

CANON PETER HALL CE PRIMARY – PE LONG TERM PLAN

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Use of equipment in outdoor area	Movement	Dance	Gymnastics – Body management	Games – team races	Games – Object control
<p>Previous learning</p> <p>Preparing for</p> <p>Bespoke to our school</p>	<p>In Nursery, children will have had exposure to the different equipment and will have been encouraged to make up their own games with it and be creative.</p> <p>This means the children will have seen the equipment but will now be ready to be shown various ways in which they can be used. Which will hopefully encouraging children to use them in the continuous outdoor provision a bit more.</p>	<p>In Nursery, children develop their gross motor skills by moving around in the outdoors, using equipment to balance on, walk over, up and along, monkey bars to hang and swing on. They play in the water area and mud kitchen, mixing, pouring, lifting and carrying.</p> <p>Preparing for moving in different directions, with varying speeds and using different body parts in their Dance and Gymnastics units.</p>	<p>In Nursery, children develop an early sense of rhythm through nursery rhymes and take on characters as they role-play scenarios through their imaginative play.</p> <p>Preparing for beginning to choreograph movement in Year 1.</p>	<p>In Nursery, children have developed their balance and gross motor skills when using the outdoor equipment.</p> <p>Children will, learn to move in a greater variety of ways with increased control.</p> <p>Recent data revealed that the obesity levels in our school were significantly above national and local averages. We therefore plan this unit to begin from a low starting point that takes into account a limited experience of physical activity.</p>	<p>In Nursery, children have developed their listening, social, turn taking skills when taking part in games and activities.</p> <p>Children develop an early sense of competition and sportsmanship, preparing them for Athletics in KS1</p>	<p>In Autumn term children have been shown a range of equipment and had a go at using the equipment in various ways.</p> <p>This now means that the children can focus more now on how to move an object and look at the direction the object can go and how fast in can be moved. Preparing them for changing direction whilst staying in control of an object in Year 1.</p>
Year 1	<p>Gymnastics: Body Management</p> <p>Locomotion</p>	<p>Dance: Toys</p> <p>Healthy lifestyles</p>	<p>Indoor athletics</p> <p>Inclusive sports</p>	<p>Gymnastics: Floor</p> <p>Dance:</p>	<p>Locomotion</p> <p>Games: Object control</p>	<p>Games: Net & Wall</p> <p>Games: Sending & Receiving</p>

<p>Previous learning</p>	<p>In Reception, children learnt to move in a variety of ways and mastered control.</p>	<p>Building on an early sense of movement and musicality, children will begin to consider balance, agility and co-ordination in their movements and begin to move in co-operation with a partner.</p>	<p>Children build on their team races unit in Reception and expand this to learn the basic skills of running, jumping and throwing.</p>	<p>In Autumn 1, children learnt to balance on a range of points with control and tension.</p>	<p>Previous learning in Autumn term means that the children should be able to show greater fluency in their movements and move their body weight with greater control.</p>	<p>In Reception, children explore ways of moving an object using a range of body parts.</p>
<p>Preparing for</p>	<p>Children will now learn to balance with increasing control and tension, preparing for their Spring 2 unit of learning where they will link balances to build controlled sequences.</p>	<p>Preparing for increasing flexibility and strength in KS2.</p>	<p>This will prepare them for beginning to develop technique in Year 2 and LKS2.</p>	<p>In this unit, children will build on these skills applying them alongside a creative element to move from static balances into dynamic sequences, preparing them for their future Gymnastics and Body Management units.</p>	<p>This unit looks at balance and explosive movements and how to link them together. This prepares them for Year 2 where they will focus on changing direction and more consistently showing balance and increased agility.</p>	<p>This then helps them start to develop hand/eye control and look at using a racket for a purpose. Preparing them for developing skills to hit a bouncing ball with control in Year 2</p>
<p>Bespoke to our school</p>	<p>This revisiting and building on prior skills is reflective of our whole school culture which is informed by the Science of Learning.</p> <p>In Reception, children learnt to move in a variety of ways, using different body part, speeds and levels.</p> <p>Through the locomotion unit children will learn to move in a variety of ways, moving body weight from side to side and this will</p>	<p>Following the principles of the Science of Learning, Dance offers an opportunity for children to embed and discuss the key teaching points from their History and Geography as they use these to inform the choreography within their themed dance sessions.</p> <p>Our school health profile 2021/22 showed our school to be above average level of obesity at both national and local level so have introduced a healthy lifestyles unit.</p>	<p>We teach inclusive sports to teach children about diversity and equality. Developing empathy and sensitivity to people who are different. By playing games like boccia and kurling all pupils can take part and feel on a level playing field.</p>	<p>Building on an early sense of movement and musicality, children will begin to consider balance, agility and co-ordination in their movements and begin to move in co-operation with a partner.</p> <p>Preparing for increasing flexibility and strength in KS2.</p>	<p>In Reception, children will have explored moving a range of objects in different ways.</p> <p>Children will learn how to keep control of an object in different ways and to change directions preparing them for using objects for different purposes in Year 2.</p>	<p>In Reception, children explore ways of moving an object using a range of body parts.</p> <p>This unit the children will continue to develop their understanding of different objects and will begin to throw and catch with control. This prepares them for Year 2 where they</p>

