is a defending skill. To learn to apply simple tactics for attacking and defending.

Physical Education (PE)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Year 3 and 4	<u>Fitness</u> To collect and record scores and identify areas to improve. To use key points to help improve sprinting technique. To share ideas and work with others so manage activities. To show balance when changing direction. To understand there are different areas of fitness.	<u>Hockey</u> To develop sending and receiving the ball with accuracy and control. To develop the attacking skill of dribbling. To develop dribbling to beat a defender. To use defending skills to delay an opponent and gain possession. To apply attacking skills to move towards goal and find space. To apply skills and knowledge to compete in a tournament. To provide feedback to a peer using keywords.	<u>Outdoor Adventurous Activities (OAA)</u> To develop cooperation and teamwork skills. To develop trust and teamwork. To involve all team members to work towards a shared goal. To develop trust whilst listening to others and following instructions. To be able to identify objects, draw and follow a simple map. To draw a route using directions, orientate a map and navigate around a grid.	<u>Lacrosse</u> To develop sending and receiving the ball with accuracy and control. To develop the attacking skill of running with the ball. To develop passing the ball to beat a defender. To use defending skills to delay an opponent and gain possession. To apply attacking skills to move towards goal and find space. To provide feedback to a peer using keywords.	<u>Football</u> To develop the attacking skill of dribbling. To develop changing direction and speed when dribbling. To develop passing and begin to recognise when to use different skills. To apply attacking skills to move towards a goal. To use defending skills to delay an opponent and gain possession. To apply skills and knowledge to compete in a tournament. To understand the rules of the game and use them honestly.	<u>Athletics</u> To develop stamina and an understanding of speed and pace in relation to distance. To develop power and speed in the sprinting technique. To develop technique when jumping for distance. To develop throwing for distance and accuracy in a pull throw. To develop officiating and performing skills.
	<u>Fundamentals</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Dance</u>	<u>Rounders</u>	<u>Cricket</u>

To change direction quickly. To explain what happens when you exercise. To link hopping and jumping actions. To demonstrate good balance. To to understand speed changes when running.	To develop individual and partner balances. To develop control in performing and landing rotation jumps. To develop the straight, barrel, forward and straddle roll. To link actions that flow using the rolls I have learnt. To develop strength in inverted movements. To plan and perform sequences with a partner that include a change of level and shape.	To copy and create actions in response to an idea and be able to adapt this using changes of space. To choose actions which relate to the theme. To develop a dance using matching and mirroring. To learn and create dance moves in the theme of carnival. To develop a dance using formations, canon and unison. To develop a dance phrase and perform as part of a class performance. To show respect for others when working as a group and when watching others perform.	To understand how dynamics, space and relationships can be used to represent a state of matter. To use actions, dynamics, space and relationships to represent a state of matter. To order and structure phrases to create a dance performance. To copy and repeat a set phrase in a style showing energy and rhythm. To learn and perform a partner dance. To develop a dance using changes in relationships. To show respect for others when working as a group and when watching others perform.	To develop overarm and underarm throwing, catching and apply these to a striking and fielding game. To develop bowling and learn the rules of the skill within this game. To run around the outside of the bases and make decisions about when to stop and when to run. To develop fielding techniques and apply them to game situations. To develop batting technique and understand where to hit the ball. To apply skills and knowledge to compete in a tournament.	To develop overarm and underarm throwing and apply these to a striking and fielding game. To develop bowling technique and learn the rules of the skill within this game. To develop batting technique and understand where to hit the ball. To develop fielding techniques and apply them to game situations. To play different roles in a game and begin to think tactically about each role. To share ideas and work with others to manage a game.
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Year 5	Lacrosse To develop running with the ball to beat a defender. To send and receive the ball with control under pressure. To select the appropriate skill, choosing when to pass and when to run. To move into and create space to support a teammate. To use the appropriate defensive technique for the situation. To apply rules, skills and principles to play in a tournament. To work collaboratively to create tactics in a team and evaluate how effective they are.	Netball To develop sending and receiving the ball to maintain possession. To create and use space to support a teammate. To change direction and speed to lose a defender. To use defending skills to gain possession. To develop the shooting action. To use and apply skills, principles and tactics to a game situation. To pass, receive and shoot the ball with some control under pressure.	Football To maintain possession when dribbling. To dribble with control under pressure. To select the appropriate skill, choosing when to pass and when to dribble. To move into and create space to support a teammate. To use the appropriate defensive technique for the situation. To apply rules, skills and principles to play in a tournament. To understand there are different skills for different situations and begin to apply this.	Tennis To develop returning the ball using a forehand groundstroke. To develop returning the ball using a backhand groundstroke. To work cooperatively with a partner to keep a continuous rally. To develop the underarm serve and understand the rules of serving. To develop the volley and understand when to use it. To use a variety of strokes to outwit an opponent. To understand the rules of the game and apply them with honesty.	Basket Ball To communicate with my team and move into space to keep possession and score To dribble, pass, receive and shoot the ball with some control under pressure To identify when I was successful and what I need to do to improve To use tracking and intercepting when playing in defence. To understand the rules of the game and I can apply them honestly most of the time. To understand there are different skills for different situations, and I am beginning to apply this.	Athletics To be able to apply different speeds over varying distances. To develop fluency and coordination when running for speed. To develop technique in relay changeovers. To build momentum and power in the triple jump. To develop throwing with force for longer distances. To develop throwing with greater control and technique.

