

Highfield Physical Education Long Term Planning 24-25

(Safe practice, health and well-being)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N ur se ry	Early Learning Goals -Gross Motor Skills (On going development) <i>Walk run jump climb balancing, riding (scooters, trikes and bikes) and ball skills. Walk/climb up steps and stairs, or climb up apparatus, using alternate feet.</i>	Early Learning Goals -Gross Motor Skills (On going development) <i>Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams.</i>	Early Learning Goals -Gross Motor Skills (On going development) <i>Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</i>	Early Learning Goals -Gross Motor Skills (On going development) <i>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</i>	Early Learning Goals -Gross Motor Skills (On going development -review Autumn and Spring goals) Multi Skills <i>Ball skills – large motor skills Equipment choice, collaboration</i>	Early Learning Goals -Gross Motor Skills (On going development-review Autumn and Spring goals) Multi Skills <i>Games skills Turn taking Teamwork Hall apparatus</i>
R ec ep ti on	Multi skills – Moving safely <i>Catching and throwing</i> Outdoor play - Daily use of PD equipment set up outside to consolidate skills taught in multisports.	Multi skills - Gymnastics-jumping <i>safely</i> Outdoor play - Daily use of PD equipment set up outside to consolidate skills taught in multisports	Multi skills - Dance-exploring gestures Outdoor play - Daily use of PD equipment set up outside to consolidate skills taught in multisports.	Multi-skills - sending and receiving Outdoor play - Daily use of PD equipment set up outside to consolidate skills taught in multisports.	Multi skills - bouncing and catching- travelling with a ball Outdoor play - Daily use of PD equipment set up outside to consolidate skills taught in multisports.	Multi skills - gymnastics-travelling Outdoor play - Daily use of PD equipment set up outside to consolidate skills taught in multisports.
Y ea r l P E	1) Games <i>Bouncing and Catching</i> 2) Gym <i>Travelling</i> (Safe warming up and cooling down) Review/retrieval: Travelling vocab- up, down forwards backwards high low zig-zag straight. Bouncing and catching skills/vocab - send , bounce push	1) Dance. <i>Pirates</i> (body's response to physical activity) 2) Games Receiving Review/retrieval: What happens to our bodies when we warm up? Breathing, heartbeat, heat, sweat Games skills/vocab - control, dribble turn, change direction	1) Games <i>Sending</i> <i>BV – The rule of law – ‘Rules of the game’</i> 2) Gymnastics <i>taking weight</i> Review/retrieval: How do muscles work? In pairs, contract and relax. Games values vocab - teamwork, taking turns, fairness, respect	1)Dance 2)Games Throwing and catching Review/retrieval: What do muscles do? They contract to move parts of our body. Games vocab - send, receive, aim, target, space	1) Gym <i>Transferring weight from one body part to another (safe exercise)</i> 1) Tennis Review/retrieval: Gymnastics -What jump shapes can we make?- pike tuck straddle Healthy living -How many minutes a day should we exercise? 60? active, energetic, healthy eating	1)Athletics <i>Sports Day practise running, jumping, obstacle courses</i> 2) Athletics <i>throwing and jumping</i> Review/retrieval: Athletics Throwing - eyes on the target Jumping - always look forward Running - face forward at all times. Endurance/breathe consistently and deeply - <i>running</i>
Y ea r 2 P E	1) Games <i>Ball skills: Dribbling</i> 2) Gym <i>Balances</i> (learning about energy) Review/retrieval:	1) Dance <i>George the dragon</i> (benefits of being active) 2) Games <i>Throwing and catching</i>	1) Gymnastics <i>Parts High and low</i> 2) Hockey Review/retrieval: Gymnastics - How can we start and finish our sequences?	1) Gymnastics <i>Spinning and turning</i> 2) Games <i>passing and receiving</i> Review/retrieval: Gymnastics -What jump shapes can we make?- pike tuck straddle	1) Dance <i>Great fire of London</i> 2) Tennis <i>Hitting and striking</i> <i>BV – The rule of law – ‘Rules of the game’</i> Review/retrieval:	1) Athletics <i>Running, hopping and jumping</i> 2) Gymnastics Review/retrieval: Athletics skills/vocab Throwing - eyes on the target

