Physical Education Long Term Plan 2024/25

Purpose of study:

A high-quality physical education curriculum inspires **ALL** pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The National Curriculum for PE has 4 Main Aims for ALL pupils:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in a range of competitive sports and activities.
- Lead healthy, active lifestyles and are aware on how to do this.

In Key Stage 1….

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination both individually and with others.

Pupils should be able to engage in competitive (including against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including **running, jumping, throwing and catching**, as well as **developing balance, agility and co-ordination**, and begin to **apply these in a range of activities**.
- **Participate** in **team games**, developing simple tactics for **attacking and defending.**
- **Perform dances** using **simple movement patterns**.

In Key Stage 2…

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. Pupils should enjoy communication, 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**.
- **Participate** in **competitive games**, modified where appropriate (for example: badminton, basketball, cricket, football, hockey, netball, rounders, 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 performances with previous ones and demonstrate improvement to achieve their personal best.**

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Swimming and Water Safety:

ALL schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

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, breaststroke)

- Perform safe self-rescue in different water-based situations.

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Year group	Autumn 1	Autumn 2
Year R/1 1. **Wednesday PM 1.15-2.15 (KW Teaching)** 2. **Thursday PM 1.15-2.15 (AK Teaching)**	**Autumn 1 September up until Half Term:** ➢ **Wednesday Lesson:** **Gymnastics Unit- Body Parts** **Gymnastics (Body Parts) Learning Objectives:** 1. The focus of the learning is to apply 'champion gymnastics' to explore movements and balances using the 'big' parts of our bodies on the floor and on apparatus. 2. Explore movements and balances using the 'small' parts of our bodies on the floor and on apparatus 3. Explore movements and balances on the floor and on apparatus, using combinations of the following theme words; 'big' and 'small' with 'narrow,' 'wide' or 'curled.' 4. Explore the different theme words, ('big' and 'small' with 'narrow,' 'wide' or 'curled,) changing the combinations on different apparatus. 5. Explore adding movement combinations together to create mini sequences. 6. Adapt our mini sequences, exploring how we can make them more creative. **Thursday Lesson:** Ball Skills- **Hands** **Ball skills (hands) learning objectives:** 1. The focus of learning is to develop bouncing (dribbling). Pupils will understand why we need to keep the ball away from the defender. 2. Pupils will explore different ways of sending (passing) the ball to their partner. 3. Explore and develop different ways of sending a ball (passing) using our hands. 4. Pupils will learn and understand why we need to be accurate when sending the ball. Pupils will learn why and how we aim when sending a ball. 5. develop different ways of sending a ball using our hands. 6. Pupils will continue to develop their understanding of why we aim when sending a ball. 7. Pupils will learn why we need to send a ball using different force and speeds. 8. Explore different ways of stopping a ball with our hands. 9. develop different ways of stopping a ball with our hands, preventing pupils from passing the ball. 10. Pupils will combine their sending and receiving skills, applying their prior knowledge of where we send a ball and why.	**Autumn 2 After Half Term until Christmas:** ➢ **Wednesday Lesson:** Gymnastics Unit- **Wide, Narrow, Curled** **Gymnastics (Wide, Narrow, Curled) Learning Objectives:** 1. The focus of learning is to apply 'champion gymnastics' to explore movements and balances in a wide way on the floor and on apparatus. 2. Explore movements and balances in a narrow way on the floor and on apparatus. 3. Explore movements and balances in a curled way on the floor and on apparatus. 4. Explore different ways of transitioning between each shape using apparatus. 5. Explore combining wide, narrow and curled movements together. Introduce, 'linking.' 6. Link two movements together. 7. Pupils will explore the concept of 'linking.' **Thursday Lesson:** Ball Skills- **Feet** **Ball skills (feet) learning objectives:** 1. The focus of learning is to recap the different ways of using our feet to move with a ball. 2. Pupils will develop their understanding of the meaning of the word, 'control,' and why it is important to keep the ball close to them. 3. Develop using the inside and outside of their feet to dribble the ball. 4. The focus of learning is to apply dribbling with our feet into games. 5. Pupils will apply their dribbling technique, keeping the ball away from their opponents. 6. Pupils will develop their dribbling technique keeping the ball away from their opponents and begin to understand the consequences of what happens if they do not dribble into space, keeping the ball close to them. 7. Pupils will work with a partner and begin to understand how to kick a ball towards a target. 8. Pupils will begin to understand why we need to be accurate when kicking (passing) a ball. 9. Pupils will develop their understanding of why we need to be accurate when kicking (passing) a ball. 10. Pupils will be able to collaborate and work together in a team.