<u>Gymnastics</u>	<u>Dance</u>	<u>Dance</u>	<u>Fitness</u>	<u>Volleyball</u>	<u>Rounders</u>
To be able to perform symmetrical and asymmetrical balances.	To create a dance using a random structure and perform the actions showing quality and control.	To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.	To develop an awareness of what your body is able to do.	To develop the fast catch volley.	To develop bowling under pressure whilst abiding by the rules of the game.
To develop the straight, forward, straddle and backward roll.	To understand how changing dynamics changes the appearance of the performance.	To develop set choreography.	To develop speed and stamina.	To be able to volley the ball using a set shot.	To strike a bowled ball with increasing consistency.
To be able to explore different methods of travelling, linking actions in both canon and synchronisation.	To understand and use relationships and space to change how a performance looks.	To choose actions to create a motif in a given character with consideration of dynamics, space and relationships.	To develop strength using my own body weight.	To develop the dig and understand when to use it.	To make decisions about where and when to send the ball to stump a batter out.
To be able to perform progressions of inverted movements.	To copy and repeat movements in the style of rock 'n' roll.	To use structure to choreograph a dance performance.	To develop coordination.	To keep a continuous rally going over the net.	To develop a variety of fielding techniques and when to use them in a game.
To explore matching and mirroring using actions both on the floor and on apparatus.	To work with a partner to copy and repeat actions in time with the music.	To use matching, canon and unison in the style of the lion dance.	To develop agility.	To develop the underarm serve and learn the rules of serving.	To develop long and short barriers in fielding and understand when to use them.
To be able to create a partner sequence using apparatus.		To use space and relationships to create a dragon dance.	To develop balancing with control.	To apply the rules, skills and tactics learnt to play in a volleyball tournament.	To apply skills and knowledge to compete in a tournament.
To use feedback to improve on performance.		To select and combine dance tools to choreograph and perform a dance.	To encourage and motivate others to work their personal best.	To understand there are different skills for different situations and benign to use them.	
			To understand different components of fitness and how to test them.		

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Year 6	<u>Hockey</u> To develop dribbling to beat a defender. To send and receive the ball with control under pressure. To select the appropriate skill, choosing when to pass and when to dribble. To move into and create space to support a teammate. To use the appropriate defensive technique for the situation. To apply rules, skills and principles to play in a tournament. To work collaboratively to create tactics in a team and evaluate how effective they are.	<u>Tag Rugby</u> To create and use space to help the term. To pass and receive the ball with increasing control under pressure. To select the appropriate action. To make an appropriate decision quickly. To tag an opponent individually and within a unit. To work collaboratively to create tactics. To recognise own strengths and areas for development.	<u>Cricket</u> To develop throwing and catching under pressure and apply these to a striking and fielding game. To develop bowling under pressure whilst abiding by the rules of the game. To strike a bowled ball with increasing consistency. To develop fielding techniques and select the appropriate action for the situation. To understand and apply tactics in a game. To apply skills and knowledge to compete in a tournament. To understand and apply some tactics in a game as	<u>Basketball</u> To dribble with control under pressure. To move into and create space to support a teammate. To choose when to pass and when to dribble. To use the appropriate defensive technique for the situation. To develop shooting technique and make decisions about when to pass, dribble or shoot. To apply principles, rules and tactics to a tournament.	<u>Netball</u> To create space to help the team. To pass, receive and shoot with increasing control. To select an appropriate action. To make an appropriate decision quickly. To work collaboratively to create tactics. To recognise own strengths and areas for development.	<u>Athletics</u> To develop my own and others sprinting technique. To identify a suitable pace for the event. To develop power, control and technique for the triple jump. To develop power, control and technique when throwing for distance. To develop throwing with force and accuracy for longer distances. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. To use different strategies to persevere to achieve a personal best.

			a batter, bowler and fielder.			
<u>Gymnastics</u>	<u>Dance</u>	<u>Dance</u>	<u>Fitness</u>	<u>Swimming</u>	<u>Swimming</u>	
To be able to develop the straddle, forward and backward roll.	To be able to create a group sequence using formations and apparatus.	To develop a dance phrase using actions, dynamics, space and relationships.	To change running technique to adapt to different distances.	To develop gliding, front crawl and backstroke.	To develop breaststroke and breathing technique.	
To develop counter balance and counter tension.	To work with others to explore and develop the dance idea.	To copy and create actions with consideration to stimulus.	To collect, record and analyse scores.	To develop rotation, sculling and treading water.	To develop basic skills of water safety and floating.	
To be able to perform inverted movements with control.	To use changes in dynamics in response to the stimulus.	To use choreographic devices to improve the aesthetics of a performance.	To record information.	To develop the front crawl stroke and breathing technique.	To develop the dolphin kick.	
To be able to perform the progressions of a headstand and a cartwheel.	To demonstrate a sense of rhythm and energy when performing bhangra style motifs.	To copy and repeat a phrase of movement in the 1970s disco style.	To encourage and motivate others.	To develop the technique for backstroke arms and legs.	To learn techniques for personal survival.	
To be able to use flight from hands to travel over apparatus.	To perform a bhangra dance, showing an awareness of timing, formations and direction.	To choreograph a freeze frame montage in the 1970s style.	To understand different areas of fitness in different activities.	To develop breaststroke technique.	To develop water safety skills and an understanding of personal survival.	
To be able to create a group sequence using formations and apparatus	To select, order, structure and perform movements in a bhangra style, showing various group formations.	To use feedback to develop and refine a 1970s dance performance.	To understand different components of fitness and ways to test them.	To develop breaststroke technique.	To identify fastest strokes and personal bests.	