



## PE Cycle 2 Long Term Coverage

Building tomorrow, leading the way....



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor - Throwing and catching Outdoor - Throwing and catching	Indoor - Aiming at a target Outdoor - Travelling and receiving the ball	Indoor - Gymnastics (mat work and equipment) Outdoor - Travelling with the ball (bouncing)	Indoor - Dance Outdoor - Striking the ball	Indoor - Health related exercise (how does exercise effect the body?) Outdoor - Athletics	Indoor - adventure and activities (orienteering) Outdoor sports day preparations and practice
Steps of Learning					
To safely throw an object To throw an object in a given direction To catch an object using two hands To throw under and over arm depending on distance  Begin to discuss why we take part in a warm up	To experiment with throwing under and over arm To throw an object near a target To strike a target using a range of movements (kicking, rolling, ball striking) To show some control of an object Receive and send an object within close proximity to a partner To trap and stop an object with some success To dribble a ball with some success	To safely use gymnastic equipment To have the correct posture to balance Correctly dismount from equipment when jumping To hold a balance for 5 seconds To safely climb equipment Begin to discuss why we need the correct posture Consider the power I bounce a ball To accurately bounce a ball To can vary my travelling speed when bouncing a ball (walking, jogging, running)	To move in rhythm to music Listen to music and create a dance To join two dance moves together  To strike the ball with some accuracy Begin to show the correct bowling technique Catch the ball with some success	To move to the tempo of music (fast and slow) To move in coordination To vary the speed I travel  To safely use equipment to strike an object  To accurately strike an object in a wide direction  To increase my speed over a distance To throw a range of objects	To attempt to move in the quickest direction To follow directions to find an object To follow a picture map

### End of Year Target—Early Learning Goal

#### Physical Development ELG:

Gross Motor: Negotiate space and obstacles safely, with consideration for themselves and others—Demonstrate strength, balance and co-ordination when playing—move energetically, such as running, humping, dancing, hopping, skipping and climbing.

Y1&2



## PE Cycle 2 Long Term Coverage

Building tomorrow, leading the way....



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor - Throwing and catching	Indoor - Aiming at a target	Indoor - Gymnastics (mat work and equipment)	Indoor - Dance	Indoor - Health related exercise (how does exercise effect the body?)	Indoor - adventure and activities (orienteering)
Outdoor - Throwing and catching	Outdoor - Travelling and receiving the ball	Outdoor - Travelling with the ball (bouncing)	Outdoor - Striking the ball	Outdoor - Athletics	Outdoor sports day preparations and practice
Steps of Learning	Steps of Learning	Steps of Learning	Steps of Learning	Steps of Learning	Steps of Learning
To safely throw an object	To choose when to throw under and over arm	I can safely use gymnastic equipment	To safely use gymnastic equipment	To move to the tempo of music (fast and slow)	To plan out the fastest route
To throw an object in a given direction	To throw an object at a target	I can have the correct posture to balance	To have the correct posture to balance	To move in coordination	To follow directions to find an object
To catch an object using two hands	To strike a target using a range of movements (kicking, rolling, ball striking)	I can correctly dismount from equipment when jumping	To correctly dismount from equipment when jumping	To vary the speed I travel	To read a map
To throw under and over arm depending on distance		I can hold a balance for 5 seconds	Hold a balance for 5 seconds	To safely use equipment to strike an object	
Begin to discuss why we take part in a warm up		I can safely climb equipment	To safely climb equipment	To accurately strike an object in a given direction	
	To keep an object under control	I can begin to discuss why we need the correct posture	Begin to discuss why we need the correct posture	To maintain my speed over a distance	
	Receive and send an object to a partner	Consider the power I bounce a ball	To consider the power I bounce a ball	To throw a range of objects	
	To trap and stop an object	To accurately bounce a ball	To accurately bounce a ball		
	To dribble a ball	To can vary my travelling speed when bouncing a ball (walking, jogging, running)	To vary my travelling speed when bouncing a ball (walking, jogging, running)		



# PE Cycle 2 Long Term Coverage

Building tomorrow, leading the way...



