

Long term plan

3 main pillars:

- **Motor competence** — accurate movements, movement patterns, movement techniques and sequences
- **Rules, strategies and tactics** — conventions, regulations, strategies that are specific to participation in an activity/sport
- **Healthy participation** — safe practice, how to participate, short- and long-term impacts of participation

	Gross Motor skills					
F1 – physical development	PE PASSPORT: **Fine Motor Skills Vocabulary: first gear, reverse, roundabout, speedbumps, traffic jam, motorway, circle, middle, highest, Runner Bean, jumping bean, Chilli Bean, Mexican Bean, French Bean, Baked Bean, Beans on Toast String Bean, Broad Bean, Frozen Bean, Jelly bean, balance, thread	PE PASSPORT: ** Gymnastics – travelling, stopping and making shapes Vocabulary: Mirror, short sequence, apparatus, travel, balance, under, over and through, curled stretched shapes, linking, land pathways, travel high, travel low, start position, finish position. ** Dance – Nursery Rhymes Vocabulary: Theme, motif, levels, , perform, moving.	PE PASSPORT: ** An adventure with the emergency services Vocabulary: Running, Jumping, rolling, jogging, balancing, bending, stretching, twisting, turning, dodging.	PE PASSPORT: ** Locomotion 1 Vocabulary: Hop, space, take turns, forwards, backwards, travel, change direction, equipment, rules, quarter/half/full turn, jumping, balance, slide, dodge, sideways, opposite, gallop	PE PASSPORT: ** Stability 1 Vocabulary: Balance, bend, reach up, down, forward, backwards, high, travel, jump, leap, dodge, **Athletics 1 Vocabulary Space, readiness, jump, soft knees, jumping, throw, overarm, non-throwing arm, lane, race, dip finish, take off, scissor kick, grip.	PE PASSPORT: ** Gymnastics - Parts high and parts low Vocabulary: Travel, short sequence, apparatus, under, over, through, levels, scramble, patch balance, roll, symmetrical, link, spinning, jump, land asymmetrical balances.
	**This outcome, ‘Continue to develop their riding skills’ (scooters, trikes and bikes) is taught across the F1 year. It is important to note that these skills are developed independently during outdoor continuous provision					
	Healthy Lifestyles and Managing Self					
			Make healthy choices about activity (exercise) and toothbrushing. Vocabulary: healthy, unhealthy, exercise, teeth, toothbrush, clean, brush Key Knowledge: *Knows that exercise keeps their body healthy *Knows how to keep their teeth healthy		-Make healthy choices about food, drink Vocabulary: healthy, unhealthy, food, drink, water Key Knowledge: *Can point to healthy/unhealthy food *Can sort healthy/unhealthy food *Can make some healthy choices for their picnic	

