

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

Vision

Vision for PE

At Oatlands Junior School, we recognise the important role that physical activity plays in achieving health, fitness and well-being among pupils, staff, parents/carers and the wider community. We aim to provide the knowledge, skills, and motivation necessary for a healthy lifestyle and lifelong participation in physical activity and sport.

OJS Curriculum Threads

Our curriculum vision is based upon our knowledge of our pupils and community. Our three curriculum threads are:

- Promote Equality and Diversity
- Provoke Curiosity
- Embed Safe Behaviours



These threads are woven through each subject, alongside individual subject pedagogy, to ensure our learners benefit from a purposeful curriculum.

National Curriculum Aims

The national curriculum for PE aims to ensure that all pupils:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- ♣ use running, jumping, throwing and catching in isolation and in combination
- ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- ♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- ♣ perform dances using a range of movement patterns
- ♣ take part in outdoor and adventurous activity challenges both individually and within a team
- ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

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



PE Long Term Plan



PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

Planning and Resources

At OJS, we follow the National Curriculum as a foundation for our PE planning. We then have created our own curriculum for PE including making our own schemes of work, curriculum mapping, and long-term plan. PE is taught in half termly blocks in each year group - class teachers teach one lesson of PE to their class a week, then children have PPA PE with the PE lead twice every three weeks. We also use an iMoves subscription so staff can access and use resources in dance and gymnastics units. Our close links with Oatlands Infants School, Harrogate Racquets Club, Harrogate's Well Schools Partnership, and our local secondary schools, ensure that our PE curricula are both fluid and progressive.

Wider Offer

In PE, our wider offer within the school day is: before school clubs arranged with external clubs three times a week, participating in half-termly Active Travel Days (Walk to School), participating in events that promote physical activity inside and outside of the school day (October Active Challenge), trained Sports Leaders (Year 6) to run activities during break and lunch times, after-school sports clubs offered every day internally and externally with local clubs, entering local competitions and events regularly, residential (Y4 – 3 day and Y6 – 5 day), topic specific visitors (e.g. Olympic/Commonwealth Athletes). We celebrate PE through weekly Achievement Awards, Scarth's Celebrations and Oatlands Points as well as celebrating national events.

Pupil Voice Groups

Through our PE-specific pupil voice group, Sports Crew, we gather pupil feedback about PE when monitoring and evaluating our PE curriculum offer.

Links to other documents:

- Curriculum Handbook
- Teaching and Learning Policy
- Assessment and Reporting policy
- Key Knowledge Progression



PE Long Term Plan







PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
				Badgers - Tennis with Harrogate Racquets	Foxes - Tennis with Harrogate Racquets	Owls - Tennis with Harrogate Racquets
Year 3	<p><u>Learning basic skills using netball and basketball</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> Know and demonstrate the correct technique for catching a larger ball Know and demonstrate the different ways to pass a larger ball Demonstrate dribbling a ball with control <p>Key Vocabulary</p> <ul style="list-style-type: none"> Footwork Interception Consistency Accuracy Contact Obstruction <p>Wider Offer</p>	<p><u>Learning basic foot-eye co-ordination skills using football and hockey</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> Know and demonstrate the correct technique for dribbling balls of different weights and sizes with their feet and a stick Know and demonstrate the correct technique for passing and receiving with their feet and a stick Explain what foot-eye co-ordination is and identify the skills that link between 	<p><u>Learning basic skills using gymnastics</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> Know and demonstrate the different shapes in gymnastics Explain and demonstrate the difference between point and patch balances Describe and demonstrate the different methods of travelling in gymnastics Identify how we achieve quality in gymnastics <p>Key Vocabulary</p> <ul style="list-style-type: none"> Shapes Balances Travelling Tension Extension Point 	<p><u>Learning basic skills using dance</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> To perform dances using simple movement patterns To explore basic components of dance e.g. beats and motifs To create shapes and movements that flow To choreograph a group dance that includes clear motifs, using moves, shapes and choreography <p>Key Vocabulary</p> <ul style="list-style-type: none"> Beats Choreography Motifs Shapes Fluidity <p>Wider Offer</p>	<p><u>Improving fundamental movement skills using athletics</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> I can run at a speed appropriate to the distance I am running. I can jump for distance from a standing position. I can throw a variety of objects in one hand. <p>Key Vocabulary</p> <ul style="list-style-type: none"> Jog Run Sprint Throw Jump Land Record Measure Personal best 	<p><u>Developing hand-eye co-ordination skills using striking and fielding games</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> I can throw underarm and overarm to a target. I can catch a small ball two handed. I can hit a ball with a bat with control. <p>Key Vocabulary</p> <ul style="list-style-type: none"> Catching Underarm Overarm Batting Fielding Bowler Innings Stance <p>Wider Offer</p>











PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<ul style="list-style-type: none"> Weekly netball clubs for Year 3/4 and 5/6 all of Autumn Term Competing in netball tournaments Students told about local clubs <p>Curriculum Threads Pupils will consider how the technique of the different passes link with each other, when they should be used in a game (and how to decide), and how the technique can link with skills in other sports.</p>  <p>Netball is being offered as a mixed sport for both boys and girls. Children will be prompted to think about the popularity of women's netball in comparison to men's</p>	<p>football, hockey, and other sports</p> <p>Key Vocabulary</p> <ul style="list-style-type: none"> Interception Dribbling Handball Contact Accuracy Consistency <p>Wider Offer</p> <ul style="list-style-type: none"> A football club offered for Year 3/4 and 5/6 all of Spring Term Competing in football and hockey tournaments Students told about local clubs Working with Harrogate Town FC to do physical activity competitions between local schools such as the October Challenge 	<ul style="list-style-type: none"> Patch Choreograph <p>Wider Offer</p> <ul style="list-style-type: none"> Students told about local clubs Competing in gymnastics festivals and competitions <p>Curriculum Threads Pupils will consider how the different components of fitness required for gymnastics (balance, flexibility, strength, muscular endurance) of the different skills in gymnastics how these components can be linked to, and are useful for, other sports.</p>  <p>Safety will be a large emphasis in every gymnastics lesson. Pupils will be taught how to set out mats safely, perform different skills safely, and how to work safely on equipment.</p>	<ul style="list-style-type: none"> Students told about local clubs Competing in dance festivals and competitions Disability in Sport week Termly afterschool dance club with HDDC <p>Curriculum Threads The similarity between dance and gymnastics will be explored, such as the skills required – creativity, confidence, balance, flexibility, and the terminology e.g. choreography, shapes, fluidity. Quality is similar too when performing, e.g. children using starting and finishing positions, pointed toes, extension, tension, etc.</p>  <p>Negative gender stereotypes/roles will be challenged in this unit, e.g. the idea that gymnastics</p>	<p>Wider Offer</p> <ul style="list-style-type: none"> Participating in athletics festivals, events and competitions Participating in cross country meets Promoting local clubs e.g. Harrogate Harriers Sports Afternoons <p>Curriculum Threads Pupils will consider how the technique of the different fundamental skills can link with skills in other sports. They will explore when those FMS are used in other sports and activities (running, throwing, jumping).</p>  <p>Pupils will be taught how to safely perform skills in these lessons. A particular safety focus will take place when throwing</p>	<ul style="list-style-type: none"> Yorkshire Cricket Board deliver 2 x 2 hour sessions to all Year 3 classes with class teacher After school clubs for Year 3/4 and 5/6 for striking and fielding in Summer term Competing in cricket and rounders tournaments <p>Curriculum Threads There is a large emphasis in this unit of work on the links between cricket and rounders, and what hand-eye co-ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar and differ. Other sports (e.g. net/wall) will also be considered to draw links.</p>
--	--	--	--	--	--	--

PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.




	<p>sports like football despite the successes of our women's netball team - televised, role models, pay, media, etc.</p>  <p>Pupils will learn some of the rules of netball to allow them to play safely (contact), and how to also behave safely within the lesson in different drills and games (e.g. reminders of how hard to pass the ball depending on the distance and how to catch properly).</p> 	<p>Curriculum Threads</p> <p>There is a large emphasis in this unit of work on the links between hockey and football, and what foot-eye co-ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar and differ. Other sports (particularly invasion games) will also be considered.</p>  <p>Football and hockey are being offered as a mixed sport for both boys and girls. Children will be prompted to think about the popularity of women's football in comparison to men's sports like football despite the successes of our women's team - televised, role models, pay, media, etc. Promotion of girls' football through mixed gender PE and</p>		<p>and dance are "girls" sports and boys should play football / rugby instead. It will be stressed that balance, strength and flexibility will benefit all children in their other sports e.g. balance = not knocked off the ball in football, flexibility means you stretch more for tackles without getting injured, etc.</p>  <p>Pupils will participate in a Disability in Sport week in the final week of half-term. They will have a talk from a Commonwealth / Invictus / Paralympic athlete who will do an assembly on their disability, their sport, etc to raise awareness. They will also participate in disability sports in their PPA PE lessons this week.</p>  <p>Pupils will learn the important safety elements</p>	<p>and jumping is introduced, where students will be taught how to use the equipment (mainly the different types of bats) safely and land safely. Soft equipment will be used.</p> 	 <p>Promotion of women's cricket through mixed gender PE lessons and promotion of clubs / competing in girls' cricket competitions.</p>  <p>Pupils will be taught how to safely perform skills in these lessons. A particular safety focus will take place when batting is introduced, where students will be taught how to use the equipment (mainly the different types of bats) safely. Soft balls and plastic bats/equipment will be used.</p> 
--	--	---	---	--	--	--