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	11. Pupils to use their prior knowledge to combine their sending and receiving skills to keep possession of the ball.	
Year 2 **1. Wednesday 2.15-3.15 (AK Teaching)** **2. Thursday 2.15-3.15 (AK Teaching)**	**Autumn 1 September up until Half Term:** ➢ **Wednesday Lesson:** Gymnastics Unit- **Pathways** **Gymnastics (pathways) learning objectives:** 1. The focus of the learning is to apply 'champion gymnastics' exploring different pathways (zigzag/curved), creating movements that children can link together and can be transferred onto apparatus. 2. Children can transfer this knowledge into creating their own sequence and routine. 3. The focus of the learning is for pupils to perform their completed sequences. This is an opportunity for teacher assessment and pupils to experience performing their work **Thursday Lesson:** Ball Skills- **Hands** **Ball skills (hands) learning objectives:** 1. The focus of learning is to develop dribbling in order to keep control and possession of the ball. 2. Develop passing and receiving in order to keep possession of the ball. 3. Combine dribbling, passing and receiving in order to keep possession of the ball. 4. Develop dribbling in order to keep possession and score a point. 5. Develop passing and receiving in order to keep possession and score a point. 6. Combine dribbling, passing and receiving in order to keep possession and score a point.	**Autumn 2 After Half Term until Christmas:** ➢ **Wednesday Lesson:** Gymnastics Unit- **Linking** **Gymnastics (linking) learning objectives:** The focus of the learning is to apply 'champion gymnastics' to explore different movements that pupils can link together. 1. Develop the different movements that pupils can link together on apparatus. 2. Explore different ways pupils can perform the sequence. Jump, Roll, Balance. 3. Develop the different ways pupils can perform a sequence on apparatus, jump, roll and balance. 4. Create their own sequences. 5. The focus of the learning is for pupils to perform their completed sequences. **Thursday Lesson:** Ball Skills- **Feet** **Ball skills (feet) learning objectives:** 1. The focus of learning is to develop dribbling using our feet in order to keep control and possession of the ball. 2. Develop passing and receiving using our feet in order to keep possession of the ball. 3. Combine dribbling, passing and receiving using our feet in order to keep possession of the ball. 4. Develop dribbling using our feet in order to keep possession and score a point. 5. Combine dribbling, passing and receiving using our feet, in order to keep possession and score a point. 6. Apply their knowledge and understanding of dribbling, passing and receiving in order to keep possession as a team and score a point.
Year 3 and 4 **1. Mondays 2.15-3.15- (Miss Jackson and VL)** **2. Tuesdays 1.15-2.15- (Miss Jackson and VL)**	**Autumn 1 September up until Half Term:** Invasion Game Units ➢ **Monday Lesson: Tag Rugby Unit** **Tag rugby learning objectives:** The focus of learning is to develop passing and moving to create space to beat an opponent and score a try. 1. Extend pupils' understanding and knowledge of passing and moving applying this into 3v3 mini games. 2. Develop tagging and to explore different ways the defending team can prevent the attackers from scoring.	**Autumn 2 After Half Term until Christmas:** Dance and Invasion Games ➢ **Monday Lesson**: **Dance Unit focusing on Weather** **Dance learning objectives:** The focus of the learning is to respond to different stimuli being able to add drama and emotion to the dance. 1. Continue to respond to different stimuli being able to add drama and emotion to the dance. 2. Build on the thematic work in a different context creating motifs.

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	3. Apply their understanding and knowledge from suggested sequence of learning part 3 into mini games. 4. Combine passing and moving to develop ways of creating space to beat an opponent to score a try. 5. Bring together the suggested sequence of learning into a level 1 tournament. **Tuesday Lesson: Netball Unit** **Netball learning objectives:** The focus of the learning is to see how effectively pupils can apply their passing and moving skills to keep possession, developing this concept into a mini game situation. 1. Develop passing and creating space building up into mini games, where pupils explore the transition between attack and defence, working out simple tactics for creating space and keeping possession. 2. Ensure pupils understand not just how we shoot but also where to shoot from (court position) and why? 3. Pupils should be able to use their prior learning of passing and moving, to move the ball up the court, creating an attack that results in a shooting opportunity. 4. develop pupil's understanding of the footwork rule and how they can be more effective with their feet to increase the speed and fluidity of their movements. 5. Pupils should be able to use their prior learning of passing and moving, to move the ball up the court, creating an attack that results in a shooting opportunity. 6. Bring together the suggested sequence of learning into a level 1 tournament.	3. Execute a wider variety of movements in extended sequences, with a partner. 4. Extend pupils' dance skills by using more than one theme to create movements and actions forming longer sequences. 5. Pupils will create a performance which will include; stage presence, timing, rhythm and sustaining character. **Tuesday Lesson: Handball, Alternative Sports (Invasion Games)** **Handball learning objectives:** 1. The focus of the learning is to introduce passing and receiving in order to keep possession of the ball. 2. Concentrate on the attacking players, keeping possession. 3. Pupils will develop an understanding of how to win the ball back (defending), at a later stage but questions to provoke thinking are appropriate. 4. Using passing and moving skills (creating space) to keep possession, developing this concept into mini game situations. 5. Develop passing and moving, building up into mini games where pupils explore the transition between attack and defence. 6. The focus of the learning is to combine passing and moving to score points against another team. 7. Pupils should be able to use their prior learning of passing and moving to move the ball up the court to create an attack. 8. Introduce pupils to shooting. Pupils will learn where they shoot from and why. 9. Pupils should be able to use their prior learning of passing, moving and creating space, to move the ball up the court, creating an attack that results in a shot at goal using the correct technique. 10. Bring together the suggested sequence of learning into a level 1 tournament.
Year 5/6 1. **Mondays 1.15-2.15-(Miss Jackson, Miss D and KH)** 2. **Tuesdays 2.15-3.15-(Miss Jackson, Miss D, KH)**	**Autumn 1 September up until Half Term** Invasion Games units ➢ **Monday Lesson: Tag Rugby Unit** **Tag rugby learning objectives:** 1. The focus of the learning is to consolidate pupils' ability to use passing and moving to create attacking opportunities to score a try. 2. Consolidate defending. Pupils will refine their knowledge of tagging and defensive formations, which can be used to prevent an attack. 3. Pupils will develop their understanding of why it is important to reduce the space and	**Autumn 2 After Half Term until Christmas:** Dance and Invasion Games ➢ **Monday Lesson: Dance unit focusing on the unit of Greeks** **Dance learning objectives:** 1. The focus of the learning is to use expressive vocabulary to enhance movement quality and dynamics during dance. 2. Pupils will learn to interpret and respond to music creating dances using compositional principles. 3. Work with a partner and continue to use expressive vocabulary to enhance movement quality and dynamics.

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apply pressure to the attackers to prevent scoring opportunities.
4. Consolidate the pupils understanding of attacking tactics, applying them into game situations.
5. Pupils should be able to apply their prior learning of passing and moving, to create an attack that results in a try.
6. Consolidate the pupils' understanding of defensive tactics, applying them into game situations.
7. Pupils should be able to apply their prior learning of defending to prevent attacking opportunities.
8. Consolidate attacking and defending in games of tag rugby.
9. Bring together the suggested sequence of learning into a level 1 tournament.

