

Banks Road Primary School

PE Long Term Curriculum Plan 2024 - 2025



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery						
Reception	<p>Net & Wall / Striking and Fielding Bats and Balls at the Circus</p> <p><u>Key Vocabulary</u> Balance, Throw, Kick, Catch, Control, Hit, Strike, Aim</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To show control and balance in basic movement To show spatial awareness during running and chasing games To run around & over objects, demonstrating control & balance To become familiar with the names of different types of equipment 	<p>Invasion Games Beanbag Skills (Fundamental Games)</p> <p><u>Key Vocabulary</u> Balance, Throw, Kick, Catch, Control</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To be able to balance a beanbag on various body parts To be able to move the beanbag with good control To be able to throw a beanbag at a target To recognise key body parts To be able to take turns with a partner 	<p>Gymnastics Jumping and Gym – Balancing</p> <p><u>Key Vocabulary</u> Balance, Listen, Control, Still, Support</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Know how to use of a variety of equipment and resources To make my body tense and relaxed To roll in different ways To travel in different ways To develop overall balance 	<p>Dance Dance Animals – Mini Beasts</p> <p><u>Key Vocabulary</u> Count, Step, Sequence, Space, Levels</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Able to demonstrate two-dimensional shapes Able to demonstrate scuttling actions Able to move with floaty and fluttery dynamics Able to move in the space using forwards, backwards, and sideways actions Able to develop relationships- away, towards, and around partner 	<p>Outdoor Adventurous Activities Fun Games With Friends</p> <p><u>Key Vocabulary</u> Teamwork, rules, fun, listen, space</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Develop fundamental movement skills To work within a small group Participate in cooperative physical activities Participate in competitive physical activities Develop simple tactics 	<p>Athletics Fun with Quoits & Cones</p> <p><u>Key Vocabulary</u> Run, Sprint, Fast, Throw, Jump, Height</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To develop appropriate running technique To jump over different sized obstacles To throw towards a set target To competently catch a ball or bean bag To name some healthy foods (fruit and veg)
1	<p>Athletics Athletics (Fundamentals)</p>	<p>Net & Wall / Striking and Fielding Striking & Fielding</p>	<p>Invasion Games Throwing and Catching (Games)</p>	<p>Gymnastics Gym – Balance and Agility</p>	<p>Dance Dance The UK – Celebrations</p>	<p>Outdoor Adventurous Activities</p>