PE Long Term Plan



PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<p>promotion of clubs / competing in girls' football competitions.</p>  <p>Pupils will be taught how to safely perform skills in these sports. A particular safety focus will take place within hockey lessons, where students will be taught how to use the equipment (mainly the stick) safely.</p> 		<p>of dance: warming up and cooling down properly, being aware of spatial awareness, and there will be rules surrounding what they can/cannot do for safety reasons.</p> 			
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	FALCONS SWIMMING		SNOW LEOPARDS SWIMMING		GRIZZLY BEARS SWIMMING	
	Grizzly Bears - Badminton at Harrogate Racquets	Snow Leopards - Badminton at Harrogate Racquets	Falcons - Badminton at Harrogate Racquets	Grizzly Bears - Tennis with Harrogate Racquets	Snow Leopards - Tennis with Harrogate Racquets	Falcons - Tennis with Harrogate Racquets
Year 4	<p><u>Developing basic skills using netball and basketball</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> Know and demonstrate 	<p><u>Developing basic foot-eye co-ordination skills using football and hockey</u></p> <p>Key Learning Objectives</p>	<p><u>Developing basic skills using gymnastics</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> Know and safely demonstrate 	<p><u>Learning about healthy active lifestyles using fitness</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> I can measure my pulse 	<p><u>Developing fundamental movement skills using athletics</u></p> <p>Key Learning Objectives</p>	<p><u>Developing hand-eye co-ordination skills using striking and fielding games</u></p> <p>Key Learning Objectives</p>









PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<p>the correct technique for passing and catching a netball</p> <ul style="list-style-type: none"> • Explain and demonstrate adhering to the footwork and travelling rule • Demonstrate dribbling with speed and control • Describe how to make successful interceptions and demonstrate this in drills and games <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Footwork • Interception • Consistency • Accuracy • Contact • Obstruction • Stage 1 / Man to Man marking <p>Wider Offer</p>	<ul style="list-style-type: none"> • Demonstrate the correct technique for dribbling while changing speed and direction with their feet and a stick • Demonstrate the correct technique for passing with power and accuracy, and receiving, with their feet and a stick • Demonstrate safe and correct tackling technique with feet and a stick • Demonstrate the correct shooting technique with feet and a stick • Explain what foot-eye co-ordination is and how skills link between football, hockey, 	<p>different balances with quality</p> <ul style="list-style-type: none"> • Demonstrate the difference between matching and mirroring partner balances • Describe and demonstrate the different methods of travelling in gymnastics • Safely demonstrate jumping and rolling with fluidity <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Tension • Extension • Point / Patch • Matching / Mirroring • Canon / Unison • Choreograph <p>Wider Offer</p> <ul style="list-style-type: none"> • Students told about local clubs • Competing in gymnastics festivals and competitions <p>Curriculum Threads</p>	<ul style="list-style-type: none"> • I can work out my heart rate and define what heart rate is • I can test my fitness levels and train to improve these in lessons • I demonstrate the ability to train continuously, in circuits, and at intervals • I can identify the body's responses to exercise <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Pulse • Heart rate • Oxygen • Responses to exercise • Breathing • Blood • Temperature • Muscles • Stretch • Warm up • Cool down • Train • Circuit training • Continuous training 	<ul style="list-style-type: none"> • I can run at a speed appropriate to the distance I am running and can maintain this for the duration of the run. • I can jump for distance from a standing position and from a run up. • I can throw a variety of objects in one hand for distance with good technique. <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Jog • Run • Sprint • Throw • Jump • Land • Record • Measure • Personal best <p>Wider Offer</p> <ul style="list-style-type: none"> • Participating in athletics festivals, 	<ul style="list-style-type: none"> • I can throw underarm and overarm to a target over varying distances. • I can catch a small ball two handed at different heights and speeds. • I can hit a ball with a bat with control and increasing accuracy. <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Catching • Underarm • Overarm • Accuracy • Consistency • Batting • Fielding • Bowler • Innings • Stance <p>Wider Offer</p> <ul style="list-style-type: none"> • After school clubs for Year 3/4 and 5/6 for
--	---	--	--	--	--	---









PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<ul style="list-style-type: none"> Weekly netball clubs for Year 3/4 and 5/6 all of Autumn Term Competing in netball tournaments Students told about local clubs <p>Curriculum Threads Pupils will consider how the technique of the different skills link with each other, when they should be used in a game (and how to decide), and how the technique can link with skills in other sports.</p>  <p>Netball is being offered as a mixed sport for both boys and girls. Children will be prompted to think about the popularity of women's netball in comparison to men's</p>	<p>and other sports</p> <p>Key Vocabulary</p> <ul style="list-style-type: none"> Dribbling Handball Contact Accuracy Consistency Shooting Stick tackle <p>Wider Offer</p> <ul style="list-style-type: none"> A football club offered for Year 3/4 and 5/6 all of Spring Term Competing in football and hockey tournaments Students told about local clubs Working with Harrogate Town FC to do physical activity competitions between local schools such as the October Challenge 	<p>Pupils will consider how the different components of fitness required for gymnastics (balance, flexibility, strength, muscular endurance) of the different skills in gymnastics how these components can be linked to, and are useful for, other sports.</p>  <p>Safety will be a large emphasis in every gymnastics lesson. Pupils will be taught how to set out mats safely, perform different skills safely, and how to work safely on equipment.</p> 	<ul style="list-style-type: none"> Interval training Strength Endurance Speed <p>Wider Offer</p> <ul style="list-style-type: none"> Links to science lessons when the focus is biology Disability in Sport week <p>Curriculum Threads Pupils will participate in a Disability in Sport week in the final week of half-term. They will have a talk from a Commonwealth / Invictus / Paralympic athlete who will do an assembly on their disability, their sport, etc to raise awareness. They will also participate in disability sports in their PPA PE lessons this week.</p>  <p>Pupils will be learning about the human body and its responses to exercise. They will be taught basic biology of what happens in</p>	<p>events and competitions</p> <ul style="list-style-type: none"> Participating in cross country meets Promoting local clubs e.g. Harrogate Harriers Sports Afternoons <p>Curriculum Threads Pupils will consider how the technique of the different fundamental skills can link with skills in other sports. They will explore when those FMS are used in other sports and activities (running, throwing, jumping).</p>  <p>Pupils will be taught how to safely perform skills in these lessons. A particular safety focus will take place when throwing and jumping is introduced, where students will be taught</p>	<p>striking and fielding in Summer term</p> <ul style="list-style-type: none"> Competing in cricket and rounders tournaments <p>Curriculum Threads There is a large emphasis in this unit of work on the links between cricket and rounders, and what hand-eye co-ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar and differ. Other sports (e.g. net/wall) will also be considered to draw links.</p>  <p>Promotion of women's cricket through mixed gender PE lessons and promotion of clubs / competing in girls' cricket competitions.</p>
--	--	--	---	--	--	--



PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<p>sports like football despite the successes of our women's netball team - televised, role models, pay, media, etc.</p>  <p>Pupils will learn some of the rules of netball to allow them to play safely (contact), and how to also behave safely within the lesson in different drills and games (e.g. reminders of how hard to pass the ball depending on the distance and how to catch properly).</p> 	<p>Curriculum Threads</p> <p>There is a large emphasis in this unit of work on the links between hockey and football, and what foot-eye co-ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar and differ. Other sports (particularly invasion games) will also be considered.</p>  <p>Football and hockey are being offered as a mixed sport for both boys and girls. Children will be prompted to think about the popularity of women's football in comparison to men's sports like football despite the successes of our women's team - televised, role models, pay, media, etc. Promotion of girls' football through mixed gender PE and</p>		<p>your body when you exercise. Because of this, lots of questioning will be used and class discussions to impart and consolidate this knowledge.</p>  <p>Pupils will be taught how to warm up and cool down safely and effectively to prevent injury. They will learn the importance of this. They will also be taught the correct techniques for exercises, so they can complete them safely in the lesson and in their own time.</p> 	<p>how to use the equipment (mainly the different types of bats) safely and land safely. Soft equipment will be used.</p> 	 <p>Pupils will be taught how to safely perform skills in these lessons. A particular safety focus will take place when batting is introduced, where students will be taught how to use the equipment (mainly the different types of bats) safely. Soft balls and plastic bats/equipment will be used.</p> 

PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

		<p>promotion of clubs / competing in girls' football competitions.</p>  <p>Pupils will be taught how to safely perform skills in these sports. A particular safety focus will take place within hockey lessons, where students will be taught how to use the equipment (mainly the stick) safely.</p> 				
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Tigers – Table Tennis with Harrogate Racquets	Macaws – Table Tennis with Harrogate Racquets	Lemurs – Table Tennis with Harrogate Racquets Bikeability begins	Tigers – Tennis with Harrogate Racquets	Macaws – Tennis with Harrogate Racquets	Lemurs – Tennis with Harrogate Racquets
Year 5	<p><u>Securing my basic skills using basketball and applying them to games</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> Know and demonstrate the correct 	<p><u>Securing my foot-eye co-ordination skills using hockey and applying them to games</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> Demonstrate the correct technique for 	<p><u>Securing my basic skills using gymnastics and applying them to sequences</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> Know and safely demonstrate paired 	<p><u>Developing my basic skills using dance and applying them to performances</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> To perform dances using a range of movement patterns 	<p><u>Securing my fundamental movement skills using athletics</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> I can use different running techniques for 	<p><u>Securing my hand-eye co-ordination skills using cricket and applying them to games</u></p> <p>Key Learning Objectives</p> <ul style="list-style-type: none"> I can throw underarm and








PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<p>technique for passing and catching a basketball</p> <ul style="list-style-type: none"> • Explain and demonstrate adhering to the travelling and double dribble rule in conditioned games • Know and demonstrate two different ways to beat a defender • Demonstrate marking, stealing, and intercepting in drills and games • Demonstrate the correct shooting technique <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Passing • Catching • Dribbling • Shooting • Defending 	<p>dribbling while changing speed and direction</p> <ul style="list-style-type: none"> • Demonstrate the correct technique for passing and receiving on the move • Demonstrate safe and correct block tackling technique with increased success • Demonstrate the correct shooting technique with a consideration of tactics • Explain what foot-eye co-ordination is and how skills link between football, hockey, and other sports • Identify, describe, and umpire the rules of 	<p>balances with quality</p> <ul style="list-style-type: none"> • Demonstrate the difference between counterbalance and countertension • Describe and demonstrate the different methods of travelling in gymnastics • Safely demonstrate jumping and rolling with fluidity • Choreograph paired sequences, including various choreographic devices <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Tension • Extension • Point / Patch • Matching • Mirroring • Counterbalance • Countertension • Canon / Unison • Choreographic devices <p>Wider Offer</p>	<ul style="list-style-type: none"> • To build a routine around a motif • To perform with quality and explain what makes a quality performance • I can evaluate my own and others' performances and give them feedback so they improve <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Motif • Rhythm • Beats • Perform • Evaluate • Feedback • Choreograph • Routine • Choreographic Devices • Canon • Unison • Space • Levels • Dynamics • Actions <p>Wider Offer</p> <ul style="list-style-type: none"> • Disability in Sport Week 	<p>long and short distances and run at an appropriate pace.</p> <ul style="list-style-type: none"> • I can jump for distance from a standing position and from a run up. • I can throw a variety of objects in one hand for distance with good technique. • I can evaluate a peer to improve their performance. • I can compare my performance with previous ones and demonstrate improvement to achieve my personal best. <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Jog • Run • Sprint • Throw • Jump • Land • Hurdles 	<p>overarm to a target over varying distances under pressure.</p> <ul style="list-style-type: none"> • I can catch a small ball two handed, sometimes one-handed, at different heights and speeds. • I can hit a ball using a cricket bat using the correct technique. <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Catching • Underarm • Overarm • Accuracy • Consistency • Batting • Fielding • Bowling • Bowler • Innings • Wickets • Wicket keeper • Stance
--	--	---	---	--	--	---





