



Hartford Junior School Physical Education [PE] Long Term Plan



We use the units of work from the 'Get Set 4 PE' Scheme of Work

	Year 3	Year 4	Year 5	Year 6
Autumn	<p>Autumn 1: Cricket and Dance Pupils will begin to develop striking, bowling and catching skills to include overarm and underarm throwing and two-handed pick-ups. In dance, pupils will create actions in response to a stimulus, transitioning between formations and using dynamics to express an idea.</p> <p>Autumn 2: Ball Skills & Fitness Pupils will take part in activities which will develop throwing, catching and dribbling skills. In fitness, pupils will show balance when changing direction and develop consistency with their co-ordination.</p>	<p>Autumn 1: Fundamentals & Cricket Pupils will change direction quickly under pressure, demonstrate how to accelerate and decelerate, demonstrate good balance and control, link hopping and jumping actions and consistently skip in a rope. In cricket, pupils will develop batting technique, begin to bowl with some consistency, use over and underarm throws with increased consistency, catch with one and two hands and abide by the rules of the game.</p> <p>Autumn 2: Dance & Football Pupils will respond imaginatively to a range of stimuli related to character and narrative, change dynamics within a performance to express changes in character and perform choreography that communicates a narrative. In football, pupils will develop passing techniques with increasing success. They will link dribbling with other actions, change direction with some control, move into space to support teammates and begin to intercept.</p>	<p>Autumn 1: Football & Tennis Pupils will develop control when sending, receiving and dribbling under pressure. They will explore moving to create space for themselves and other, track and mark with increased success and use a variety of techniques to lose an opponent. In tennis, pupils develop a range of shots used in a variety of games, including serving and shots to maintain a continuous rally. They explore footwork patterns to move around the court.</p> <p>Autumn 2: Dance & Netball Pupils will explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement. In netball, pupils will develop control when sending and receiving under pressure. They will explore moving to create space for themselves and other, track and mark with increased success and use a variety of techniques to lose an opponent.</p>	<p>Autumn 1: Netball & Cricket Pupils strike a bowled ball with increasing accuracy and consistency, use a wider range of fielding skills under pressure and consistently demonstrate good technique when catching under pressure. In netball, pupils consistently send and receive the ball using a range of techniques, pass with control under pressure, transition from attack to defence and create space, change direction to lose an opponent and use a variety of defending techniques.</p> <p>Autumn 2: Hockey & Dance In hockey, pupils send and receive the ball using a range of techniques, dribble with control under pressure, transition from attack to defence to create space, change direction to lose an opponent and use a variety of defending techniques. Pupils show controlled movement to express emotion and feeling. They improvise and combine dynamics to express ideas on their own, in pairs or a group and demonstrate a clear understanding of timing when performing choreography.</p>
Spring	<p>Spring 1: OAA & Gymnastics Pupils will work with others to create simple maps, follow a trail, give and follow instructions and solve problems. In gymnastics, will explore matching and contrasting shapes, rolls (barrel and forward and stepping into jumps with control.</p> <p>Spring 2: Tennis & Fundamentals Pupils will explore returning a ball using forehand and backhand shots and consistently use and return to the ready position. In fundamentals they will explore agility, link jumping and hopping actions and skip with a rope.</p>	<p>Spring 1: Gymnastics & Fitness Pupils will develop the range of shapes they use in sequences, including bridge, shoulder stands, partner balances, controlled rolls and landings. In Fitness, pupils will show balance when changing direction at speed, demonstrate control when balancing, develop improved sprinting and breathing techniques.</p> <p>Spring 2: Ball Skills & Netball Pupils will accurately use techniques to send a ball to a target, catch different sized objects with increasing consistency, track a ball sent directly and indirectly and dribble with increasing control. In Netball, pupils will develop passing techniques with increasing success. They will link passing with other actions, change</p>	<p>Spring 1: Gymnastics & Fitness Pupils will perform shapes consistently and fluently link these with other actions. They will explore the progressions of a cartwheel, symmetrical and asymmetrical balances and develop control of different rolls, including the backward roll. In fitness, pupils demonstrate improved body posture and speed when changing direction with a focus on a controlled centre of gravity. They apply the best pace for a set distance or time and apply explosive strength to other skills.</p> <p>Spring 2: OAA & Hockey Pupils explore tactical planning in a team to overcome increasingly challenging tasks. They develop navigational skills and map reading and explore a variety of</p>	<p>Spring 1: Gymnastics & Fitness Pupils combine and perform gymnastic shapes fluently and effectively. They develop fluency and consistency in the straddle, rolls, jumps and progression of a cartwheel, bridge, and shoulder stand. In fitness, pupils' agility is fluent, and they transition with varying speeds when travelling, landing, stopping and changing direction. They adapt running speeds according to distance and use their breath to increase their ability to move for sustained periods.</p> <p>Spring 2: Tennis & OAA Pupils will demonstrate increased success and technique in a variety of shots to maintain a continuous rally, serve accurately and consistently and demonstrate footwork patterns relevant to the game. In OAA, pupils</p>