	prepare them for being able to select appropriate movements for certain things and to develop explosive movements in the Summer term.	Through the healthy lifestyles unit pupils will focus on the areas of stamina, determination, strength, teamwork, creativity and communication.		Following the principles of the Science of Learning, Dance offers an opportunity for children to embed and discuss the key teaching points from their History and Geography as they use these to inform the choreography within their themed dance sessions.		will aim to roll accurately and begin to throw with accuracy all the time.
Year 2	Locomotion Dance: Great fire of London	Gymnastics: Body Management Indoor athletics	Inclusive sports – Dance: African Animals	Gymnastics: Flight Healthy lifestyles	Games: Object Control Athletics	Games: Net & Wall Games: Sending & Receiving
Previous learning Preparing for Bespoke to our school	Children will build on work from Year 1 where they learnt to link balance and explosive movements. This unit will see a focus on changing direction and more consistently showing balance and increased agility. Preparing them to be able to	Children will know what tension feels like from Year 1 and will be able to demonstrate elements of it. Preparing them for using tension in a sequence of balances consistently with control in Year 3.	We teach inclusive sports to teach children about diversity and equality. Developing empathy and sensitivity to people who are different. By playing games like boccia and kurling all pupils can take part and feel on a level playing field.	Children will build on their knowledge of tension in their muscles and apply this to jump with tension and take off and land safely. Their previous learning on balances will offer different shapes which they can utilise within their jumps.	Children will build on their object control work from Year 1 to develop greater accuracy in their control and use a range of equipment whilst doing so. Preparing them for LKS2 where they will start to develop technique and use	In Year 1 children are given time to learn to hold and use a racket, they develop hand/eye control. In this unit the children will learn to hit a bouncing ball, by developing their hand/eye control further.

	<p>join in with all future areas of PE through school safely and with confidence.</p> <p>Building on an early sense of movement and musicality, children will begin to consider balance, agility and co-ordination in their movements and begin to move in co-operation with a partner.</p> <p>Preparing for increasing flexibility and strength in KS2.</p> <p>Following the principles of the Science of Learning, Dance offers an opportunity for children to embed and discuss the key teaching points from their History and Geography as they use these to inform</p>	<p>Echoing the principles of the Science of learning, children will combine balances and sequences together in one unit of learning, having gained fluency with these in Year 1.</p> <p>Children will build on the basics of running, jumping and throwing as they begin to understand power, speed and distance in Athletics.</p> <p>Preparing for further learning on how to achieve greater power, speed and distances in KS2.</p>	<p>Building on an early sense of movement and musicality, children will begin to consider balance, agility and co-ordination in their movements and begin to move in co-operation with a partner.</p> <p>Preparing for increasing flexibility and strength in KS2.</p> <p>Following the principles of the Science of Learning, Dance offers an opportunity for children to embed and discuss the key teaching points from their History and Geography as they use these to inform the choreography within their themed dance sessions.</p>	<p>Preparing for Year 3 when fluency in jumping will be needed in the Body Management and Floor units.</p> <p>Our school health profile 2021/22 showed our school to be above average level of obesity at both national and local level so have introduced a healthy lifestyles unit.</p> <p>Through the healthy lifestyles unit pupils will focus on the areas of stamina, determination, strength, teamwork, creativity and communication.</p>	<p>skills in small sided games.</p> <p>Children apply the skills they acquired in Aut 2 on a greater scale in the outdoor environment. They continue to build a sense of competition and sportsmanship as they exhibit their skills during our whole school Sports Day.</p> <p>Preparing for studying acceleration, throwing stance and explosive take offs in KS2</p>	<p>Preparing them for using specific skills and techniques in KS2.</p> <p>In Year 1 the children look at improving their throwing and catching ability and accuracy.</p> <p>In this unit, children learn to roll accurately and begin to throw with accuracy all the time so that they are ready to apply these skills in game situations in LKS2.</p>
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	the choreography within their themed dance sessions.					