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	<p><u>Key Vocabulary</u> Run, Throw, Jump, Speed, Accelerate, Distance, Height, Accuracy, Technique</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To develop a range of skills associated with Athletics To understand how to change direction, levels and speeds To develop a range of skills for distance and accuracy To develop understanding of how we can use our body to improve performance To develop skills in preparation for Athletic style events 	<p><u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim, Strike, Field, Position, Communication, Co-operation</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To work collaboratively with a partner To use a range of small equipment To throw to a partner whilst developing accuracy To be able to strike an object To be able to listen and observe 	<p><u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To be able to throw a ball/beanbag with accuracy To be able to show an awareness of space To be able to catch a ball/beanbag with some control To observe, describe and copy with others are doing To work collaboratively with a partner 	<p><u>Key Vocabulary</u> Balance, Agility, Movement, Stable, Creative, Space, Link, Sequence, Hold, Tension</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Show an awareness of personal and general space To move with some confidence, imagination, and safety To travel using 'caterpillar', 'monkey' and 'crab' walk To travel in 'crawling solidier' position Discuss safety when using apparatus 	<p><u>Key Vocabulary</u> Celebration, Sequence, Levels, Tempo, Speed, Rhythm, Creative</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Able to demonstrate egg shapes Able to demonstrate actions representing a chick Able to demonstrate sudden and explosive dynamics Able to use different floor patterns in the space Able to develop relationships- create an excited dance with a partner 	<p>Creative Play (Outdoor Adventure)</p> <p><u>Key Vocabulary</u> Create, Turn-taking, Communication, Co-operation, Rules, Teamwork, Decisions</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Develop more complex fundamental movement skills To work collaboratively within a group To develop thinking and creativity To develop decision making in games To be able to work independently
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2	<p><u>Outdoor Adventurous Activities</u> Rule Making (Outdoor Adventure)</p> <p><u>Key Vocabulary</u> Rules, Communication, Co-operation, Teamwork, Adapt, Competition, Creative</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To continually develop fundamental skills To take part in competitive activities To begin to work as a team To further develop thinking and creativity To create different rules for games 	<p><u>Athletics</u> Movements (Athletics)</p> <p><u>Key Vocabulary</u> Accuracy, Distance, Height, Weight, Throw, Jump, Follow Through</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To run in a co-ordinated & fluent way over obstacles Develop awareness of distance & weight To throw a range of different throwing implements Developing awareness of distance & height To be able to jump safely with distance 	<p><u>Net & Wall / Striking and Fielding</u> Striking & Fielding</p> <p><u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim, Strike, Field, Position, Communication, Co-operation</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To work well with a partner or small group To develop striking with accuracy To demonstrate an underarm and overarm throw To be able to receive equipment in different ways To be able to listen and follow instructions 	<p><u>Invasion Games</u> Sending and Receiving (Games)</p> <p><u>Key Vocabulary</u> Aim, Accuracy, Distance, Target, Catch, Follow Through, Technique, Space, Aware</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To begin to aim towards a given target To accurately pass and receive a range of balls To further increase their understanding of space To pass a ball using different parts of the body To receive a ball using different parts of the body 	<p><u>Gymnastics</u> Gym – Balance and Co-ordination</p> <p><u>Key Vocabulary</u> Balance, Co-ordination, Control, Tension, Rolls, Speed, Direction, Level, Sequence</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Travel, showing change of speed and direction Develop body awareness through varying body balances To perform 'Teddy bear' & 'Pencil' rolls To adopt the positions of 'happy cat' & 'angry cat' Create, remember, and perform simple movement sequences 	<p><u>Dance</u> Dance The UK – Traditional Dances</p> <p><u>Key Vocabulary</u> Celebration, Sequence, Levels, Tempo, Speed, Rhythm, Creative</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Able to demonstrate star and arch shapes Able to demonstrate folk dance actions Able to demonstrate happy and energetic dynamics Able to use the space to create different formations Able to develop relationships- folk dance moves with a partner
3	<p><u>Invasion Games</u> Invasion – Tag Rugby</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction,</p>	<p><u>Dance</u> Dance Style – Bollywood</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression,</p>	<p><u>Outdoor Adventurous Activities</u> Thinking Aloud (Outdoor Adventure)</p> <p><u>Key Vocabulary</u></p>	<p><u>Net & Wall / Striking and Fielding</u> Striking & Fielding</p> <p><u>Key Vocabulary</u> Accuracy, Striking, Control, Space, Power, Technique,</p>	<p><u>Swimming / Athletics</u></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Pool Safety Rules, Assessment & Group 	<p><u>Gymnastics</u> Gym – Symmetrical Shapes</p> <p><u>Key Vocabulary</u> Symmetry, Identical, Strength, Power, Control, Tension, Counterbalance,</p>

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	<p>Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Play the Ball, W-grip, Hooker, Dummy</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Refine fundamental ball handling skills Develop confidence in using the correct passing technique over different distances Develop confidence in attacking in overload situations Begin to understand positioning and techniques when defending Successfully participate in adapted gameplay 	<p>Fine, Bollywood, Mudras, Gestures, Relationships, Unison, Canon, Illusions, Formation</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Able to express happy dynamics Able to demonstrate physical skill- looking at the hands whilst dancing Able to demonstrate Bollywood technique- 'mudras' and arm gestures Able to demonstrate relationships- unison and canon Able to create an illusion- 1 person with 6 arms 	<p>Trust, Communication, Co-operation, Listening, Problem Solving, Trial and Error, Map, Symbols, Key, Pathways, Routes</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To place trust in teammates To develop problem solving skills To create and recognise some map symbols To develop basic map reading skills Work cooperatively to solve group/ paired challenges 	<p>Direction, Aim, Fielding, Trapping, Direction</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To be able to strike a ball with some accuracy To vary the speed and direction of a ball Perform the basic skills needed for the games with control and consistency Describe what is successful in their own and other's play To develop understanding of distance and power when striking 	<ul style="list-style-type: none"> Safe entry, Movement around pool, Face in blow bubbles, Sit & stand, Safe exit Floating front & back, Move on front to standing, Move on to back to standing Push & Glide front to & away from wall, log roll front to back to standing Push & Glide back to & away from wall, log roll back to front to standing Kick on Front & back with floats & without floats Introduction to big pool, Safe entry, water confidence skills Check floating front & back, Kick front & back with & without floats Water Safety Assessment & results 	<p>Direction, Shape, Enter, Exit, Apparatus, Transition, Fluid</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To build strength through pushing & pulling motions To perform with developing symmetry To use a change of direction in between jumps To copy and add to a shape To find different ways to exit and enter apparatus
4G	Swimming / Athletics	Dance Dance Style – Charleston	Outdoor Adventurous Activities	Gymnastics	Net & Wall / Striking and Fielding	Invasion Games

