

Stockwell PE Long Term Plan 2022/2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Athletics/Fitness</p> <p>I can demonstrate the basic skills of athletics (running, jumping, throwing).</p> <p>I can master basic movements and develop my fitness.</p>	<p>Dance/Netball</p> <p>I can copy, make up and perform a short dance.</p> <p>I can throw and catch a ball alone and with a partner. I can follow simple rules.</p>	<p>Hockey/Gymnastics</p> <p>I can show some different ways of hitting, throwing and striking a ball</p> <p>I can roll, curl, travel and balance in different ways. I can copy and repeat sequences.</p>	<p>Rugby/Badminton</p> <p>I can travel in a variety of ways with increased coordination. I can show sporting values.</p> <p>I can show some different ways of hitting, throwing and striking a ball</p>	<p>Tennis/Football</p> <p>I can show some different ways of hitting, throwing and striking a ball</p> <p>I can kick and stop a ball while static.</p>	<p>Striking & fielding games</p> <p>I can show some different ways of hitting, throwing and striking a ball and follow simple rules.</p>
Year 2	<p>Athletics/Fitness</p> <p>I can demonstrate the basic skills of athletics (running, jumping, throwing)</p> <p>I can master basic movements and develop my fitness.</p>	<p>Dance /Netball</p> <p>I can change rhythm, speed, level and direction in a dance. Make a sequence by linking sections together</p> <p>I can pass and receive a ball accurately. I can make simple decisions about where to move in a game.</p>	<p>Hockey/Gymnastics</p> <p>I can perform some dribbling skills and pass a ball over longer distances.</p> <p>I can plan and perform a gymnastics sequence and use feedback to improve it.</p>	<p>Rugby/Badminton</p> <p>I can show some different ways of hitting, throwing and striking a ball.</p> <p>I can make simple decisions about when /where to move in game.</p>	<p>Tennis/Football</p> <p>I can show some different ways of hitting, throwing and striking a ball.</p> <p>I can make simple decisions about when /where to move in game.</p>	<p>Striking & fielding games</p> <p>I can hit a ball off a tea, bowl a bowl and play as a fielder. I can follow the rules of a game.</p>
Year 3	<p>Athletics/ Fitness</p> <p>I can perform: an overarm throw, long jump, sprint and long distance running, relay.</p> <p>I can develop my flexibility, strength and control.</p>	<p>Dance/Netball</p> <p>I can use a stimulus to create movements, perform a routine to the count of 8.</p> <p>I can follow the rules of first step netball.</p>	<p>Hockey/Gymnastics</p> <p>I can hold a hockey stick correctly, dribble and perform a push pass.</p> <p>I can adapt sequences, explain how strength and flexibility affect performance, move and use apparatus safely.</p>	<p>Rugby/Badminton</p> <p>I can move holding the ball and make passes. I can show understanding of the basic rules of rugby.</p> <p>I can hold the racket correctly and tap the shuttlecock in a variety of ways. I can show understanding of forehand and backhand position</p>	<p>Tennis/Football</p> <p>I can hold the racket correctly and tap the ball in a variety of ways. I can show understanding of forehand and backhand position</p> <p>I can control, dribble and pass the ball.</p>	<p>Striking & fielding games</p> <p>I can understand play a variety of positions in a game (rounders/cricket).</p> <p>I can bat with control.</p>
Year 4	<p>Athletics/Fitness</p> <p>I can throw and jump in different ways, know when to sprint and when to show stamina, combine running</p>	<p>Dance/Netball</p> <p>I can share and create phrases of routine in collaboration with others.</p> <p>I can follow the rules of first step netball.</p>	<p>Hockey/Gymnastics</p> <p>I can use a range of passes, move into space and attempt to score.</p> <p>I can move in a controlled way, include changes of</p>	<p>Rugby/Badminton</p> <p>I can pass backwards, in both directions and use speed and speed to avoid defenders.</p> <p>I can perform a rally with a partner, start to play over a net</p>	<p>Tennis/Football</p> <p>I can perform a rally with a partner, start to play over a net and perform backhand and forehand shots.</p>	<p>Striking & fielding games</p> <p>I can develop a range of cricket and rounders skills and apply in a competitive context.</p> <p>I can apply tactics to a game.</p>

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	<p>and jumping (over small obstacles).</p> <p>I can develop my flexibility, strength and control.</p>	<p>I can use a range of passes.</p>	<p>speed and direction in sequence, create an extended routine with a partner.</p>	<p>and perform backhand and forehand shots.</p>	<p>I can dribble into space, pass with different parts of my foot and control the ball when receiving it from team mates.</p>	
Year 5	<p>Athletics/Fitness</p> <p>I can show balance and coordination when taking off and landing (triple jump), Throw with increasing distance, run short, middle and long distances, combine running and jumping (hurdles).</p> <p>I can develop my flexibility, strength and control.</p>	<p>Dance/Netball</p> <p>I can create my own dances in a range of styles.</p> <p>I can follow the rules of high five netball.</p> <p>I can use all three passes correctly.</p> <p>I can attempt to make interceptions.</p>	<p>Hockey/Gymnastics</p> <p>I can sometimes use Indian dribbling, choose between a push and slap pass and successfully score.</p> <p>I can make complex extended sequences, to perform to audiences.</p> <p>I can compare my performances with previous ones and provide support and advice to others.</p>	<p>Rugby/Badminton</p> <p>I can pass and receive passes at speed, refine my attacking and defending skills and start to use tactics.</p> <p>I can use a range of shots (depending on where the shuttlecock is) and serve correctly.</p>	<p>Tennis/Football</p> <p>I can use a range of shots (depending on where the ball is) and serve correctly.</p> <p>I can control a ball in a range of ways and pass accurately with different parts of my foot. I can dodge a defender and defend a player to make some interceptions.</p>	<p>Striking & fielding games</p> <p>I can link together a range of skills and use them in combination and under pressure.</p> <p>I can play in a tournament and work as team, using tactics to beat another team.</p> <p>I can recognise how certain aspects of fitness apply to these games.</p>
Year 6	<p>Athletics/Fitness</p> <p>I can throw and catch accurately.</p> <p>I can develop my flexibility, strength and control.</p>	<p>Dance/Netball</p> <p>I can develop sequences in a specific style of dance (contemporary/street), choose own music and style.</p> <p>I can follow the rules of high five netball.</p> <p>I know when to use different passes. I can successfully lose a defender and make interceptions.</p>	<p>Hockey/Gymnastics</p> <p>I can use speed, change of direction, different passes and Indian dribbling.</p> <p>I know how and when to defend.</p> <p>I can perform sequences to timings, develop vaulting ability.</p> <p>I can compare my performances with previous ones and provide support and advice to others.</p>	<p>Rugby/Badminton</p> <p>I can play effectively in attack and defence. I can evade and tag opponents and score points.</p> <p>I can use 'move-hit-recover' approach within a game.</p> <p>I can serve accurately.</p>	<p>Tennis/Football</p> <p>I can use 'move-hit-recover' approach within a game.</p> <p>I can serve accurately.</p> <p>I can make decisions regarding how and when to pass the ball and can use a range of ways to control the ball.</p> <p>I can create space and know how/when to move into space.</p>	<p>Striking & fielding games</p> <p>I can consistently apply rules in a variety of games and work collaboratively with my team mates.</p> <p>I can attempt different recognised shots in isolation and in competitive situations.</p>