- **Tuesday Lesson**: **Netball Unit**

Netball learning objectives:

1. The focus of the learning is to consolidate pupils' ability to use passing and moving skills to keep possession and score.
2. Consolidate pupils understanding of the rules of the game and how they can apply this knowledge to play in mini games.
3. Pupils should be able to use their prior learning of passing and moving, to move the ball up the court, creating an attack that results in a shot.
4. The focus of the learning is to ensure pupils fully understand that we are defending as soon as we lose possession of the ball.
5. Consolidate pupils understanding of attacking and defending tactics applying them to Stinger netball games.
6. Consolidate the use of other passing styles.
7. Pupil will demonstrate where and why other passing styles will be effective.
8. Bring together the suggested sequence of learning into a level 1 tournament.

4. Pupils will continue to learn to interpret and respond to music, creating dances using compositional principles.
5. The focus of the learning is to create movement in pairs using improvisation, to select and choreograph ideas into a sequence.
6. Pupils will be able to use their bodies to perform technical movements with control and balance and good dynamics.
7. Extend dance skills by using more complex interacting movements and actions and incorporate apparatus.
8. Pupils will sustain their characters to add drama and emotion to their dance.
9. Experience dancing in an opening ceremony.
10. Pupils will create a performance which will include stage presence, timing, rhythm and sustaining character.
11. Complete the experience of dancing in an opening ceremony.
12. Pupils will create a performance which will include stage presence, timing, rhythm and sustaining character.

- **Tuesday Lesson: Basketball unit (Invasion Games)**

Basketball learning objective:

1. The focus of the learning is to refine dribbling and passing skills, combining these skills together to create an attack that results in a shooting opportunity.
2. Develop pupils' knowledge and understanding of defending, (marking) and how this is applied during a game to prevent attacking opportunities.
3. Pupils will build upon their prior learning of marking to create and apply basic defensive tactics.
4. Pupils will learn terminology relating to defending.
5. Develop shooting, applying this into game situations.
6. Pupils will develop their shooting technique when pressure is applied.
7. Pupils will develop their understanding of where, when and why we shoot.
8. Pupils will apply prior learning of passing and dribbling to create an attack that results in a successful shooting opportunity.
9. Pupils should have a clear understanding of when, where and why they apply these skills during a game.
10. Pupils should be able to use their prior learning of passing and dribbling to move the

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		ball up the court, creating an attack that results in a successful shooting opportunity. 11. Pupils will begin to develop an understanding of the rules of basketball and will start to take responsibility for officiating their own games. 12. Pupils will refine their defending (marking) skills applying defensive tactics during a game to prevent attacking opportunities. 13. Pupils will develop an understanding that once they regain possession of the ball they become attackers. Pupils should then be able to apply prior learning of passing, dribbling and moving to create an attack that results in a successful shooting opportunity.
Afterschool Club *(These may alter to fit in with tournaments that are happening at the time)*	**KS2: Monday**- Dodgeball, Miss Jackson ▪ Dodgeball Competition- October 2024 at Kingstone Year 5/6 children targeted. **KS2: Tuesday**- Alternative sports: Archery, Goalball, Kurling- Miss Jackson **KS2: Tuesday:** Basketball **KS2: Wednesday**: Martial Arts	**KS1: Thursday** Multiskills- indoor/outdoor **KS1 and 2: Thursday**, Ballet **KS1 and 2: Friday**, Yoga

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Year group	Spring 1	Spring 2
Year R/1 **1. Wednesday PM 1.15-2.15 (KW Teaching)** **2.Thursday PM 1.15-2.15 (AK Teaching)**	**Spring 1 January until Half Term:** **Wednesday Lesson:** **Dance Unit: Ourselves** **Dance learning objectives:** The focus of learning is to explore different movements using different parts of the body. 1. Explore larger scale travelling movements. 2. Respond to words and music using their bodies and props. 3. Create their own movement ideas relating to specific words. 4. Explore different movements using qualities of movement. 5. Pupils will learn the meaning of opposites. 6. Explore movements such as creeping, tiptoeing and hiding. **Thursday Lesson:** **Attack vs Defence Unit - Games for Understanding** **Games for understanding learning objectives:** 1. The focus of the learning is to understand the basic principles of attack. 2. Pupils will learn what 'attacking' means and why we attack during a game. 3. Apply simple attacking principles into a game situation. 4. understand the basic principles of defence. 5. Pupils will learn what 'defending' means and why we defend during a game. 6. Pupils will understand why we need to prevent the attackers from scoring. 7. Apply simple defending principles into a game situation. 8. Consolidate pupils' knowledge of how, where and why to attack in a game. 9. Consolidate pupils' knowledge of how, where and why to defend in a game.	**Spring 2 After Half Term until Easter:** **Wednesday Lesson:** **Health and Wellbeing Unit** **Health and wellbeing learning objectives:** The focus of the learning is to introduce agility. 1. Pupils will understand what agility means and explore ways of being more 'agile' when moving. 2. Pupils will understand why we need to be agile when playing sport. 3. Explore ways of being balanced and to understand why we need to be balanced when playing sport. 4. Introduce coordination (hand eye coordination). 5. Pupils will understand what hand eye coordination means and will start to develop their throwing, bouncing and rolling skills to refining their hand eye coordination skills. 6. Pupils will understand why we need to have good hand eye coordination when playing sport. 7. Understand the importance of being 'agile'. 8. Pupils will perform a circuit to develop their application and understanding of agility. 9. Understand the importance of being balanced. 10. Pupils will perform a circuit to develop their application and understanding of balance. 11. Understand the importance of being coordinated. 12. Pupils will perform a circuit to develop their application and understanding of coordination. **Thursday Lesson:** **Team Building Unit** **Team building learning objectives:** The focus of the learning is to introduce teamwork. 1. Pupils will understand why it is important to include everyone when working as a team and how it feels to be left out. 2. Pupils will start to learn and understand what makes an effective team. 3. Develop the skills required to make an effective team. 4. Pupils will start to develop their communication skills, enabling them to create simple strategies to complete a challenge. 5. Understand why it is important to trust our partner (team) if we are going to be successful.