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	<p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Pool Safety Rules, Assessment & Group • Safe entry, Movement around pool, Face in blow bubbles, Sit & stand, Safe exit • Floating front & back, Move on front to standing, Move on to back to standing • Push & Glide front to & away from wall, log roll front to back to standing • Push & Glide back to & away from wall, log roll back to front to standing • Kick on Front & back with floats & without floats • Introduction to big pool, Safe entry, water confidence skills • Check floating front & back, Kick front & back with & without floats 	<p><u>Key Vocabulary</u></p> <p>Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Flexion, Extension, Footwork, Patterns, Mirroring, Contrasting</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Able to express cheeky and over the top dynamics • Able to demonstrate physical skill-flexed wrists • Able to demonstrate Charleston technique-footwork patterns • Able to demonstrate relationships-mirroring • Able to demonstrate contrasting levels in still positions 	<p>Decisions (Outdoor Adventure)</p> <p><u>Key Vocabulary</u></p> <p>Orienteering, Map Reading, Direction, Points of a Compass, Pathway, Route, Key, Symbols, Communication, Teamwork, Course, Obstacles</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Develop some knowledge of orienteering • To create their own course for a partner to follow • To learn some common map symbols • Choose & apply strategies to meet problems • Use a map to travel around a simple course 	<p>Gym – What’s my Direction?</p> <p><u>Key Vocabulary</u></p> <p>Accelerate, Decelerate, Travel, Movement, Tempo, Transition, Rhythm, Control, Tension, Flow, Sequence, Twist, Turn, Analyse, Strengths, Weaknesses</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To accelerate and decelerate whilst travelling • To develop some knowledge of Rhythmic Gymnastics • Perform a roll using control, body tension and flow • To use equipment within a sequence • Identify well performed skills when watching other groups 	<p>Striking & Fielding</p> <p><u>Key Vocabulary</u></p> <p>Accuracy, Striking, Control, Space, Power, Technique, Direction, Aim, Fielding, Trapping, Direction, Overarm, Teamwork, Back-up, Long Barrier</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Throw an object with varying speed and accuracy • Throw an object or ball overarm • Choose appropriate positioning when fielding • Intercept an object or ball • Work collaboratively in small teams 	<p>Passing and Moving (Invasion – Netball & Basketball)</p> <p><u>Key Vocabulary</u></p> <p>Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To know when to move within a game • To know when to pass during a game • Show an awareness of space and know how to use it in games • To travel using change of direction and speed easily • Describe what happens to their bodies when warming up
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	<ul style="list-style-type: none"> • Water Safety • Assessment & results 					
4S	<p>Dance</p> <p>Dance Style – Charleston</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Flexion, Extension, Footwork, Patterns, Mirroring, Contrasting</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Able to express cheeky and over the top dynamics • Able to demonstrate physical skill-flexed wrists • Able to demonstrate Charleston technique-footwork patterns • Able to demonstrate relationships-mirroring • Able to demonstrate contrasting levels in still positions 	<p>Gymnastics</p> <p>Gym – What’s my Direction?</p> <p><u>Key Vocabulary</u> Accelerate, Decelerate, Travel, Movement, Tempo, Transition, Rhythm, Control, Tension, Flow, Sequence, Twist, Turn, Analyse, Strengths, Weaknesses</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To accelerate and decelerate whilst travelling • To develop some knowledge of Rhythmic Gymnastics • Perform a roll using control, body tension and flow • To use equipment within a sequence • Identify well performed skills when watching other groups 	<p>Swimming / Athletics</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Pool Safety Rules, Assessment & Group • Safe entry, Movement around pool, Face in blow bubbles, Sit & stand, Safe exit • Floating front & back, Move on front to standing, Move on to back to standing • Push & Glide front to & away from wall, log roll front to back to standing • Push & Glide back to & away from wall, log roll back to front to standing • Kick on Front & back with floats & without floats • Introduction to big pool, Safe 	<p>Outdoor Adventurous Activities</p> <p>Decisions (Outdoor Adventure)</p> <p><u>Key Vocabulary</u> Orienteering, Map Reading, Direction, Points of a Compass, Pathway, Route, Key, Symbols, Communication, Teamwork, Course, Obstacles</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Develop some knowledge of orienteering • To create their own course for a partner to follow • To learn some common map symbols • Choose & apply strategies to meet problems • Use a map to travel around a simple course 	<p>Net & Wall / Striking and Fielding</p> <p>Striking & Fielding</p> <p><u>Key Vocabulary</u> Accuracy, Striking, Control, Space, Power, Technique, Direction, Aim, Fielding, Trapping, Direction, Overarm, Teamwork, Back-up, Long Barrier</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Throw an object with varying speed and accuracy • Throw an object or ball overarm • Choose appropriate positioning when fielding • Intercept an object or ball • Work collaboratively in small teams 	<p>Invasion Games</p> <p>Passing and Moving (Invasion – Netball & Basketball)</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To know when to move within a game • To know when to pass during a game • Show an awareness of space and know how to use it in games • To travel using change of direction and speed easily • Describe what happens to their bodies when warming up

