

2025-2026/2026-2027						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1/2	<p><u>Agility and Balance</u></p> <ul style="list-style-type: none"> • Know what the definitions of agility, balance and coordination are. • Know how to perform basic movements and exercises that improve agility, balance and coordination. • Know what activities require good agility, balance and coordination. • Know how to improve skills within agility, balance and coordination activities... • Know how to perform basic movements and exercises that improve agility, balance, and Coordination and what these words mean <p><u>Look Run Avoid</u></p> <ul style="list-style-type: none"> • Know what the fundamental movement skills we are developing. • Know how to use running and turning skills within a game. • Know what an effective space is within a game. • Know how to identify an effective space. • Know what the characteristics of a simple invasion game 	<p><u>Throw Prepare Catch</u></p> <ul style="list-style-type: none"> • Know what the fundamental movement skills we are developing. • Know how to use a range of throwing and catching skills in different activities. • Know what type of throwing and catching to use in a game. • Know how to make changes to the type of throw I use dependent on the activity and equipment. • Know the importance of helping others. • Know how to share ideas to adapt the games we play. <p><u>Hands Feet Equipment</u></p> <ul style="list-style-type: none"> • Know what the fundamental movement skills we are developing. • Know how to dribble in a range of sporting activities. • Know what dribbling techniques can applied to a range of sporting activities. • Know how to use dribbling skills to avoid obstacles and defenders. • Know what the importance of resilience is when trying new skills. 	<p><u>Fair Share Dare</u></p> <ul style="list-style-type: none"> • Know what fundamentals of movement we are developing. • Know how to play games with maximum effort to allow me to achieve the best I can. • Know what it means to play fairly in different games • Know how to play fairly and take turns in games. • Know what characteristics make a good friend and teammate • Know how to express their feelings about fairness in a respectful Way <p><u>Jump Shape Create</u></p> <ul style="list-style-type: none"> • Know what the basic techniques for jumping and creating shapes with their bodies are. • Know how to perform jumps and create various body shapes combining their movements smoothly. • Know what jumping and shape actions can be created and performed well to match a theme. • Know how to link a series of jumps or shape actions to create small 	<p><u>Duel win Lose</u></p> <ul style="list-style-type: none"> • Know what fundamental movement skills we are developing in the unit. • Know how to perform the necessary physical skills to compete effectively. • Know what rules and scoring systems can be applied to a game. • Know how to apply my problem-solving skills when playing competitively. • Know what values contribute to healthy competition. • Know how to manage emotions during both winning and losing Scenarios. <p><u>Inspire create perform</u></p> <p>Can link movements together in sequence. Use different actions, levels and pathways</p>	<p><u>Roll react retrieve</u></p> <ul style="list-style-type: none"> • Know what a controlled roll is and how to retrieve a rolling object using successful techniques. • Know how to react quickly to a rolling ball, using good body positioning to roll it with accuracy and retrieve efficiently.. • Know what to look for when anticipating the movement of a rolling ball, understanding the direction and speed it will take. • Know how to think ahead and plan their actions to successfully roll the ball to a target and retrieve it by consider. • Know what it feels like to participate confidently and stay focused while in a game or activity. • Know how to manage their emotions, staying positive and encouraging others, even if they make a mistake during the activity. <p><u>Run Jump Throw</u></p> <ul style="list-style-type: none"> • Know what the fundamental movements of running, jumping, and throwing are. • Know how to use my arms, legs, and body to run, jump and throw with greater control. 	<p><u>Target control combine</u></p> <ul style="list-style-type: none"> • Know what the fundamental movement skills we are developing. • Know how to perform a range of throwing and catching techniques. • Know what types of throw and catch can be used in different activities • Know how to adjust their throwing and catching techniques depending on the equipment they use. • Know what the importance of being able to throw and catch is and how this can be used in cooperative games. • Know how to collaborate with others, offering constructive feedback and encouraging a positive, supportive environment. <p><u>Send receive return</u></p> <ul style="list-style-type: none"> • Know what fundamentals of movement we are developing. • Know how to send, receive and return an object towards a target or a partner. • Know what rules and strategies apply to sending and receiving games.