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		6. Pupils will develop their communication skills to enable them to successfully complete a challenge. 7. Continue to develop our cooperation and communication skills to help us successfully complete a challenge as a team. 8. Explore simple strategies as a team. 9. Explore simple strategies as a team to help us solve a problem.
Year 2 **1.Wednesday 2.15-3.15 (AK Teaching)** **2.Thursday 2.15-3.15 (AK Teaching)**	**Spring 1 January until Half Term:** **Wednesday Lesson:** **Dance Unit: Water** **Dance learning objectives:** The focus of the learning is to explore and respond to a stimuli through structured tasks. 1. Initiate whole group movement and to understand how to work safely in the dance space, responding to music through movement. 2. Use improvisation to explore various dynamics and movement qualities. 3. Pupils will use descriptive language to discuss these various movement qualities 4. Use our whole body to create sequences of movement. 5. Pupils will perform individual movement sequence as part of a larger group performance. 6. Explore and respond to music as a stimulus. 7. Pupils will use improvised movement to explore various changing sound dynamics. 8. Use basic actions as an individual and in sequence. **Thursday Lesson:** **Attack vs Defence Unit- Games for Understanding** **Games for understanding learning objectives:** The focus of the learning is to create and understand simple attacking principles, applying them as a team into a game. 1. Pupils will develop their understanding of what 'attacking' means and when and why we attack as a team during a game. 2. Create and understand simple defending principles, applying them as a team into a game. 3. Pupils will develop their understanding of what 'defending' means and when and why we defend as a team during a game. 4. understand the transition from defence into attack. 5. Pupils will learn that during a game their role will change (from defence to attack)	**Spring 2 After Half Term until Easter:** **Wednesday Lesson:** **Health and Wellbeing Unit** **Health and wellbeing learning objectives:** The focus of the learning is to consolidate our understanding of agility and when this is applied during sport. 1. Pupils will develop different ways of moving at speed and will understand the consequences of not being agile. 2. Develop ways of balancing on apparatus. 3. Pupils will explore different ways of balancing with a partner and understand which sports require more than one person to balance together to be successful. 4. Introduce coordination (feet eye coordination). 5. Pupils will understand what feet eye coordination means and will start to develop their kicking and dribbling skills to develop their feet eye coordination skills. 6. Pupils will understand why we need to have good feet eye coordination when playing sport. 7. Understand the importance of being, 'agile'. 8. Pupils will perform a circuit to develop their application and understanding of agility. 9. Pupils will perform the circuit with a partner and understand how motivation can help enhance their performance. 10. Understand the importance of being balanced. Pupils will perform a circuit to develop their application and understanding of balance. 11. Pupils will perform the circuit with a partner and understand how motivation can help enhance their performance. 12. Understand the importance of being coordinated. Pupils will perform a circuit to develop their application and understanding of coordination. 13. Pupils will perform the circuit with a partner and understand how motivation can help enhance their performance **Thursday Lesson:**

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	and that they need to keep adapting their role to meet the needs of the game. 6. Pupils will develop their understanding of how their role changes from defence to attack. 7. Create and understand simple attacking tactics applying them as a team into a game. 8. Pupils will refine their understanding of what 'attacking' means and when, where and why we attack as a team during a game. 9. Create and understand simple defensive tactics applying them as a team into a game. 10. Pupils will refine their understanding of what 'defending' means and when, where and why we defend as a team during a game. 11. Apply pupils' knowledge and understanding of attacking and defending, into mini games (level 1 competition). 12. Pupils will create simple attacking and defensive tactics (continuing to understand the transition from defence to attack) applying them as a team into a game.	**Ball Skills Unit: Rackets, Bats and Balls** **Rackets, bats and balls learning objectives:** The focus of the learning is for pupils to apply their learning and understanding of hitting a ball with a racket from year 1. 1. Pupils will be challenged to work with a partner and then against their partner as they become opponents. 2. Continue to apply their developing accuracy skills when hitting a ball in a variety of competitive situations. 3. Pupils will also need to start to consider the application of power as they attempt to hit targets that are of varying distances away. 4. Apply their hitting (hitting (striking)) skills as they experience a different type of game. 5. Pupils will also need to start to consider the application of power and their developing tactical thinking skills to eventually beat an opponent. 6. Begin to understand how they can use their hitting (striking) skills to send the ball to space in order to win a game. 7. Pupils will begin to understand why in certain games, hitting into space is essential in order to score points against the opposing team. 8. Develop their understanding of how they can use their hitting (striking) skills to send the ball to space in order to win a game. 9. Pupils will develop this understanding of why, in certain games, hitting into space is essential in order to score points against the opposing team. 10. refine their understanding of how they can use their hitting (striking) skills to send the ball to space in order to win a game. 11. Pupils will refine this understanding of why in certain games, hitting into space is essential in order to score points against the opposing team.
Year 3 and 4 **1.Mondays 2.15-3.15- (Miss Jackson and VL)** **2.Tuesdays 1.15-2.15- (Miss Jackson and VL)**	**Spring 1 January until Half Term:** **Monday Lesson:** **Gymnastics Unit: Level and Direction** **Gymnastics (level and direction) learning objectives:** The focus of the learning is to apply 'excellent gymnastics' when exploring sequenced movements with a change in level. 1. Pupils will explore creating sequences on the floor using a range of movements that flow and incorporate a change in level. 2. Pupils will then apply unison and canon to their performances to challenge their creativity.	**Spring 2 After Half Term until Easter:** **Monday Lesson:** **Tennis Unit** **Tennis Learning objectives:** The focus of the learning is to develop our understanding of how we can win a game of tennis. 1. Develop racket control. 2. Pupils will learn how to use their racket to direct the ball towards a space to win a point 3. Introduce the backhand shot. 4. Pupils will understand when and where to play the backhand shot.