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			<p>entry, water confidence skills</p> <ul style="list-style-type: none"> • Check floating front & back, Kick front & back with & without floats • Water Safety • Assessment & results 			
5B	<p>Invasion Games</p> <p>Invasion in a Team (Hockey & Football Skills)</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Win, Lose, Tactics</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop teamwork through communication • To play games competitively • To pass a ball towards a space for a teammate to receive • To apply a range of tactics and strategies for defence and attack 	<p>Gymnastics</p> <p>Gym – Abstract Angles</p> <p><u>Key Vocabulary</u> Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvement</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To perform a headstand • To link movements into a sequence • To perform a handstand • To work effectively as a group • To use various body positions to form different angles 	<p>Dance</p> <p>Dance Style – Rock n’ Roll</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Character, Lift, Trust</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Able to express energetic dynamics • Able to demonstrate physical skill-extension through the limbs • Able to demonstrate Rock n’ Roll technique- hand jive and flicks • Able to demonstrate 	<p>Swimming / Athletics</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Pool Safety Rules, Assessment & Group • Body position, Push & glide front & back, Push, glide & kick front & back • Fc Breathing, Fc Full stroke • Bk Full Stroke using drills e.g. little finger entry, kick from hips • Introduction to Deep water using skills Introduce Fly kick • Swim deep water Front, Introduce Br kick • Swim deep water Back 	<p>Outdoor Adventurous Activities</p> <p>Leadership (Outdoor Adventure)</p> <p><u>Key Vocabulary</u> Orientation, Map Reading, Navigation, Symbols, Key, Pathway, Route, Leadership, Communication, Collaboration, Co-operation, Roles, Code, Respect</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Develop communication through speaking & listening • Work as a group to overcome a challenge • Learn some different ways of tying knots • Take part in competitive 	<p>Net & Wall / Striking and Fielding</p> <p>Exploring, Striking & Fielding</p> <p><u>Key Vocabulary</u> Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To explore the use of space during games • Choose appropriate positioning when fielding • To strike a ball/object using both hands and feet • To retrieve, intercept, and stop a ball when fielding

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	<ul style="list-style-type: none"> To understand how it feels to win and lose 		<p>relationships-contact work</p> <ul style="list-style-type: none"> Able to execute lifts safely and competently 	<p>Introduce Fly full stroke</p> <ul style="list-style-type: none"> Introduce Br Full stroke, Distance swim Front & Back Water Safety Assessment & results 	<p>orienteeing activities</p> <ul style="list-style-type: none"> Plan a short loop course for a partner or group 	<ul style="list-style-type: none"> To develop the range and consistency of their skills
5W	<p>Invasion Games Invasion in a Team (Hockey & Football Skills)</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Win, Lose, Tactics</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To develop teamwork through communication To play games competitively To pass a ball towards a space for a teammate to receive To apply a range of tactics and strategies for defence and attack 	<p>Swimming / Athletics</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Pool Safety Rules, Assessment & Group Body position, Push & glide front & back, Push, glide & kick front & back Fc Breathing, Fc Full stroke Bk Full Stroke using drills e.g. little finger entry, kick from hips Introduction to Deep water using skills Introduce Fly kick Swim deep water Front, Introduce Br kick Swim deep water Back 	<p>Gymnastics Gym – Abstract Angles</p> <p><u>Key Vocabulary</u> Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvement</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To perform a headstand To link movements into a sequence To perform a handstand To work effectively as a group To use various body positions to form different angles 	<p>Dance Dance Style – Rock n’ Roll</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Character, Lift, Trust</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Able to express energetic dynamics Able to demonstrate physical skill-extension through the limbs Able to demonstrate Rock n’ Roll technique- hand jive and flicks Able to demonstrate 	<p>Outdoor Adventurous Activities Leadership (Outdoor Adventure)</p> <p><u>Key Vocabulary</u> Orientation, Map Reading, Navigation, Symbols, Key, Pathway, Route, Leadership, Communication, Collaboration, Co-operation, Roles, Code, Respect</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Develop communication through speaking & listening Work as a group to overcome a challenge Learn some different ways of tying knots Take part in competitive 	<p>Net & Wall / Striking and Fielding Exploring, Striking & Fielding</p> <p><u>Key Vocabulary</u> Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To explore the use of space during games Choose appropriate positioning when fielding To strike a ball/object using both hands and feet To retrieve, intercept, and stop a ball when fielding