Year 3	Gymnastics: Body management Invasion Games	Dance: Stone Age Indoor Athletics	Gymnastics: Floor Inclusive sports	Healthy lifestyles Invasion games	Games: Net & Wall Athletics	Athletics Games: Striking & Fielding
Previous learning Preparing for Bespoke to our school	<p>In KS1, children learn what tension is and demonstrate tension in a range of balances, jumps and travelling sequences.</p> <p>Preparing for using a range of body shapes and actions to create a sequence with a partner in Spring one and again in Year 4.</p> <p>In KS1 children learn to control an object in a variety of ways using different parts of the body and a range of equipment. Children will learn to throw and catch effectively and start to learn basic principles of attack and defence.</p>	<p>Building on a small range of co-operative movements and patterns, children will begin to communicate more with their fellow dancers and to increase the flexibility and technique as they choreograph and perform an increasing range of movements and patterns inclusive of differing levels and dynamics.</p> <p>This will prepare children for choreographing more complex sequences and evaluating their performances in UKS2.</p> <p>Following the principles of the Science of Learning, Dance offers an opportunity for</p>	<p>Children know the key principles of tension, control and stillness when moving and balancing.</p> <p>Children will begin to create shapes with a partner using the floor and apparatus, preparing them for more creative and advanced partner work in Year 4 and UKS2.</p> <p>We teach inclusive sports to teach children about diversity and equality. Developing empathy and sensitivity to people who are different. By playing games like boccia and kurling all</p>	<p>Our school health profile 2021/22 showed our school to be above average level of obesity at both national and local level so have introduced a healthy lifestyles unit.</p> <p>Through the healthy lifestyles unit pupils will focus on the areas of stamina, determination, strength, teamwork, creativity and communication.</p> <p>Children will build on their learning about attack and defence from Autumn term and focus greater on their skills when moving a ball using feet or a stick.</p>	<p>In KS1 children will have learnt how to hold a racket correctly and will have practiced hitting a bouncing ball.</p> <p>Preparing for now learning volley shots and developing accuracy with forehand shots so they can then look at developing backhand shots in Year 4 and being able to play a game using these different shots.</p> <p>Children continue to apply what they've learnt about effective technique to increase their consistency.</p> <p>Where not consistent, children will begin to</p>	<p>Children continue to apply what they've learnt about effective technique to increase their consistency.</p> <p>Where not consistent, children will begin to note where and how they can improve, building a desire to improve ready for Year 4 and UKS2</p> <p>This echoes our core school value of perseverance.</p> <p>Previously children have learnt to roll and throw with accuracy preparing them for game situations.</p>

	<p>Preparing them for being able to throw and catch consistently and to apply the principles of attack and defence in game situations.</p>	<p>children to embed and discuss the key teaching points from their History and Geography as they use these to inform the choreography within their themed dance sessions.</p> <p>Building on running, throwing and jumping with speed, power and distance, children will learn how technique can help them to achieve these goals.</p> <p>Preparing for increasing consistency in the outdoor athletics units in the summer term In line with “The World of Work” children begin to build a sense of showcasing their abilities at organised events alongside competitors from other organisations.</p>	<p>pupils can take part and feel on a level playing field.</p>	<p>Preparing for using this skill with greater accuracy and make good choices that will positively affect their team play in Year 4.</p>	<p>note where and how they can improve, building a desire to improve ready for Year 4 and UKS2</p> <p>This echoes our core school value of perseverance.</p>	<p>In this striking and fielding unit children will apply their throwing and catching skills in a game situation, and be introduced to striking a static and moving ball in preparation for using these skills and techniques with greater accuracy in Y4.</p>
Year 4	<p>Swimming</p> <p>Invasion games</p>	<p>Swimming</p> <p>Indoor Athletics</p>	<p>Dance</p> <p>Inclusive sports</p>	<p>Gymnastics: Body management</p> <p>Healthy lifestyles</p>	<p>Athletics</p> <p>Invasion games</p>	<p>Games: Net & Wall</p> <p>Games: Striking & fielding</p>