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3. Develop sequences that include a change of level on apparatus.
4. Pupils will develop an understanding of how the apparatus can be used to aid their creativity and challenge their thinking around a change of level.
5. Apply 'excellent gymnastics' when exploring sequenced movements with a change in direction.
6. Pupils will explore creating sequences on the floor using a range of movements that flow and incorporate a change in direction.
7. Pupils will then apply unison and canon to their performances to challenge their creativity.
8. Develop sequences that include a change of direction on apparatus.
9. Pupils will develop an understanding of how the apparatus can be used to aid their creativity and challenge their thinking around changing direction.
10. Develop pupils' ability to work together in groups to create sequences with a set criteria of elements that must be included.
11. Pupils will continue to develop an understanding of how the apparatus can be used to aid their creativity and challenge their thinking around changes in level and direction.
12. Pupils to complete and perform their sequences in groups.
13. Pupils will continue to work in small groups to create their sequences, combining both changes in level and direction, with balances and using a range of apparatus.

Tuesday Lesson:

Communication and Tactics/Problem Solving Unit

Communication and tactics/problem solving learning objectives:

The focus of the learning is to look at what makes an effective team with the focus being on creating tactics as a team.

1. Pupils will learn why they need to work as a team to create simple tactics.
2. The focus of the learning is to look at what makes an effective team leader.
3. Pupils will develop the qualities required to lead a team effectively.
   Look at what makes an effective team with the focus on collaboration and communication.
4. Pupils will learn why we need to communicate within our team whilst
5. Develop the use of forehand and backhand shots applying these in game situations.
6. Pupils will make decisions as to when to apply either a forehand or backhand shot.
7. Develop pupil's ability to use a racket by considering tactical play (creating space) to win a point.
8. Bring together the suggested sequence of learning into a level 1 tournament.
9. Pupils will recap the forehand.

Tuesday Lesson:

Golf Unit, Alternative Sport

Golf learning objectives:

The focus of the learning is to introduce pupils to striking with a Launcher (Wedge).

1. Pupils will learn that when we strike a ball with a Launcher (wedge), the ball will travel in the air over a longer distance than a Roller (Putter).
2. Pupils will then start to apply their understanding of striking the ball accurately to beat an opponent.
3. Develop pupils' ability to strike a ball using a Launcher (wedge).
4. Pupils will be challenged to increase the power they apply to their shots and begin to understand why we need to be able to hit the ball with increased power.
5. Pupils will begin to understand how the Launcher helps to lift the ball off the ground and understand why this is important.
6. Develop pupils' understanding of striking the ball as far as possible.
7. Using the Launchers (wedges), pupils will be challenged to strike the ball as far as possible, understanding why we need to be able to hit the ball further and how to apply more power to their shots.
8. Pupils will compete in pairs to see who can strike the ball over a longer distance to score points.
9. Pupils to combine their skills of using Launchers and Rollers.
10. Pupils will apply this learning through a range of different tasks working individually and with a partner.
11. Pupils will understand when to use a Launcher and when to use a Roller and why this is important.
12. Pupils to continue to combine their skills of using Launchers and Rollers and apply their skills and understanding by completing a mini golf course.
13. Pupils will apply this understanding playing against an opponent.

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	developing different ways of communicating. 5. develop pupils' communication and collaborating within their team. 6. Pupils will learn how to solve problems by collaborating and communicating within their team. Pupils will understand why we need to communicate clearly with other team members to be successful. 7. develop the skills required to make an effective team. 8. The class will focus on collaboration and communication, enabling them to create simple tactics. 9. consolidate the skills required to make an effective team. 10. The class will focus on collaboration and communication, enabling them to create simple attacking and defending tactics.	14. Pupils to work together in a pair (team) and to combine their skills of using Launchers and Rollers to beat an opponent. 15. Pupils will make effective decisions in their pairs as they choose which ball to use and understand why this is important.
Year 5 and 6 **1.Mondays 1.15-2.15- (Miss Jackson, Miss D and KH)** **2.Tuesdays 2.15-3.15- (Miss Jackson, Miss D, KH)**	**Spring 1 January until Half Term** **Monday Lesson:** **Gymnastics Unit, Flight** **Gymnastics (flight) learning objectives:** The focus of the learning is to apply 'excellent gymnastics' when exploring jumps to generate flight. 1. Pupils will explore a variety of jumps and start to use their jumping skills to create sequences of movement on the floor. 2. Pupils will know how to take off and land safely when jumping. 3. Develop an understanding of jumping while applying 'excellent gymnastics'. 4. Pupils will develop their application of jumping effectively and start to include turns in their jumps to create a moment of flight. 5. Pupils will use their jumping ideas to create sequences that now include turning jumps. 6. Consolidate an understanding of jumping while applying 'excellent gymnastics'. 7. Pupils will continue to develop their application of jumping effectively by utilising the apparatus to create moments of flight. 8. Pupils will use their jumping ideas to create sequences that will include jumps from height 9. Consolidate an understanding of using jumps on the apparatus to form sequences in canon and unison. 10. Pupils will develop an understanding of how the apparatus can be used to aid their creativity and challenge their thinking.	**Spring 2 After Half Term until Easter:** **Monday Lesson:** **Tennis Unit** **Tennis learning objectives:** The focus of the learning is to develop our understanding of how we can win a game of doubles tennis. 1. Develop pupils ability to think tactically about which shot to play, during a game. 2. Pupils will develop their understanding of when, where and why they are selecting to play that shot to win a point. 3. Refine pupils ability to think tactically in game, considering which shot to play. 4. Pupils will refine their understanding of when, where and why they are selecting to play that shot to win a point. 5. Pupils organise, umpire and manage round robin games. 6. continue to refine pupils ability to think tactically about which shot to play, during a game. 7. Pupils will continue to refine their understanding of when, where and why they are playing a shot to win a point. 8. Pupils organise, umpire and manage round robin games with HA pupils acting as coaches providing constructive feedback to their partners. 9. Consolidate game play considering when, where and why pupils are playing a shot to win a point. 10. Pupils will work in mixed abilities with both HA and LA pupils acting as coaches providing constructive feedback to each other.