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	<ul style="list-style-type: none"> To understand how it feels to win and lose 	<p>Introduce Fly full stroke</p> <ul style="list-style-type: none"> Introduce Br Full stroke, Distance swim Front & Back Water Safety Assessment & results 		<p>relationships-contact work</p> <ul style="list-style-type: none"> Able to execute lifts safely and competently 	<p>orienteeing activities</p> <ul style="list-style-type: none"> Plan a short loop course for a partner or group 	<ul style="list-style-type: none"> To develop the range and consistency of their skills
6	<p>Net & Wall / Striking and Fielding Net Games for Points (Net Games)</p> <p><u>Key Vocabulary</u> Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision, Overarm, Wicketkeeper, Teamwork, Communication</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To field as a collaborative team unit To strike a ball or object 'cleanly' using different equipment To retrieve, intercept, and stop a ball when fielding To strike a ball or object using 	<p>Invasion Games Invasion – Competitive (Netball & Basketball)</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Intercept, Reading the game, Body language, Sportsmanship, Respect</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To further develop knowledge of attacking and defending To know how to intercept a pass To know how to invade as a team To communicate effectively with teammates 	<p>Gymnastics Gym – 'Perfecting' In Which Quadrant?</p> <p><u>Key Vocabulary</u> Balance, Routine, Control, Counter Balance, Body Weight, Support, Extend, Elevate, Points, Momentum, Levels, Symmetrical, Asymmetrical, Flight</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> To review and perfect holding shapes in flight To form asymmetrical body shapes To identify different elements of a gymnastics routine To review some complex gymnastics positions 	<p>Outdoor Adventurous Activities Finding Success (Outdoor Adventure)</p> <p><u>Key Vocabulary</u> Communication, Teamwork, Speaking, Listening, Adopt, Adapt, Challenge, Trial and Error, Problem Solving, Orienteering, Map Reading, Compass, Direction, Route, Pathways, Perseverance</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Develop communication through speaking & listening Work as a group to overcome a challenge Learn some different ways of tying knots Take part in competitive 	<p>Dance Dance Style – Street Dance</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Character, Attitude, Top Rock, Slide, Helicopter, Momentum, Direction, Formation</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Able to express attitude and strong dynamics Able to develop physical skill-strength in upper body Able to demonstrate street dance technique- top rock, slides, helicopter Able to demonstrate 	<p>Swimming / Athletics</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> Pool Safety Rules, Assessment & Group Body position, Push & glide front & back, Push, glide & kick front & back Fc Breathing, Fc Full stroke Bk Full Stroke using drills e.g. little finger entry, kick from hips Introduction to Deep water using skills Introduce Fly kick Swim deep water Front, Introduce Br kick Swim deep water Back

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	<p>both sides of the body</p> <ul style="list-style-type: none"> Recognise their own and other's strengths 	<ul style="list-style-type: none"> To develop sportsmanship 	<ul style="list-style-type: none"> To use gymnastics terminology 	<p>orienteeing activities</p> <ul style="list-style-type: none"> Plan a short loop course for a partner or group 	<p>relationships-confrontation</p> <ul style="list-style-type: none"> Able to explore space- directions and formation 	<p>Introduce Fly full stroke</p> <ul style="list-style-type: none"> Introduce Br Full stroke, Distance swim Front & Back Water Safety Assessment & results
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