	Gymnastics - balance shapes- star, one footed, arabesque Games vocab/skills- speed, direction, control, tracking, passing, shooting, scoring	Review/retrieval: Dance Action - Travel, roll, turn, twist, pose or gesture Healthy living -How many minutes a day should we exercise? 60? active, energetic, healthy eating	Hockey- Dribbling,passing,shooting,How to hold the stick correctly	Physical Activity -1) Increases Heart Rate 2) Makes you breathe faster and deeper. 3) Warms up your body.	Dance Action - Travel, roll, turn, twist, pose or gesture Tennis skills/vocab - Forehand, back hand, Serve, aim, target accuracy Games values vocab - teamwork, taking turns, fairness, respect	Jumping - always look forward Running - face forward at all times. Endurance/breathe consistently and deeply - running Gymnastics - Can we create a sequence of 4 elements with a clear starting position and smooth movements between shapes and actions? Elements - Jump, travel, balance
Year 3 PE	1) Dance <i>Dance actions</i> 2) Net/Wall Tennis/sitting volleyball Review/retrieval: Tennis vocab - Forehand, back hand, Serve, aim, target accuracy Tactics - How can I make it difficult for my opponent to return the ball? e.g. Send ball to opposite corner of court. Dance skills/vocab - actions, dynamics, space, unison, canon, repea	1)Gymnastics <i>Travelling with a change of direction</i> (Back Care) 2)OAA Review/retrieval: OAA direction vocab-N,S,E,W, NE, NW, SE, SW, route space, area, trail Gymnastics - What contrasting actions and shapes can we include in our sequence? e.g. stretches and curls.	1) Gym <i>Stretching and curling</i> (safe warming up and cooling down) 2) Invasion games Netball BV – The rule of law – ‘Rules of the game’ Review/retrieval Games - Ball skills Games - What skills can we use in Netball that we have practised in football? e.g. passing/finding space Games values vocab - teamwork, taking turns, fairness, respect	1) Dance <i>Monsters</i> 2) Football Review/retrieval: Dance Action - Travel, roll, turn, twist, pose or gesture Games - Ball skills Control: The ball does what you want it to do. Tracking: Staying in line with a ball or opponent. Space: Finding an area with no one close to you. Pass: Send the ball to a team mate so they can receive it.	1) Tag Rugby (safety rules and procedures) 2) Striking and fielding <i>How to strike a ball</i> Cricket/rounders Review/retrieval: What is physical activity? Any activity that raises the heart rate, increases body temperature and the speed of breathing. What is exercise? Planned and structured physical activity that aims to improve a skill or element of physical fitness. Cricket/Rounders vocab - batting, bowling, fielding, score, backstop, wicket, innings, boundary, base	1) Athletics <i>Running short and long, distance</i> 2) <i>Throwing and jumping</i> Review/retrieval: Physical Activity -1) Increases Heart Rate 2) Makes you breathe faster and deeper. 3) Warms up your body. Healthy living -How many minutes a day should we exercise? 60? active, energetic, healthy eating
Year 4 PE	1) Gym Balance 2) Net/wall <i>Directing the ball applying tactics Tennis/Sitting volleyball</i> Review/retrieval: Tennis vocab - Forehand, back hand, Serve, aim, target accuracy, court, target net Tactics - How can I make it difficult for my opponent to return the ball? e.g. Send ball to opposite corner of court. Explain the elements of a gymnastic sequence - Jump - legs bent, arms straight Travel -moving from one part to another Balance - perfectly still for 5 seconds Tension - point toes and fingers Control - your body does what you want it to do.	1) Dance <i>Dance actions</i> 2) Invasion Games Netball (psychological and social benefits) Review/retrieval: What are the benefits of regular physical activity? E.G. health, strength stamina Dance vocab- formation, pattern, pathway , gesture, dynamics, shape, direction, level.	