PE Long Term Plan 25-26, 26-27

	<p>are.</p> <ul style="list-style-type: none"> • Know how to set up and play a simple invasion game. 	<ul style="list-style-type: none"> • Know how to share my ideas and thoughts with others in my class. 	<p>sequences of movement.</p> <ul style="list-style-type: none"> • Know what ways they can cooperate with others to enjoy shared success. • Know how to encourage and motivate themselves and their peers to achieve success. 		<ul style="list-style-type: none"> • Know what different ways to run, jump and throw in different situations. • Know how to make simple adjustments to my movements depending on the task I face. • Know what it means to try my best and to show determination when learning new skills. • Know how to encourage others to do their best in different challenges. 	<ul style="list-style-type: none"> • Know how to decide the best way to send or return a ball in different situations. • Know what the role of patience and persistence is when learning new skills in sending and receiving. • Know how to work cooperatively with others when sending, receiving, and returning an object.
Year 3/4	<p>Look run avoid</p> <p>Know what the purpose is of changing speed and direction within a game.</p> <p>Know how to apply changes in speed and direction to avoid a defender.</p> <p>Agility, Balance and Coordination</p> <ul style="list-style-type: none"> • Know what the definitions of agility, balance and coordination are and to explain what sporting activities they can be applied to. • Know how to perform a range of exercises and activities that improve agility, balance, 	<p>Jump, Shape Create</p> <p>Hands Feet Equipment</p> <p>By the end of Lower KS2, a Masterful Mover will:</p> <ul style="list-style-type: none"> • Know what the key characteristics of dribbling are and how they can be applied to a range of activities • Know how to perform dribbling and control techniques using hands, feet, and equipment <p>By the end of Lower KS2, a Skilful Solver will:</p> <ul style="list-style-type: none"> • Know what strategies and techniques can be used to effectively dribble and control the ball or equipment while avoiding defenders or obstacles. • Know how to select the appropriate techniques depending on the activity <p>By the end of Lower KS2, a Confident Connector will:</p>	<p>Inspire Create Perform</p> <p>By the end of Lower KS2 a Skilful Solver will:</p> <ul style="list-style-type: none"> • Know what the process of creating a dance involves and that movement can express a theme or emotion. • Know how to use their and others' bodies to perform actions and movements linked to a theme or emotion. <p>By the end of Lower KS2 a Confident Connector will:</p> <ul style="list-style-type: none"> • Know what it means to work collaboratively to create and perform a dance. • Know how to inspire and support their peers throughout the creative and performance process. <p>By the end of Lower KS2, a Masterful Mover will:</p> <ul style="list-style-type: none"> • Know what different 	<p>Fair Share Dare</p> <p>Pass Position Patience</p>	<p>Strike React Rally</p> <p>Accuracy Power Distance</p>	<p>Run Jump Throw</p> <p>React Roll Receive</p> <p>Know what effective body positioning and technique look like when reacting to, rolling, and retrieving a ball.</p> <ul style="list-style-type: none"> • Know how to perform a controlled roll and retrieve the ball with precision, adjusting their technique based on the dis <ul style="list-style-type: none"> • Know what strategies can be used to retrieve a ball efficiently in different scenarios and how to adjust their movements accordingly. • Know how to analyse the situation and choose the best approach to retrieve the ball, thinking ahead to plan their movements and actions. <ul style="list-style-type: none"> • Know what it feels like to

PE Long Term Plan 25-26, 26-27

		<ul style="list-style-type: none"> • Know what strategies can be used to adapt activities to ensure a suitable level of challenge • Know how to maintain focus, confidence, and sportsmanship while practicing and applying dribbling and control skills in individual and group activities 	<p>dance actions and techniques are used in individual and paired performances.</p> <ul style="list-style-type: none"> • Know how to perform actions independently and in a pair which link to a specific theme. <p>Dual Win Lose</p> <p>By the end of Lower KS1, a Skilful Solver will:</p> <ul style="list-style-type: none"> • Know what strategies and tactics are needed to compete successfully with and against others. • Know how to think strategically during competitive activities, using tactics to outwit opponents. <p>By the end of Lower KS1, a Confident Connector will:</p> <ul style="list-style-type: none"> • Know what the importance is of sportsmanship and handling both winning and losing gracefully. • Know how to demonstrate good sportsmanship by showing respect to opponents, and maintaining a positive attitude. <p>By the end of Lower KS1, a Masterful Mover will:</p> <ul style="list-style-type: none"> • Know what the key fundamental movement skills required for competitive invasion based activities are. • Know how to apply fundamental movement 			<p>stay motivated and persistent, even when the tasks are difficult or require repeated attempts.</p> <ul style="list-style-type: none"> • Know how to encourage themselves and their peers to show resilience and a positive attitude throughout the activity
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PE Long Term Plan 25-26, 26-27

			skills effectively to compete both with and against others			
Year 5	Fair, Share, Dare	Inspire, Create, Perform	Watch, Move, Connect	Serve, Set, Slam	Aim, Strike, Receive	Speed, Distance, Strength
	Evade, Invade, Capture	Block, Guard, Support	Symmetry, Balance, Travel	Explore, Solve, Challenge	Run, Jump, Throw	Lend, Move, Score
Year 6	Evade, Invade, Capture	Inspire, Create Perform	Lend, Move, Score	Symmetry, Balance, Travel	Aim, Strike, Receive	Speed, Distance, Strength
	Tag Rugby	Football	Basketball	Mini Tennis	Cricket	Athletics