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor - Sportshall Athletics	Indoor - Archery	Indoor - Dodgeball	Indoor - Dance	Indoor - Gymnastics	Indoor - Outdoor adventure and activities (orienteering)
Outdoor - Football	Boccia	New Age Curling	Outdoor - Cricket	Outdoor - Tennis	
	Outdoor - Hockey	Outdoor - Netball			Outdoor - Athletics

Steps of Learning	Steps of Learning	Steps of Learning	Steps of Learning	Steps of Learning	Steps of Learning
To use the correct techniques to throw, jump and run	Hold the correct archery stance to improve accuracy	Understand the rules of dodgeball	To move in rhythm to music	To show a range of flexibility when performing gymnastic movements.	To understand how to read a map with success
To explain the effect of exercise on the body	Accurately fire an arrow at a target	To throw with accuracy and power to strike an opponent	Interpret music and create a dance	To be able to balance on apparatus	To navigate a map with some speed and efficiency.
	Understand the safety rules of Archery	To understand when to catch and when to dodge an opponent's throw	To combine basic dance movements to a given beat	To safely jump from gymnastic equipment	To show good teamwork and communication skills when working with peers
		To work as a team to achieve victory		To combine gymnastic movements with some fluency	
To accurately pass a ball to a team member	To accurately pass a ball to a team member		To hold the correct stance when holding a bat		To use the correct techniques to throw a range of equipment
To shoot with accuracy and power	To shoot with accuracy and power	To accurately throw a ball to a team member	To strike the ball with accuracy		To use the correct techniques to jump
To effectively tackle an opponent	To effectively tackle an opponent	To intercept an opponent's pass	Begin to show the correct bowling technique	To have control over your racket	Understanding the importance of pace depending on the distance ran Learning Outcomes
To begin to understand basic tactics	To begin to understand basic tactics	To accurately shoot a ball into a target	Catch the ball with some success	To play a range of strokes to accurately strike a ball	
Learning Outcomes		Learning Outcomes	Begin to understand tactics to limit an opponent scoring points	To begin to understand basic tactics to score a point vs an opponent Learning Outcomes	

Y5&6



# PE Cycle 2 Long Term Coverage

Building tomorrow, leading the way...



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor - Sportshall Athletics	Indoor - Archery	Indoor - Dodgeball	Indoor - Dance	Indoor - Gymnastics	Indoor - Outdoor adventure and activities (orienteeering)
Outdoor - Football	Boccia Outdoor - Hockey	New Age Curling Outdoor - Netball	Outdoor - Cricket	Outdoor - Tennis	Outdoor - Athletics

Steps of Learning	Steps of Learning	Steps of Learning	Steps of Learning	Steps of Learning	Steps of Learning
To evaluate self and peer performances to enhance throwing and jumping distances and speed.	Hold the correct archery stance to improve accuracy	Understand the rules of dodgeball	To perform a dance using a range of movement patterns	To show a range of flexibility when performing gymnastic movements.	To understand how to read a map with success
To understand how exercises effects the body physically and emotionally.	Accurately fire an arrow at a target	To throw with accuracy and power to strike an opponent	To evaluate and assess self and peer movements to improve	To be able to balance on apparatus	To navigate a map with some speed and efficiency.
To accurately pass a ball to a team member and begin to understand their movement after a pass.	Understand the safety rules of Archery	To understand when to catch and when to dodge an opponent's throw	To dance to a specific beat in time	To safely jump from gymnastic equipment	To show good teamwork and communication skills when working with peers
To select the most appropriate shooting style dependent on the situation	To accurately pass a ball to a team member and begin to understand their movement after a pass.	To show understanding of tactics to supports team members	To hold the correct stance when holding a bat	To combine gymnastic movements with fluency	To use the correct techniques to throw a range of equipment
To understand which tackle to select depending on the game situation	Selecting whether to catch or dodge	To accurately throw a ball to a team member and begin to understand their movement after a pass	To strike the ball with accuracy	Develop strength, flexibility and control when combining gymnastic movements.	To use the correct techniques to jump
To begin to show understanding of tactics which will help the team win	To select the most appropriate shooting style dependent on the situation	To intercept an opponent's pass by interpreting their opponents action	To strike the ball into a specific area dependent on the field set	To have control over your racket	Understanding the importance of pace depending on the distance ran
	To understand which tackle to select depending on the game situation	To accurately shoot a ball into a target using the correct shooting technique	To show the correct bowling technique and vary pace of deliveries	To play a range of strokes to accurately strike a ball	To self and peer evaluate performances to improve
	To understand which tackle to select depending on the game situation	To implement tactics to support your team winning a game	Catch the ball with success to dismiss an opponent	To understand basic tactics to score a point vs an opponent	
			To understand tactics and field positions to limit an opponent scoring points	To vary the pace of stroke dependent on oppositions position	