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	11. Refine an understanding of using jumps on the apparatus to form sequences in canon and unison that include a change of level and direction. 12. Pupils will consolidate their understanding of how the apparatus can be used to aid their creativity and challenge their thinking. 13. Pupils to complete and perform their sequences in groups. 14. Pupils will continue to work in small groups to create their sequences, combining a variety of jumps performed on apparatus with changes in level, direction, canon and unison all incorporated into the sequence. Groups will include balances in their sequences to complete their creation. **Tuesday Lesson:** **Communication and Tactics Unit focusing on Leadership** **Communication and tactics learning objectives:** The focus of the learning is to look at what makes an effective team with the focus being on creating tactics as a team. 1. Pupils will learn why they need to work as a team to create simple tactics. 2. Look at what makes an effective team leader. 3. Pupils will develop the qualities required to lead a team effectively. 4. Look at what makes an effective team with the focus on collaboration and communication. 5. Pupils will learn why we need to communicate within our team whilst developing different ways of communicating. 6. Develop pupils' communication and collaborating within their team. 7. Pupils will learn how to solve problems by collaborating and communicating within their team. Pupils will understand why we need to communicate clearly with other team members to be successful. 8. Develop the skills required to make an effective team. 9. The class will focus on collaboration and communication, enabling them to create simple tactics. 10. Consolidate the skills required to make an effective team. 11. The class will focus on collaboration and communication, enabling them to create simple attacking and defending tactics.	11. Bring together the suggested sequence of learning into a level 1 tournament. **Tuesday Lesson:** **Lacrosse Unit, Alternative Sport**

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Afterschool Club *(These may alter to fit in with tournaments that are happening at the time)*	**Netball KS2** (Mondays) **KS2: Alternative Sports** (Tuesdays) Golf and Lacrosse	KS1: Racket sports ? Gymnastics

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Year group	Summer 1	Summer 2
Year R/1 **1. Wednesday PM 1.15-2.15 (KW Teaching)** **2.Thursday PM 1.15-2.15 (AK Teaching)**	**Summer 1 After Easter until May Half Term** **Wednesday Lesson:** **Ball Skills Unit: Rackets and Balls** **Rackets and balls learning objectives:** The focus of the learning is for pupils to explore using a racket and a ball together. 1. Pupils will explore moving the ball using the racket, beginning an understanding of how and why we keep the ball close and controlled. 2. Pupils to develop their ability to keep a ball controlled using a racket and to apply this understanding. 3. Pupils will continue to develop an understanding of why moving a ball into a space is so important. 4. Pupils to continue to develop their ability to keep a ball controlled using a racket. 5. Pupils will continue to apply their understanding of why moving a ball into a space is so important to evade defenders 6. Pupils to explore hitting (pushing) a ball using a racket accurately. 7. Pupils will begin to understand why we need to aim at a target when hitting (pushing) the ball. 8. Pupils to develop hitting (pushing) a ball using a racket accurately. 9. Pupils will develop their understanding of the importance of being accurate as they apply their skills. 10. Pupils to continue to develop their ability to hit (push) a ball using a racket accurately. 11. Pupils will apply their understanding of accuracy in a variety of games. **Thursday Lesson:** **Locomotion Unit: Jumping** **Locomotion (jumping) learning objectives:** The focus of learning is to recap jumping, in different directions, at different speeds and different levels. 1. Pupils will begin to understand the different reasons when, where and why we jump in different ways. 2. Pupils to begin to develop their understanding of how to jump efficiently. 3. Pupils will recap how we jump applying the most effective technique using our head, arms and feet. 4. Explore how jumping affects our bodies. 5. Pupils will apply their jumping skills during a circuit. 6. Explore skipping.	**Summer 2 After Half Term until End of Term** **Wednesday Lesson:** **Learning through Play Unit: Playing Games** **Learning through play learning objectives:** The focus of the learning is for pupils to understand why we need to listen to the instructions when playing a game. 1. Pupils will understand why we need to follow the instructions (rules) of a game and begin to understand what the consequences are if we do not follow the instructions. 2. Pupils to understand why we need to keep track of the score when playing a game. 3. Pupils will understand why we need to be accurate when counting the score and understand that the more points we can score, the greater our chances of winning a game. 4. Pupils to understand why we need to take turns when playing games. 5. Pupils will learn to cooperate and play fairly when playing in small groups with others. 6. Pupils to understand that competition can involve playing against themselves or others. 7. Pupils will challenge themselves to be the best that they can be. 8. Pupils will keep track of their own scores and be resilient, finding ways to improve them. 9. Pupils to understand that competition can involve playing against themselves or others. 10. Pupils will begin to understand the concept of winning and losing, building resilience. 11. Pupils will apply their developing understanding of taking turns. 12. Pupils to play competitive games against other pupils. 13. Pupils will understand how to keep track of their scores and beat their personal best. 14. Pupils will learn how to play fairly and listen to instructions. **Thursday Lesson:** **Locomotion Unit: Running** **Locomotion (running) learning objectives:** The focus of learning is to explore running. 1. Pupils will explore running using different body parts and different techniques and begin to understand how to run efficiently. 2. Pupils to develop their running technique applying it into a game.