<p>Previous learning</p> <p>Preparing for</p> <p>Bespoke to our school</p>	<p>Swimming is taught because it is an important life skill. Due to living near water, as a school we see this as very important that the children are confident in and around water.</p> <p>Children build on their knowledge of attack and defence and start to have an awareness of when and how to intercept or to track back in a game situation.</p> <p>Preparing to move the ball with greater accuracy and consistency, and having an awareness of tactics needed to play invasion games for UKS2.</p>	<p>Swimming is taught because it is an important life skill. Due to living near water, as a school we see this as very important that the children are confident in and around water.</p> <p>Children continue to increase their consistency as they begin to set themselves achievable goals and targets.</p> <p>Preparing to evaluate and adapt their performance in their later outdoor athletics unit.</p>	<p>Building on a small range of co-operative movements and patterns, children will begin to communicate more with their fellow dancers and to increase the flexibility and technique as they choreograph and perform an increasing range of movements and patterns inclusive of differing levels and dynamics.</p> <p>This will prepare children for choreographing more complex sequences and evaluating their performances in UKS2.</p> <p>Following the principles of the Science of Learning, Dance offers an opportunity for</p>	<p>Building on their initial experiences with paired balances in Year 3.</p> <p>Preparing for Year 5 when children will create paired balances using counter tension, counter balance and weight bearing strategies.</p> <p>Our school health profile 2021/22 showed our school to be above average level of obesity at both national and local level so have introduced a healthy lifestyles unit.</p> <p>Through the healthy lifestyles unit pupils will focus on the areas of stamina, determination, strength, teamwork, creativity and communication.</p>	<p>Building on their target setting earlier in the year, children will evaluate and adapt their performance throughout this outdoor athletics unit.</p> <p>Preparing for understanding the need to adapt their pace and build stamina to cover longer distances when running.</p> <p>In line with “The World of Work” children begin to build a sense of showcasing their abilities at organised events alongside competitors from other organisations.</p> <p>Children build on their knowledge of attack and defence and start to have an awareness of when and how to intercept or to track back in a game situation.</p>	<p>Children will have previously learnt forehand, and volley shots.</p> <p>In this unit, backhand shots will be introduced and children will be more confident and accurate in choosing the correct shot at the right time. Preparing them for UKS2 where the technique and accuracy of shots will be more important. Previously children will have used their throwing and catching skills in a game situation, and will have had a go at striking a static and moving ball.</p> <p>In this unit they will learn how to strike a ball with varying degrees of power</p>

			<p>children to embed and discuss the key teaching points from their History and Geography as they use these to inform the choreography within their themed dance sessions.</p> <p>We teach inclusive sports to teach children about diversity and equality. Developing empathy and sensitivity to people who are different. By playing games like boccia and kurling all pupils can take part and feel on a level playing field.</p>		<p>In this unit children develop their sending and receiving skills using different objects, this time using a stick or their feet. They will learn the different between a pass and a shot and will be able to react appropriately to attack or defend. Preparing them for applying tactics and game principles in UKS2.</p>	<p>and to be able to aim the ball in the direction intended. Preparing them for applying skills to game situations in UKS2.</p>
Year 5	<p>Indoor athletics</p> <p>Invasion games</p>	<p>Gymnastics: Body Management</p> <p>Healthy lifestyles</p>	<p>Swimming</p> <p>Inclusive sports</p>	<p>Swimming</p> <p>Dance</p>	<p>Athletics</p> <p>Invasion games</p>	<p>Games: Net & Wall</p> <p>Games: Striking & Fielding</p>