1) Gym <i>Balance/counter balance</i> 2) Invasion games <i>Keeping possession of the ball</i> Tag Rugby Review/retrieval: What is physical activity? Any activity that raises the heart rate, increases body temperature and the speed of breathing. What is exercise? Planned and structured physical activity that aims to improve a skill or element of physical fitness. What are the rules of rugby? How many hands on the ball? Can you pass forwards or backwards?	1) Dance <i>Tudors</i> 2) Invasion games <i>Marking and tackling</i> BV – The rule of law – ‘Rules of the game’ Football Review/retrieval: Dance vocab- formation, pattern, pathway , gesture, dynamics, shape, direction, level. Games - What skills can we use in Rugby/netball that we have practised in football? e.g. finding space, keeping possession of the ball, controlling and receiving. Games values vocab - teamwork, taking turns, fairness, respect	1) Striking and fielding <i>(fielding as a team)</i> 2) Gymnastics <i>Flight</i> Review/retrieval: Gymnastics skills/vocab - strength, suppleness, stamina, approaching, leaving, height, inversion, similar contrasting, against, towards, away, across Games - how can we work together to intercept/stop the ball to give our team the best chance of winning? Control, consistence, tactics, teamwork	1) Athletics <i>Developing good running, jumping and throwing techniques</i> Rounders (planning to be active and energy balance) 2) OAA <i>Orienteering – Enfield Y4 scheme</i> (assess and manage risk) Review/retrieval: OAA direction vocab-N,S,E,W, NE, NW, SE, SW, route space, area, trail, controls/control card, symbols, navigate Athletics Pace - short and long distance throwing action - sling, push, overarm Jumping - run up, take, off landing Strength, stamina, endurance

Y ea r 5 P E	<p>1) Net Games <i>Tennis/Sitting volleyball</i></p> <p>2) Gymnastics – Flight Review/retrieval: Tennis vocab - Forehand, back hand, Serve, aim, target accuracy, court, target net Tactics - How can I make it difficult for my opponent to return the ball? e.g.change direction, change speed, use depth of court</p> <p>Gymnastic skills (basic elements) Jump - legs bent, arms straight Turning jump- take off facing a different direction when you land Travel -moving from one part to another Balance - perfectly still for 5 seconds Tension - point toes and fingers Control - your body does what you want it to do.</p>	<p>1) Invasion Games <i>Support Play and formations</i> Hockey</p> <p>2) Dance – Egyptians Review/retrieval: Games vocab/skills - keeping possession, passing, dribbling, shooting, shielding the ball, width, depth, support, marking, covering.</p> <p>Dance vocab- formation, pattern, pathway , gesture, dynamics, shape, direction, level.</p>	<p>1) Swimming</p> <p>2) Invasion games Netball <i>Shooting and keeping</i> BV – The rule of law – ‘Rules of the game</p> <p>Review/retrieval: Games - What skills can we use in netball that we have practised in hockey? e.g. finding space, passing, shielding the ball, marking, support, shooting</p> <p>Games values vocab - teamwork, taking turns, fairness, respect</p> <p>Swimming - water safety. How can we stay safe at a swimming pool?</p>	<p>1) Swimming <i>set targets/improve performance</i></p> <p>2) Invasion games Football <i>Shooting and keeping</i> BV – The rule of law – ‘Rules of the game’</p> <p>Review/retrieval: Games - what are the similarities and differences in play/ tactics/scoring between netball, football, hockey?</p> <p>Games values vocab - teamwork, taking turns, fairness, respect</p> <p>Swimming - water safety. How can we stay safe in open water (seaside)?</p>	<p>1) Athletics <i>Set targets, improve performance – running jumping and throwing</i></p> <p>1) Gym <i>Bridges</i> (back care) Review/retrieval: Athletics Pace - short and long distance throwing action - sling, push, overarm Jumping - run up, take, off landing Strength, stamina, endurance</p> <p>Safe Practise How/why do we warm up before exercise? Why should we keep active and exercise regularly?