Reception	PE PASSPORT ** Locomotion 2 Vocabulary: Change direction, obstacles, bend, distance, position, scissor kick, eagle pose. **Fundamental movement skills 1 Vocabulary Balance, overarm throw, hop, jumping, planted, throwing, underarm throw.	PE PASSPORT ** Object Control 1 Vocabulary: Reverse, space, shoulder width, collect, skipping, roll, middle, twist, directions, force, figure of 8, galloping, sliding, running, receive, underarm, accurately, travel, bounce, catch. ** Stability 2 (static and dynamic balance) Vocabulary: balance, reaching, slide, travel, under, over, through, tagging, dodging.	PE PASSPORT ** Dance – jungle Vocabulary: Copy, repeat, action, movement, link, combine control, grace.	PE PASSPORT ** Gym – rocking & rolling Vocabulary: Rocking, rolling, tense, symmetry, asymmetry, apparatus, posture, log roll, egg roll, Narrow shape, scissor kick, pencil rolls, tuck, straddle, pike, arch, dish, canon, positive praise, sequence	PE PASSPORT ** Gym Flight – bouncing, jumping and landing Vocabulary: Jump, sequence, cushion, stabilise, balance take off, landing, apparatus, turn, half turn , quarter turn, tuck, leap and jump, floor, start, finish, equipment.	PE PASSPORT ** Athletics 1 Vocabulary: Space, readiness, jump, soft knees, jumping, throw, overarm, non-throwing arm, lane, race, dip finish, take off, scissor kick, grip.
Year 1	PE PASSPORT ** Object Control 2 Vocabulary: Dribble, trap, turn, stop, shooting, brace yourself, punt, eject, overarm, underarm, receive pass	PE PASSPORT ** Fundamental movement skills 1 Vocabulary: skilfully, retrieves, persevere, alternate, thread. ** Net & wall Games skills 1 Vocabulary: communication, catcher, strike, airborne, open palm, elevation, volley, rotate, T position, doubles, power	PE PASSPORT ** Gymnastics – wide, narrow & curled rolling and balancing Vocabulary: Travelling, patches, balance, starting position, finishing position, rolling, twisting, spinning, sequences, apparatus, levels, tuck position, points of contact, log roll, scrambling, pencil roll.	PE PASSPORT ** Dance – animals Vocabulary: Choreography, timing, unison, hopping/skipping/ balancing/ jumping, creativity, dynamics, changes in level, stretching, observes, flexibility, extension, posture	PE PASSPORT ** Invasion game skills1 Vocabulary: Ready position, bounce, pass, bounce pass, change direction, dodge, push pass, receive, dribble, trapping.	PE PASSPORT ** Striking & fielding game – skills 1 Vocabulary: Feilding, ball, run, striking, bat, crease, create a barrier, leg side, long barrier, overarm, target, tee, underarm, runs, retrieve, batsman/woman, wicket.
Year 2	PE PASSPORT ** Fundamental movement skills 2	PE PASSPORT ** Invasion game skills 2 Vocabulary:	PE PASSPORT ** Dance – fire of London	PE PASSPORT	PE PASSPORT ** Striking & fielding game – skills 2	PE PASSPORT ** Athletics 2 Vocabulary:

	Vocabulary: Furthest, alternating, balances, sliding, hopping, galloping skipping, travel backwards, struck, hopscotch, jumping bars, eject, fleeing, safely, focused, self-motivated, palm, fist, head, forearms, horizontal	readiness, attacking, defending, opponent, rotate, balls of feet, intercept, tackler, retain possession, dummy pass, special awareness. ** Net and wall game skills 2 Vocabulary: tracking, ready position, clockwise, successive catches, technique, T position, grip, stance, laterally, forehand, backhand	Vocabulary: Copy, timing, control, balance, posture, extension, flexibility, dynamics, choreography, timing, count, motif, level, pathway, travelling, stimulus, performance, starting position, finishing position, rhythm	** Gymnastics – spinning, turning & twisting Vocabulary: Coordination, symmetrically, asymmetrically, twisting, spinning, counter balances, tension, synchronisation,	Vocabulary: Catch, bounce, strike, tee, wickets, space, crease line, bowl, stance, no ball, wide, underarm, field, long barrier, high back lift, short bowling, overarm, outfielders.	React, agility, balance, coordination, jump, run, landing, leap, jump, hop, height, distance, run up, throwing.
Year 3	PE PASSPORT ** Basketball Vocabulary: agility, balance, coordination, precision, triple threat position, dominant hand, pivoting, chest pass, bounce pass, thrower, receiver, maintain possession, 45-degree angle, recipient, eye line, BEEF, competitive, tournament	PE PASSPORT ** Gymnastics – receiving body weight Vocabulary: asymmetrical, symmetrical, on patches, sequence, smooth transitions, well controlled, motion, high, medium & low level, apparatus, inversion, cartwheel, bridge, tuck, straddle, pike, split, shoulder roll, teddy bear roll ** OAA Vocabulary: navigational skills, enthusiasm, determination, resilience, persevere, trial and error, solutions, negotiate, route map, compass points	PE PASSPORT ** Hockey Vocabulary: Dribbling, ball, stick, field handed, agility balance coordination and precision, shielding it, passing , push pass, short and flat back swing, slap pass, jab tackle, play advantage.	PE PASSPORT ** Dance – Romans Vocabulary: Precision, combine, pathways, flexibility, extension and balance, posture, Reciprocal feedback, sparkly, softly, hard, wavy, formation changes, execution, finished performance piece.	PE PASSPORT ** Tennis Vocabulary: Ready position, court, strike the ball, opponent, full backswing, return, rally, forehand, backhand, volley, serve, baseline.	PE PASSPORT ** Cricket Vocabulary: High back lift, ball, grip, bat, pull shot, crease, wicket, overarm, bowling , wicketkeeping, sliding, back up fielding, run up, long barrier, high catch.
Year 4	PE PASSPORT ** Netball Vocabulary: Passing, disguising a pass,	PE PASSPORT ** Gymnastics – rolling & travelling low Vocabulary:	PE PASSPORT **Dance – Vikings Vocabulary:	PE PASSPORT **Tag rugby Vocabulary:	PE PASSPORT ** Athletics Vocabulary:	PE PASSPORT ** Rounders Vocabulary:

	<p>Court, sideways on, landing foot, pivot, stepping, shooting,</p>	<p>log (pencil) rolls, transition, spider walking, control and poise, refine, forward roll, sequence of rolls, support position, finishing positions, dish, teddy bear, shoulder, egg rolls, controlled, shoulder balance, straddle, arched back, good posture, plank position, synchrony, evaluate, mirroring, 180 degrees.</p> <p>** Badminton</p> <p>Vocabulary: court, racquet, finish line, shuttlecock, feathers, blocker, back swing, skim, sideways on position, designated area, track the shuttle, backhand serve, underarm clear, drop shot, overhead clear, overhead smash, diagonally opposite, service court, umpire</p>	<p>Applying pressure, scooping, adjacent, tagged, dominant hand, try line, opposition try line, dummy a pass, tucked under arm, central position, brace yourself, W shape, attacking line, infringement. Stagger, mid-point of the grid</p>	<p>Carrying, pop pass, pocket pass, tag, try, roll of hands, knock on, forward pass, tap penalty, offside.</p>	<p>Sprint start, coordination, speed, take off foot, hurdling, scissor kick, jumping, landing point, long jump, triple jump, overarm throw, pull, relay, baton</p>	<p>Send, receive, throwing, catching, decisions, bowling, batting, grip, no ball, base, fielders, strike backpedal, high catch, back up fielding, positions.</p>
Year 5	<p>PE PASSPORT</p> <p>** Basketball</p> <p>Vocabulary: Triple threat, double dribble, travelling, pivoting, collision, travelling rules, stationary dribbles, BEEF</p>	<p>PE PASSPORT</p> <p>** Gymnastics – matching, mirroring & contrast (5 weeks)</p> <p>Vocabulary: matching moves, hold balances, rolling, turning, twisting, spinning, clearly defined starting position, clear finishing position, bear crawling, arabesque (mirroring), pathways, posture, contrasting,</p> <p>** OAA (4 weeks)</p> <p>Vocabulary: agility, balance, coordination,</p>	<p>PE PASSPORT</p> <p>** Tag rugby</p> <p>Vocabulary: Carrying, pop pass, pocket pass, tag, try, roll of hands, knock on, forward pass, dummy pass, tap penalty, dummy half, offside.</p>	<p>PE PASSPORT</p> <p>** Dance – dance through the ages</p> <p>Vocabulary: Motif, agility, balance, coordination, precision, count, storyline/theme, unison, travelling, levels, pathways, communicate, sequence, formation, cannon, direction, performance.</p>	<p>PE PASSPORT</p> <p>** Athletics</p> <p>Vocabulary: Change pace, run at different tempos, middle distance, warming up, throwing, non-throwing arm, force, control accuracy, efficiency, power, shot, high jump, triple jump, standing vertical jump, hurdling, take off foot, leading leg, baton.</p>	<p>PE PASSPORT</p> <p>** Cricket</p> <p>Vocabulary: Feilding, catching, throwing, anticipation, crease, batting, leg side, short deliver, run up, ground fielding, one handed pick up, square cut shot, leg spin, overthrows, outfielders, wickets.</p>