<p>Previous learning</p> <p>Preparing for</p> <p>Bespoke to our school</p>	<p>Children will build on their Year 4 target setting to refine techniques and to set and achieve personal bests.</p> <p>Preparing for building understanding of the</p>	<p>Children will build on their existing knowledge of apparatus and paired work. They will apply their fluency in control, tension and stillness to move and balance with greater fluidity and consistency and with a</p>	<p>Swimming is taught again in Year 5 to build on confidence and progress made in Year 4. As a school, not many of our children attend swimming lessons out of school so we</p>	<p>Swimming is taught again in Year 5 to build on confidence and progress made in Year 4. As a school, not many of our children attend swimming lessons out of school so we</p>	<p>Children will build on the knowledge of running technique as they study start positions and begin to include run ups as they combine running, jumping an throwing.</p>	<p>Previously children will have learnt a range of shots and will be becoming more confident at when to use which one.</p>

	<p>principles of sprinting and endurance running and how these compare.</p> <p>In line with “The World of Work” children begin to build a sense of showcasing their abilities at organised events alongside competitors from other organisations.</p> <p>In previous invasion game units children will have learnt the difference between a pass and a shot and will be able to react appropriately to attack or defend.</p> <p>In this unit they will look at consistently performing basic skills accurately and use space effectively, applying their attack and defensive skills through the game of netball. Preparing them for transferring their knowledge to another invasion games in Spring term.</p>	<p>greater range of shapes and levels.</p> <p>Preparing children to perform with quality, accuracy and precision in Year 6 and beyond.</p> <p>By UKS2, children will strive for a sense of quality and pride that is embedded in our school culture through “The World or Work”</p> <p>Our school health profile 2021/22 showed our school to be above average level of obesity at both national and local level so have introduced a healthy lifestyles unit.</p> <p>Through the healthy lifestyles unit pupils will focus on the areas of stamina, determination, strength, teamwork, creativity and communication.</p>	<p>use our sports premium money towards extra swimming for our children. A large amount of children unable to swim the national requirement of 25m</p> <p>We teach inclusive sports to teach children about diversity and equality. Developing empathy and sensitivity to people who are different. By playing games like boccia and kurling all pupils can take part and feel on a level playing field. Seated volleyball is another game that is introduced for UKS2.</p>	<p>use our sports premium money towards extra swimming for our children. A large amount of children unable to swim the national requirement of 25m</p> <p>Children build on their dance learning as they broaden their range of movements and patterns and develop their technique and begin to self assess.</p> <p>Dance will prepare children for performing confidently in a range of contexts beyond their school life.</p> <p>Following the principles of the Science of Learning, Dance offers an opportunity for children to embed and discuss the key teaching points from their History and</p>	<p>Preparing for drawing on a wide bank of skills and knowledge and selecting the correct skills to develop their performance to move towards consistently good performance and technique.</p> <p>In line with “The World of Work” children begin to build a sense of showcasing their abilities at organised events alongside competitors from other organisations.</p> <p>Previously the children have learnt about using space effectively and applying their knowledge of attack and defence.</p> <p>In this unit children will use a stick or their feet to move an object, they will build on their previous learning of invasion games and will now begin to look at tactics when playing a games</p>	<p>This unit will look at consolidation of previously learnt shots and introduce serving to start a game, alongside tactics. Preparing for Y6 where children will play and officiate games.</p> <p>Previously, children have learnt how to strike a ball with varying degrees of power and to be able to aim the ball in the direction intended.</p> <p>They will learn to use the correct technique consistently, have an understanding of a basic bowl in cricket and gain understanding of how to win a game. Preparing them for Y6 where they will apply their skills to the game of rounders.</p>
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Year 6	<p>Indoor athletics</p> <p>Invasion games</p>	<p>Dance: WW2</p> <p>Healthy lifestyles</p>	<p>Gymnastics: Body Management</p> <p>Inclusive sports</p>	<p>Invasion games</p> <p>OAA – Outdoor and Adventurous activities</p>	<p>Games: Net & wall /Swimming</p> <p>Athletics</p>	<p>Swimming</p> <p>Games: Striking & fielding</p>