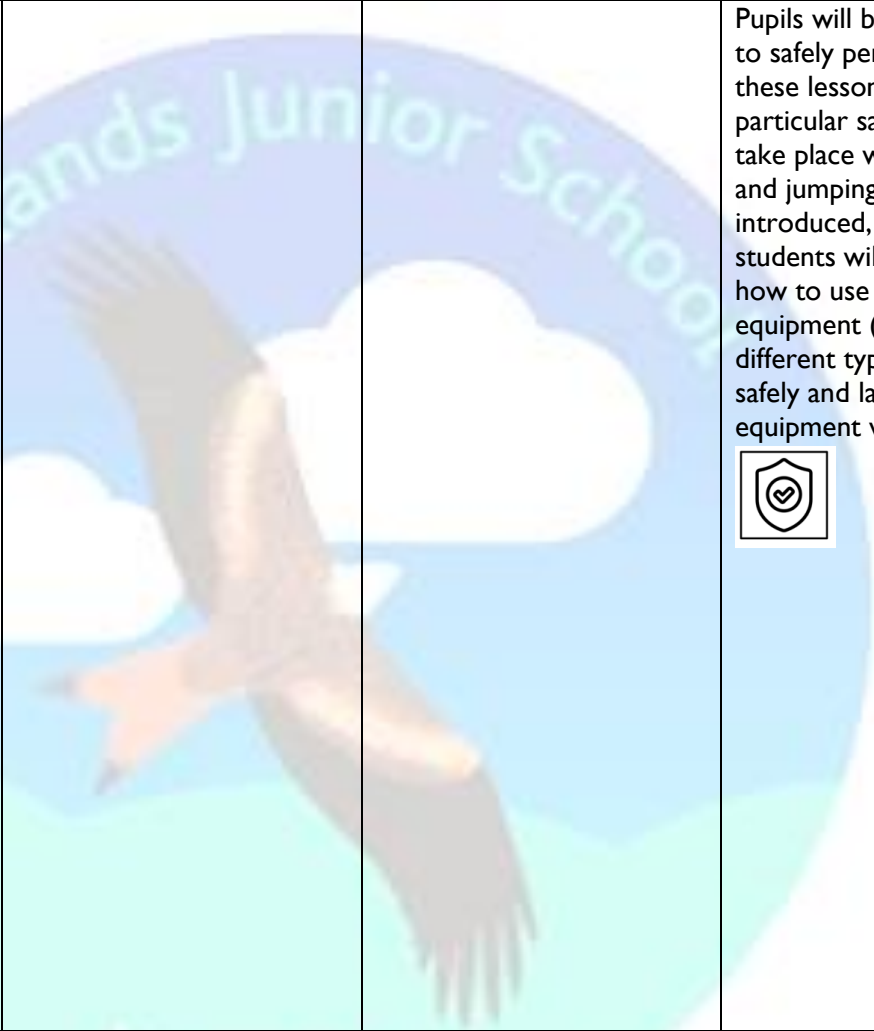




PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<ul style="list-style-type: none"> • Marking • Stealing • Travelling • Double dribble • Pivot • Interception • Dodging • Contact • Foul • Sideline <p>Wider Offer</p> <ul style="list-style-type: none"> • Weekly basketball clubs for Year 3/4 and 5/6 all of Spring Term • Competing in basketball tournaments • Students told about local clubs <p>Curriculum Threads Pupils will consider how the technique of the different skills link with each other, when they should be used in a game (and how to decide), and how the technique can link with skills in other sports.</p>	<p>Quicksticks hockey</p> <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Dribbling • Push pass • Dangerous play • Contact • Accuracy • Consistency • Shooting • Stick tackle <p>Wider Offer</p> <ul style="list-style-type: none"> • Competing in hockey tournaments • Students told about local clubs <p>Curriculum Threads There is a large emphasis in this unit of work on building on and securing skills previously learned in Unihoc and football lessons, and what foot-eye co-ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar and differ between</p>	<ul style="list-style-type: none"> • Students told about local clubs • Competing in gymnastics festivals and competitions <p>Curriculum Threads Pupils will consider how the different components of fitness required for gymnastics (balance, flexibility, strength, muscular endurance) of the different skills in gymnastics how these components can be linked to, and are useful for, other sports.</p>  <p>Safety will be a large emphasis in every gymnastics lesson. Pupils will be taught how to set out mats safely, perform different skills safely, perform in pairs safely, and how to work safely on equipment.</p> 	<p>Curriculum Threads Pupils will participate in a Disability in Sport week in the final week of half-term. They will have a talk from a Commonwealth / Invictus / Paralympic athlete who will do an assembly on their disability, their sport, etc to raise awareness. They will also participate in disability sports in their PPA PE lessons this week.</p>  <p>Pupils will learn the important safety elements of dance: warming up and cooling down properly, being aware of spatial awareness, and there will be rules surrounding what they can/cannot do for safety reasons.</p> 	<ul style="list-style-type: none"> • Long jump • Record • Measure • Personal best <p>Wider Offer</p> <ul style="list-style-type: none"> • Participating in athletics festivals, events and competitions • Participating in cross country meets • Promoting local clubs e.g. Harrogate Harriers • Sports Afternoons <p>Curriculum Threads Pupils will consider how the technique of the different fundamental skills can link with skills in other sports. They will explore when those FMS are used in other sports and activities (running, throwing, jumping).</p> 	<p>Wider Offer</p> <ul style="list-style-type: none"> • Yorkshire Cricket Board deliver 2 x 2-hour sessions to all Year 5 classes with class teacher • After school clubs for Year 3/4 and 5/6 for striking and fielding in Summer term • Competing in cricket and rounders tournaments <p>Curriculum Threads There is a large emphasis in this unit of work on the links between cricket and rounders, and what hand-eye co-ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar and differ. Other sports (e.g. net/wall) will also be considered to draw links.</p>
--	--	---	---	--	--	--

PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

Year 6		 <p>Pupils will learn the rules of basketball to allow them to play safely (fouls), and how to also behave safely within the lesson in different drills and games (e.g. reminders of how hard to pass the ball depending on the distance and how to catch properly).</p> 	<p>Unihoc, Quicksticks and football. Other sports (particularly invasion games) will also be considered.</p>  <p>Pupils will be taught how to safely perform skills in hockey and how to behave safely in lessons with the equipment provided. Quicksticks rules, spatial awareness and class rules will be taught and enforced to support this.</p> 		<p>Pupils will be taught how to safely perform skills in these lessons. A particular safety focus will take place when throwing and jumping is introduced, where students will be taught how to use the equipment (mainly the different types of bats) safely and land safely. Soft equipment will be used.</p> 	 <p>Promotion of women's cricket through mixed gender PE lessons and promotion of clubs / competing in girls' cricket competitions.</p>  <p>Pupils will be taught how to safely perform skills in these lessons. A particular safety focus will take place when batting is introduced, where students will be taught how to use the equipment (mainly the different types of bats) safely. Soft balls and plastic bats/equipment will be used.</p> 
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<u>Advancing my skills using netball and</u>	<u>Advancing my foot-eye co-ordination skills using football</u>	<u>Advancing my skills using gymnastics and</u>	<u>Furthering my knowledge about</u>	<u>Advancing my fundamental</u>	<u>Advancing my hand-eye co-ordination skills using rounders</u>