		direction with some control, move into space to support teammates and begin to intercept.	communication methods with increasing success. In hockey, pupils will develop control when sending, receiving and dribbling under pressure. They will explore moving to create space for themselves and other, track and mark with increased success and use a variety of techniques to lose an opponent.	pool ideas in a group to select and apply the best method to solve a problem, efficiently navigate around a course with multiple points and inclusively communicate with other, working collaboratively as a team.
Summer	<p>Summer 1: Forest School & Football Pupils will explore navigating an orienteering course, record information and follow rules. In football, pupils will explore sending and receiving the ball, dribbling, following the rules and using space as a team.</p> <p>Summer 2: Athletics & Hockey Pupils will develop throwing, sprinting and jumping techniques. In hockey, pupils will explore sending and receiving the ball, dribbling, following the rules and using space as a team.</p>	<p>Summer 1: Tennis & OAA Pupils will demonstrate technique when using shots when rallying using forehand and backhand and appropriate footwork patterns to move around the court. In OAA, pupils will identify key symbols on a map and follow a route, plan independently and in small groups to implement strategy with increased success and communicate effectively.</p> <p>Summer 2: Athletics & Hockey Pupils will develop an understanding of speed and pace in relation to distance, develop power and speed in their sprinting, jumping and throwing techniques. In hockey, pupils will develop passing techniques with increasing success. They will link dribbling with other actions, change direction with some control, move into space to support teammates and begin to intercept.</p>	<p>Summer 1: Swimming Pupils demonstrate increased technique in a range of strokes, swimming 25m. They will explore underwater breaststroke breathing over 25m and safety techniques to include the H.E.L.P and huddle position.</p> <p>Summer 2: Athletics & Cricket Pupils develop an understanding of speed and pace in relation to distance and develop power and speed in sprinting, jumping and throwing. In cricket, pupils explore defensive, driving and directional batting. They will develop over and underarm bowling techniques, two-handed pickup, catching skills and perform under pressure.</p>	<p>Summer 1: Athletics & Football Pupils will demonstrate a clear understanding of pace and use it to develop their sprinting technique and advise peers. They will develop power, control and technique in triple jump, discus and shot put. In football, pupils send and receive the ball consistently using a range of techniques, dribble with control under pressure, transition from attack to defence and create space, change direction to lose an opponent and use a variety of defending techniques.</p> <p>Summer 2: Swimming Pupils will identify their personal best in a range of strokes and successfully select and apply their fastest stroke over 25m. They will demonstrate smooth and consistent breathing in a range of strokes and perform a variety of survival techniques.</p>

Additional units of work available:

- Additional units from the scheme of work EG Yoga
- Sports Day practice
- Forest School
- Participation in other physical activities run by guest teachers e.g Cricket by Chance to Shine and Play Time Activities by Premium Sports.