</p>	<p>1) OAA <i>Enfield Y5 scheme</i> (benefits of being active)</p> <p>2) Striking and Fielding <i>To know roles of bowler, keeper, batter, fielder</i> <i>Developing a range of role and positional play</i></p> <p>Review/retrieval: What is physical activity? Any activity that raises the heart rate, increases body temperature and the speed of breathing. What is exercise? Planned and structured physical activity that aims to improve a skill or element of physical fitness.</p> <p>Games - how can we work together to intercept/stop the ball to give our team the best chance of winning? Control, consistency, tactics, teamwork,</p>
Y e ar 6	<p>1) Gym <i>Counter balance/tension</i></p> <p>2) Net/wall <i>Develop game play</i> Tennis/sitting volleyball (safe warming up and cooling down) Review/retrieval: Tennis -How can warming up and cooling down improve my game? Tactics - How can I make it difficult for my opponent to return the ball? e.g.change direction, change speed, use depth of court</p> <p>Gymnastics vocab/skills - twisting , turning, flight, changes in direction and speed, contrasting shapes and balances.</p>	<p>1) Dance <i>Putting on a performance</i> <i>(Harry Potter)</i></p> <p>2) Invasion games <i>Attacking and defending</i></p> <p>Netball Review/retrieval: Games - What strategies can we use to attack and defend? marking players, finding space, set pieces.</p> <p>Dance -How can we use dance to communicate the moods/feelings of a character? eg death eaters, Harry Potter, Hagrid</p> <p>Dance vocab - Motif unfinished dance idea Dance phrase- short section of a dance dance section - 2 or more dance phrases dance - Complete dance</p>	<p>1) Gym <i>Matching and mirroring</i></p> <p>2) Invasion games <i>Tactics</i> Tag Rugby (The energy journey)</p> <p>Review/retrieval: The Energy Journey - where do we get our energy from? Sun - plants- animals- humans.</p> <p>Gymnastics - plan a sequence with 8-10 elements (using twisting , turning, flight, changes in direction and speed, contrasting shapes and balances.)</p> <p>Games - What skills can we use in rugby that we have practised in netball? e.g. attacking and defending? marking players, finding space, set pieces</p>	<p>1) Gymnastics <i>flight</i></p> <p>2) Invasion games <i>Teamwork and formations</i> BV – The rule of law – ‘Rules of the game’ Hockey Review/retrieval: Games - How can we combine skills as a team to outwit the opposition? Use of space, set pieces</p> <p>Games values vocab - teamwork, taking turns, fairness, respect</p> <p>Dance Actions to include in performance Travel - move from one space to another Turn - move in a circle on a body part on the spot Twist - plant a body part on the floor and turn from side to side Pose - hold a position perfectly still Gesture- perform an action while staying still</p>	<p>1) Football</p> <p>2) Striking and fielding <i>Cricket/Rounders</i> <i>Use tactics and identify what they need to improve</i> (Getting involved in physical activity) Review/retrieval: What physical activity do I take part in each day/week? What can I do to further improve my strength, stamina and skills?</p> <p>Cricket - How can I field/bat/bowl effectively? How can I improve my game? (self assessment)</p> <p>Football what are the similarities and differences in play/ tactics/scoring between netball, football, hockey? What are the skills used in Football?passing , dribbling,shooting,marking</p>	<p>1) OAA <i>Enfield scheme Y6</i> (Effective group working)</p> <p>2) Athletics <i>Set targets, improve performance – running jumping and throwing</i> (planning to be active)</p> <p>Review/retrieval: OAA vocab-N,S,E,W, NE, NW, SE, SW, route space, area, trail, controls/control card, symbols, navigate, obstacles, teamwork, straight line-one way course. Athletics Pace - short and long distance throwing action - sling, push, overarm Jumping - run up, take, off landing Strength, stamina, -endurance</p>