<p>Previous learning</p> <p>Preparing for</p> <p>Bespoke to our school</p>	<p>Learning culminates in children being able to select the correct technique according to the event or discipline and evaluate their own performance.</p> <p>Preparing for athletics at a higher level and a resilient and reflective approach to self-development that will serve them well in “The World of Work”</p> <p>In line with “The World of Work” children begin to build a sense of showcasing</p>	<p>Children build on their dance learning as they broaden their range of movements and develop their technique and begin to self assess.</p> <p>Dance will prepare children for performing confidently in a range of contexts beyond their school life.</p> <p>Following the principles of the Science of Learning, Dance offers an opportunity for children to embed and discuss the key teaching points from their</p>	<p>Year 6 is a culmination of children’s prior learning. They will refine their quality and begin to perform and evaluate.</p> <p>Preparing for their secondary education, an active lifestyle beyond Canon Peter Hall and a sense of pride in producing quality work that will serve them well within “The World of Work”</p> <p>We teach inclusive sports to teach</p>	<p>Previously, children have developed their skills using their knowledge of attack and defence and have begun to use tactics to try and win a game.</p> <p>Children will apply their knowledge of invasion games to design and create their own games, working as part of a team. They will look at how to adapt their skills to a variety of games. Preparing them for secondary school and future</p>	<p>Previously children will have learnt and consolidated a range of shots and will have an understanding of tactics to use in a game.</p> <p>This unit will see children playing games using the skills and tactics they’ve learnt and will have chance to officiate games. Preparing them for secondary school for playing other racket sports.</p> <p>Learning culminates in children being able to</p>	<p>We provide swimming lessons again in Year 6 due to the amount of children still unable to swim 25m. These lessons build on prior learning and further enhance swimming confidence, and focus on life skills and water safety techniques.</p> <p>Previously, children have learnt correct technique and will be able to use this consistently in a game. They will</p>

	<p>their abilities at organised events alongside competitors from other organisations.</p> <p>Previous learning has seen the children develop their skills in throwing and catching games and where the ball has been kicked or sent with a stick, they have begun to have an awareness of tactics needed in a game.</p> <p>This unit sees the children develop their skills further using their knowledge of attack and defence and use tactics to try and win a game. Preparing them for Spring term where they will work as part of a team to design games, explain the rules and officiate.</p>	<p>History and Geography as they use these to inform the choreography within their themed dance sessions.</p> <p>Our school health profile 2021/22 showed our school to be above average level of obesity at both national and local level so have introduced a healthy lifestyles unit.</p> <p>Through the healthy lifestyles unit pupils will focus on the areas of stamina, determination, strength, teamwork, creativity and communication.</p>	<p>children about diversity and equality. Developing empathy and sensitivity to people who are different. By playing games like boccia and kurling all pupils can take part and feel on a level playing field. Seated volleyball is another game that is introduced for UKS2.</p>	<p>life, giving them the skills needed to take part in team games.</p> <p>In the OAA (outdoor and adventurous) unit children will work as part of a team to solve problems. Use map reading skills to complete basic orienteering courses. Preparing them for working co-operatively in a team, communicating with others and solving problems as they go to secondary school and beyond.</p>	<p>select the correct technique according to the event or discipline and evaluate their own performance.</p> <p>Preparing for athletics at a higher level and a resilient and reflective approach to self-development that will serve them well in “The World of Work”</p> <p>In line with “The World of Work” children begin to build a sense of showcasing their abilities at organised events alongside competitors from other organisations.</p> <p>We provide swimming lessons again in Year 6 due to the amount of children still unable to swim 25m. These lessons build on prior learning and further enhance swimming confidence, and focus on life skills and water safety techniques.</p>	<p>have an understanding of how to win a game.</p> <p>This unit the children use all previously learnt skills about striking and fielding and will learn to apply them to the game of rounders. Preparing them playing games like rounders and cricket as they move to secondary school.</p>
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