PE Long Term Plan


PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<u>applying them to games</u>	<u>and applying them to games</u>	<u>applying them to sequences</u>	<u>healthy active lifestyles using fitness</u>	<u>movement skills using athletics</u>	Key Learning Objectives
	<p>Key Learning Objectives</p> <ul style="list-style-type: none"> • Know and demonstrate the correct technique for passing in front, signaling, and catching in netball • Explain and demonstrate adhering to the footwork rule in drills and games • Demonstrate three different ways to beat a defender with increased success • Demonstrate successful interceptions using Stage 1 marking and explain what this is • Demonstrate the correct 	<p>Key Learning Objectives</p> <ul style="list-style-type: none"> • Demonstrate the correct technique for dribbling while changing speed and direction • Demonstrate the correct technique for passing and receiving on the move • Demonstrate safe tackling technique with increased success • Demonstrate the correct shooting technique with a consideration of tactics • Explain what foot-eye co-ordination is and how skills link between football, hockey, 	<p>Key Learning Objectives</p> <ul style="list-style-type: none"> • Know and safely demonstrate paired balances with quality • Demonstrate the difference between counterbalance and countertension • Describe and demonstrate the different methods of travelling in gymnastics • Safely demonstrate jumping and rolling, on and off equipment, with fluidity • Choreograph paired sequences, including various choreographic devices • Assess other students' performances and give them feedback to improve 	<p>Key Learning Objectives</p> <ul style="list-style-type: none"> • I can measure my pulse • I can work out my heart rate and define what heart rate is • I can test my fitness levels and train to improve these in lessons • I demonstrate the ability to train continuously, in circuits, and at intervals • I can lead a safe and effective warm up and cool down • I can identify muscles in the body that are being trained in an activity • I can identify and explain the body's responses to exercise • I can identify and explain the body's 	<p>Key Learning Objectives</p> <ul style="list-style-type: none"> • I can use different running techniques for long and short distances and run at an appropriate pace. • I can use running, jumping and throwing in isolation and in combination under pressure. • I can throw a variety of objects in one hand for distance with good technique. • I can evaluate a peer to improve their performance. • I can compare my performance with previous ones and demonstrate improvement to achieve my personal best. 	<p>Key Learning Objectives</p> <ul style="list-style-type: none"> • I can throw underarm and overarm to a target over varying distances to get opponents out. • I can catch a small ball two handed, and one-handed, at different heights and speeds. • I can hit a ball using a rounders bat using the correct technique. <p>Key Vocabulary</p> <ul style="list-style-type: none"> • Catching • Underarm • Overarm • Accuracy • Consistency • Batting • Fielding • Bowling • Bowler











PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<p>shooting technique from different angles and distances</p> <ul style="list-style-type: none"> Describe the different positions' roles and play different positions in Hi-5 games Identify, describe, and umpire the rules of Hi-5 netball <p>Key Vocabulary</p> <ul style="list-style-type: none"> Footwork Pivot Replayed ball Held ball Offside Interception Dodging Contact Obstruction Stage 1 / Man to Man marking <p>Wider Offer</p> <ul style="list-style-type: none"> Weekly netball clubs for Year 	<p>and other sports</p> <ul style="list-style-type: none"> Identify, describe, and umpire the rules of football <p>Key Vocabulary</p> <ul style="list-style-type: none"> Dribbling Handball Foul Accuracy Consistency Shooting Penalty Free kick <p>Wider Offer</p> <ul style="list-style-type: none"> Competing in football tournaments Students told about local clubs A football club offered for Year 3/4 and 5/6 all of Spring Term Working with Harrogate Town FC to do physical activity competitions between local 	<p>Key Vocabulary</p> <ul style="list-style-type: none"> Tension Extension Point / Patch Matching Mirroring Counterbalance Countertension Canon / Unison Choreographic devices <p>Wider Offer</p> <ul style="list-style-type: none"> Students told about local clubs Competing in gymnastics festivals and competitions <p>Curriculum Threads</p> <p>Pupils will consider how the different components of fitness required for gymnastics (balance, flexibility, strength, muscular endurance) of the different skills in gymnastics how these components can be linked to, and are useful for, other sports.</p> 	<p>adaptations to exercise</p> <p>Key Vocabulary</p> <ul style="list-style-type: none"> Pulse Heart rate Oxygen Responses to exercise Breathing Blood Temperature Muscles Stretch Warm up Cool down Train Circuit training Continuous training Interval training Strength Endurance Speed Bicep Tricep Quadricep Hamstring Calf Abdominals <p>Wider Offer</p>	<p>Key Vocabulary</p> <ul style="list-style-type: none"> Jog Run Sprint Throw Jump Land Hurdles Long jump Record Measure Personal best <p>Wider Offer</p> <ul style="list-style-type: none"> Participating in athletics festivals, events and competitions Participating in cross country meets Promoting local clubs e.g. Harrogate Harriers Sports Afternoons <p>Curriculum Threads</p> <p>Pupils will consider how the technique of the different fundamental skills can link with skills in</p>	<ul style="list-style-type: none"> Innings Backstop No ball Bases Stance <p>Wider Offer</p> <ul style="list-style-type: none"> After school clubs for Year 3/4 and 5/6 for striking and fielding in Summer term Competing in cricket and rounders tournaments <p>Curriculum Threads</p> <p>There is a large emphasis in this unit of work on the links between cricket and rounders, and what hand-eye co-ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar and differ. Other sports (e.g. net/wall) will also be considered to draw links.</p>
--	---	---	---	---	---	---