		precision, non-verbal communication, navigate, obstacles, non-verbal cues, negotiation, ordnance survey symbols, orienteering card, controls, navigating				
Year 6	PE PASSPORT ** Netball Vocabulary: Passing, disguising a pass, Court, sideways on, landing foot, pivot, stepping, shooting,	PE PASSPORT ** Gymnastics – flight Vocabulary: land softly and elegantly, aesthetically pleasing, symmetrical position, canon effect, variety of dynamics, step and sweep motion, flight ** Badminton Vocabulary: striking a serve, thumb, index and middle finger, being reflective, tactical awareness, deft shot	PE PASSPORT ** Dance – The Haka Vocabulary: Motif, agility, balance, coordination, precision, unison, static actions, travelling, levels, pathways, stimulus, choreography, chance formation, dynamics, Canon, Direction.	PE PASSPORT ** Hockey Vocabulary: Stick, dribble, ball, flat side of the stick, Indian dribble, push pass, cushioning, jab tackle, pass and move, defender, space, formation, width on the pitch, formation	PE PASSPORT ** Athletics Vocabulary: Ready position, pace, distance, running bend, balance, javelin, three stride approach, leaping and launching, push throw, standing chest push, relay, triple jump, high jump, hurdles, hurdles relay, relay change over, baton exchange.	PE PASSPORT ** Rounders Vocabulary: Grip, soft hands, accuracy, catch, bowl, field, back lift, batting, backstop, strike, fielders, bases, batsmen/women.
SEND – Adaptive Teaching	<ul style="list-style-type: none"> ➤ Adjust the level of challenge Using the STEP principle (space, time, equipment and people) activities can be adjusted to meet the challenge individual students need. ➤ Targeted support from a TA. There is an open discussion with the class teacher, the PE teacher and the TA within the lesson identifying children who will benefit from TA support within the lesson to allow those students needs to be met. ➤ Clarify/simplify a task or provide numbered steps with visual representations (objects, pictures, signs, photos) Often during gymnastics and Dance lessons visual aids such as photos of what is expected of the children is used to allow them to have an idea of the expectations and also have something they can base their performance off. ➤ Highlight essential content ➤ Re-explain a concept or explain it in a different way Check ins will go ahead with students to go over key concepts again to make sure they are secure with the task. ➤ Use peer tutoring/collaborative learning (everyone must participate – give them roles) Students’ pairs are carefully thought about so that peer support can be provided in the lesson. ➤ check understanding and reinforcing as needed through repetition, rephrasing, explaining and demonstration Demonstrations from teachers and students are heavily used within the lesson to give all student a real-life example of the skill they are expected to perform. <p>Pre-teach vocabulary, key content etc. At the beginning of all unit vocabulary is taught that we will use in the lesson and future lessons to come. This is emphasised at the start of every lesson.</p>					

Strategies to stretch and challenge	<ul style="list-style-type: none"> ➤ Identify and account for prior knowledge – a child who has extensive prior knowledge could be asked to present some of the knowledge they have to the class; explain something they understand easily to a child who doesn't 'get it' so quickly ➤ Depth of content - consider what you can add to create depth, e.g. digging into an area more deeply, going laterally with a concept, or asking pupils to use more complex terminology to describe abstract ideas ➤ Use questioning techniques to boost thinking – ask open-ended questions which require higher-order thinking ➤ Consider learner roles – ensure they are appropriately challenged through the role they are given so they can make an effective contribution ➤ Differentiated success criteria/choice of task – offer a choice of tasks with a different level of challenge <p>Feedback – framing feedback so pupils must take responsibility for improving their own learning</p>
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