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	7. Apply our understanding of jumping and skipping into a game. 8. Bring together the suggested sequence of learning into a level 1 tournament. 9. Pupils will apply their knowledge of jumping into competitions.	**3.** Pupils will develop their understanding of where we need to run and why. 4. Apply pupils knowledge of how to run and where to run, while exploring running at different speeds. 5. Apply the correct technique of running as fast as we can in a racing context. 6. Apply pupils understanding and application of running over a longer duration and as part of a team. 7. Apply their understanding of running, applying it into a competitive game. 8. During this suggested sequence of learning pupils will begin to understand the basic principles of attack and defence. 9. Pupils will start to develop their understanding of what the consequences could be in a game if we do not run and avoid the defender.
Year 2 **1.Wednesday 2.15-3.15 (AK Teaching)** **2.Thursday 2.15-3.15 (AK Teaching)**	**Summer 1 After Easter until May Half Term** **Wednesday Lesson:** **Locomotion Unit: Dodging** **Locomotion (dodging) learning objectives:** The focus of the learning is to explore dodging and learn how to dodge effectively. 1. Develop pupils' dodging technique applying this into games. 2. Pupils will develop an understanding of why it is important in to dodge in games. 3. Apply pupils' knowledge of how, where and why to dodge, into game situations. 4. Pupils will learn the importance of dodging when we are attacking and start to understand when we attack and when we defend. 5. Apply pupils' knowledge of how, where and why to dodge in game situations working as a team 6. Consolidate pupils' knowledge of how, where and why to dodge in game situations, working in teams. 7. Apply pupils' knowledge of how where and why to dodge, into a level 1 competition. **Thursday Lesson:** **Locomotion Unit: Jumping** **Locomotion (jumping) learning objectives:** The focus of the learning is to consolidate pupils jumping and to apply an effective jumping technique in a variety of games. 1. Pupils will understand how to apply the correct technique for jumping, skipping and hopping in games.	**Summer 2 After Half Term until End of Term** **Wednesday Lesson:** **Team building Unit** **Team building learning objectives:** The focus of the learning is to introduce teamwork. 1. Pupils will understand why it is important to include everyone when working as a team and how it feels to be left out. 2. Pupils will start to learn and understand what makes an effective team. 3. Develop the skills required to make an effective team. 4. Pupils will start to develop their communication skills, enabling them to create simple strategies to complete a challenge. 5. Understand why it is important to trust our partner (team) if we are going to be successful. 6. Pupils will develop their communication skills to enable them to successfully complete a challenge. 7. Continue to develop our cooperation and communication skills to help us successfully complete a challenge as a team. 8. Explore simple strategies as a team. 9. Explore simple strategies as a team to help us solve a problem. **Thursday Lesson:** **Learning through Play Unit: Creating Games** **Learning through play learning objectives:** 1. Pupils will use their imagination to create games when playing on their own and with a partner.

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	2. Consolidate pupils knowledge of how, where and why we jump in a game. 3. Apply pupils' knowledge of how to jump and how to jump in combination, into their own ideas for linking jumps. 4. Develop pupils' application of jumping. 5. Pupils will explore jumping using different combinations, jumping for distance and speeds. 6. Develop pupils' application of linking jumps together. 7. Pupils will develop jumping using different combinations, jumping for distance. 8. Bring together the suggested sequence of learning into a level 1 tournament. 9. Pupils will apply their knowledge of jumping into competitions.	2. Pupils will learn how to collaborate when creating games, by taking turns to listen and share their ideas with a partner. 3. Pupils to work together in groups and teams to create and play games. 4. Pupils will develop an understanding of how to play by the rules and how to cooperate with others, as well as winning, losing and drawing when we play competitive games. 5. Pupils to understand their roles and responsibilities when playing games. 6. Pupils will develop an understanding of the different roles and responsibilities we have when attacking and defending in a game and why it is so important to fulfil our role to their best of our ability. 7. Pupils to begin to understand the role of a referee in a game. 8. Pupils will explore the role and begin to understand why a referee must manage the game fairly, enforcing all of the rules in the game to keep the game safe and fair. 9. Pupils to learn how to organise and play games with a referee. 10. Pupils will develop their understanding of how to manage the games that they play, promoting fair play, sportsmanship, and responsibility. 11. pupils to create simple tactics to win a game. 12. Pupils will understand the different attacking and defensive roles within the game and find ways of working together to be successful.
Year 3 and 4 **1.Mondays 2.15-3.15-(Miss Jackson and VL)** **2.Tuesdays 1.15-2.15-(Miss Jackson and VL)**	**Summer 1 After Easter until May Half Term** **Monday Lesson:** **Athletics Unit: Running/Hurdles/Jumping** **Running Learning Objectives:** The focus of the learning is to explore how we can use our bodies to make us run as fast as possible. 1. Pupils will learn the correct technique used for sprinting. 2. Pupils will continue to learn and apply the correct sprinting technique. 3. Apply pupils' understanding and application of running for speed, into running as part of a team. 4. Continue to apply pupils' understanding of running for speed into running as part of a team. 5. Explore pacing and running for distance. 6. Pupils will learn the correct technique to use when running for distance. 7. Continue to explore pacing and running for distance.	**Summer 2 After Half Term until End of Term** **Monday Lesson:** **Rounders Unit (Striking and Fielding)** **Rounders Learning Objectives:** The focus of learning is to develop the concept of batting and fielding to ensure that pupils have a clear understanding of each role. 1. Develop fielding skills. 2. Pupils will learn about the roles of the bowler and the back stop and what their purpose is within the game. 3. Introduce batting. 4. Pupils will learn how to hit the ball, where and why. 5. Develop batting skills and think about where we should hit the ball and why. 6. Develop an understanding of basic tactics used when fielding. 7. Pupils will develop their fielding skills and understand where fielders can position