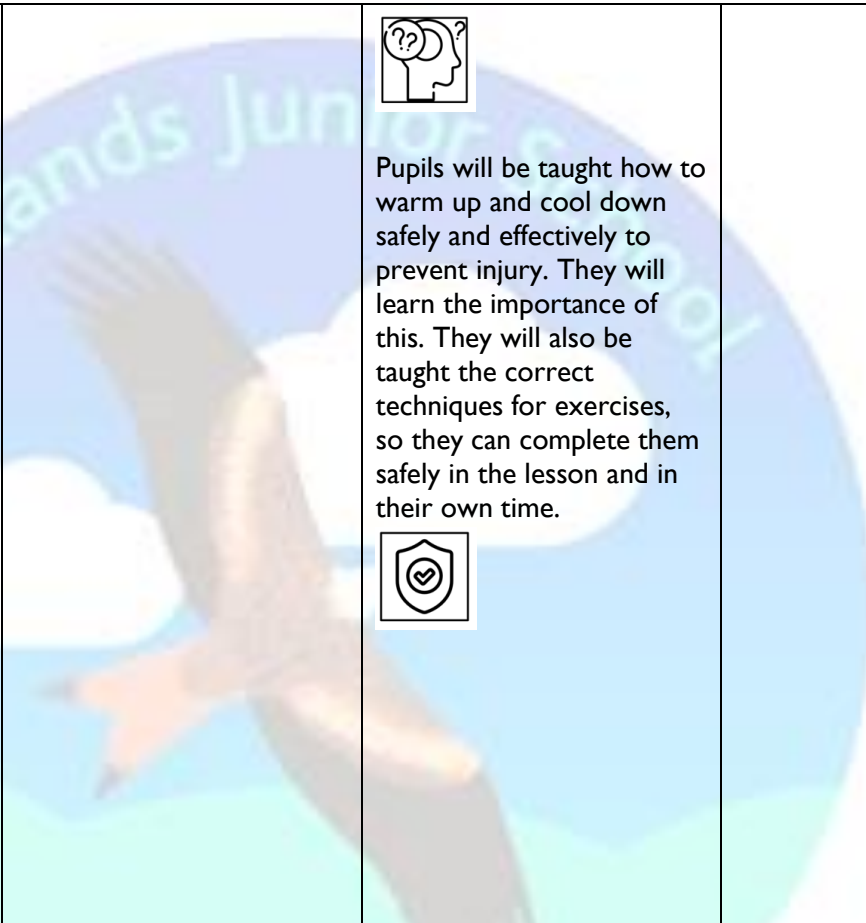


PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<p>3/4 and 5/6 all of Autumn Term</p> <ul style="list-style-type: none"> Competing in netball tournaments Students told about local clubs <p>Curriculum Threads Pupils will consider how the technique of the different skills link with each other, when they should be used in a game (and how to decide), and how the technique can link with skills in other sports.</p>  <p>Netball is being offered as a mixed sport for both boys and girls. Children will be prompted to think about the popularity of women's netball in comparison to men's sports like football despite the successes of</p>	<p>schools such as the October Challenge</p> <p>Curriculum Threads There is a large emphasis in this unit of work on building on and securing skills previously learned in Unihoc and football lessons, and what foot-eye co-ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar and differ between Unihoc, Quicksticks and football. Other sports (particularly invasion games) will also be considered.</p>  <p>Football and hockey are being offered as a mixed sport for both boys and girls. Children will be prompted to think about the popularity of women's football in comparison to men's sports like football</p>	<p>Safety will be a large emphasis in every gymnastics lesson. Pupils will be taught how to set out mats safely, perform different skills safely, perform in pairs safely, and how to work safely on equipment.</p> 	<ul style="list-style-type: none"> Links to science lessons when the focus is biology Disability in Sport week <p>Curriculum Threads Pupils will participate in a Disability in Sport week in the final week of half-term. They will have a talk from a Commonwealth / Invictus / Paralympic athlete who will do an assembly on their disability, their sport, etc to raise awareness. They will also participate in disability sports in their PPA PE lessons this week.</p>  <p>Pupils will be learning about the human body and its responses to exercise. They will be taught basic biology of what happens in your body when you exercise. Because of this, lots of questioning will be used and class discussions to impart and consolidate this knowledge.</p>	<p>other sports. They will explore when those FMS are used in other sports and activities (running, throwing, jumping).</p>  <p>Pupils will be taught how to safely perform skills in these lessons. A particular safety focus will take place when throwing and jumping is introduced, where students will be taught how to use the equipment (mainly the different types of bats) safely and land safely. Soft equipment will be used.</p> 	 <p>Pupils will be taught how to safely perform skills in these lessons. A particular safety focus will take place when batting is introduced, where students will be taught how to use the equipment (mainly the different types of bats) safely. Soft balls and plastic bats/equipment will be used.</p> 
--	---	---	---	---	--	---

PE Long Term Plan

PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

	<p>our women's netball team - televised, role models, pay, media, etc.</p>  <p>Pupils will learn the rules and positions of Hi-5 netball to allow them to play safely (contact), and how to also behave safely within the lesson in different drills and games (e.g. reminders of how hard to pass the ball depending on the distance and how to catch properly).</p> 	<p>despite the successes of our women's team - televised, role models, pay, media, etc. Promotion of girls' football through mixed gender PE and promotion of clubs / competing in girls' football competitions.</p>  <p>Pupils will be taught how to safely perform skills in football and how to behave safely in lessons adhering to the rules of the game. Spatial awareness will be taught and enforced to support this.</p> 	  <p>Pupils will be taught how to warm up and cool down safely and effectively to prevent injury. They will learn the importance of this. They will also be taught the correct techniques for exercises, so they can complete them safely in the lesson and in their own time.</p> 		
--	--	---	--	--	--