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	Tuesday Lesson: **Athletics Unit: Throwing and Jumping** **Throwing and Jumping Learning Objectives:** The focus of the learning is to explore the differences between throwing for accuracy and throwing for distance. 1. Develop pupils' understanding of throwing for distance. 2. Pupils will learn how to throw a primary school javelin and how they can use their bodies to throw with greater distance. 3. Develop pupils' understanding of throwing for distance. 4. Pupils will learn how to throw a primary school shot put and how they can use their bodies to throw with greater distance. 5. Pupils will learn how to throw a primary school discus and how they can use their bodies to throw with greater distance. 6. Explore how we can use our bodies to jump as far as possible in one jump. 7. Explore how we can use our bodies to jump as far as possible, using a combination of jumps, in particular hop, skip and jump.	themselves to prevent the batter from scoring. 8. Bring together the suggested sequence of learning into small sided games. **Tuesday Lesson:** **Cricket Unit (Striking and Fielding)** **Cricket Learning Objectives:** The focus of the learning is to develop pupils understanding of batting and fielding. 1. Pupils will understand where, when and why they can apply different physical and cognitive skills when they are batting or fielding. 2. Introduce bowling. 3. Pupils will explore different ways of bowling underarm applying them into mini games to prevent the batters from scoring runs 4. Develop ways of stopping and returning the ball. 5. Pupils will learn different ways of returning the ball to the bowler or wicketkeeper, developing an understanding of why they need to do this quickly and accurately to prevent the batters from scoring runs. 6. Pupils will learn how to stop the ball (barrier) when a batter strikes the ball towards them. 7. Develop ways of retrieving and returning the ball to prevent the batters from scoring runs. 8. Develop an understanding of how, where and why we need to strike the ball to score runs. 9. Pupils will continue to develop an understanding of how to outwit the fielding team by varying the speed and direction they strike the ball. **10.** Bring together the suggested sequence of learning into small games of pairs cricket. This suggested sequence of learning focuses on the competition between the batting pair and the fielders.
Year 5 and 6 **1.Mondays 1.15-2.15- (Miss Jackson, Miss D and KH)** **2.Tuesdays 2.15-3.15- (Miss Jackson, Miss D, KH)**	**Summer 1 After Easter until May Half Term** **Monday Lesson:** **Outdoor Athletics Unit:** **Athletics learning objectives:** This unit will focus on the individual children competing against themselves. Outdoor athletics will look at 3 areas, running, jumping and throwing, with different elements explored within each area. They will be competent in measuring their peers and/or their own attempts with throwing and jumping activities and expected to measure running activities, over both short and long distances, using	**Summer 2 After Half Term until End of Term** **Monday Lesson:** **Cricket Unit, Striking and Fielding** **Cricket learning objectives:** Striking and fielding activity. This unit will also provide opportunity for self-evaluation, decision making and problem solving along with a really strong emphasis on communication and ability to read a game. Cricket is different to rounders in many ways so requires a different approach in thinking. Again, skills will be broken down and isolated before combining them and can nurture smaller groups of

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	time. Children will also be expected to use technology to further their development within the 3 areas by observing themselves and acknowledging the teaching points they have achieved and have equally missed. **Tuesday Lesson:** **Outdoor Athletics Unit:** **Athletics learning objectives:** This unit will focus on the individual children competing against themselves. Outdoor athletics will look at 3 areas, running, jumping and throwing, with different elements explored within each area. They will be competent in measuring their peers and/or their own attempts with throwing and jumping activities and expected to measure running activities also. Children will also be expected to use technology to further their development within the 3 areas by observing themselves and acknowledging the teaching points they have achieved and have equally missed. Year 5 and 6 will also participate in an outdoor and adventurous trip.	similar abilities. There are many games that focus on the skills in isolation and so a teaching games for understanding approach is likely to be taken. Rules for the game will be introduced at a rate the children are ready for them. There will also be opportunity to umpire games for this class. **Tuesday Lesson:** **Rounders Unit, Striking and Fielding** **Rounders learning objectives:** Striking and fielding activity. In this unit there will be opportunity for self-evaluation, decision making and problem solving. Children will break down the skills into specific movements and then consistently apply these to a full game. Children will also be asked to think of how they could differentiate the sport to make it easier or harder and have the chance to create their own versions of a striking and fielding activity. Children will also be able to make decisions individually and in good time as to where they may need to move round the pitch to benefit their team. For example, they may have noticed that every time a certain person bats, they always strike the ball to the left so it would be sensible to move round to that area. Children may also use tactical thinking such as if they are batting, and are consistent in making strong contact with the ball, they may choose to make weak contact with the ball as the opponents will be spread out expecting a hit with more distance and power.
Afterschool Club *(These may alter to fit in with tournaments that are happening at the time or demand)*	**KS2 Rounders and Cricket**- Striking- Monday. Opportunity for inter competition with other schools. **KS2 Volleyball (Alternative Sports)** Tuesday	

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HEREFORDSHIRE SCHOOL GAMES

CALENDAR OF EVENTS 2024–25

AUTUMN TERM

INCLUSIVE ATHLETICS	September TBC	Kingstone	Years 7/8/9	Targeted
GIRLS FOOTBALL	3rd October	HFA	Years 7/8/9	Targeted
VALUES FESTIVAL	8th October	Hereford Leisure Centre	All	Targeted
SCHOOL GAMES MARK AWARDS	21st October	Whitecross	All	Winners
DODGEBALL	15th October	John Masefield	Years 5/6	Targeted
	22nd October	Earl Mortimer College	Years 5/6	Targeted
	TBC	Kingstone	Years 5/6	Targeted
HERE GIRLS CAN	8th November	Foley Trading Estate	Years 5 - 8	Targeted
	15th November	Foley Trading Estate	Years 5 - 8	Targeted
SANTA DASH	6th December	Your School (Virtual)	All	Open
INCLUSIVE BOWLING	10th December	MFA Bowl	Years 7 - 11	Targeted

SPRING TERM

SPORTSHALL ATHLETICS	9th January	Whitecross	Year 7	Open
SPORTSHALL	21st January	Weobley	Years 5/6	Open
ATHLETICS	28th January	John Masefield	Years 5/6	Open
	TBC	Kingstone	Years 5/6	Open
GIRLS FOOTBALL	7th March	Bishops	Years 3/4	Targeted
BEES NETBALL	11th March	Lady Hawkins	Years 3/4	Targeted
	28th March	John Kyrle	Years 3/4	Targeted
	1st April	Whitecross	Years 3/4	Targeted
OAA	17th March	Longtown Outdoor Centre	Years 5/6	Targeted
B/C TEAM NETBALL	8th April	Earl Mortimer College	Years 7/8/9	Targeted
INCLUSIVE FOOTBALL	4th April	HFA	Years 7/8/9	Targeted

SUMMER TERM

INCLUSIVE SPORTS	TBC	Bishops	Years 7/8/9	Targeted
MULTISKILLS	21st May	Bishops	Years 3/4	Targeted
SUMMER FESTIVAL	2nd July	Hereford Leisure Centre	All	Open

Open Event - for all young people
Targeted events - for specific groups of young people - will be confirmed next year