

St.George's PE Whole School Long Term Plan for Progression of Skills

	Autumn	Spring	Summer
R	<p>Beanbags Skills (Invasion) Sports Covered: Basketball, & Netball To be able to balance a beanbag on various body parts. To be able to move the beanbag with good control. To be able to throw a beanbag at a target. To recognise key body parts. To be able to take turns with a partner.</p> <p>Fun Games With Friends (Outdoor Adventure) Topic Covered: Co-operation & Tactics Develop fundamental movement skills. To work within a small group. Participate in cooperative physical activities. Participate in competitive physical activities. Develop simple tactics</p> <p>Ball Skills at the Zoo (Invasion) Topic Covered: Throwing, Rolling, Passing & Receiving To be able to show an awareness of space. To be able to throw a ball underarm. To be able to roll a ball towards a target. To be able to bounce a ball. To be able to pass and receive a ball</p> <p>Gym - Jumping & Balancing Topic Covered: Using Apparatus Safely Know how to use a variety of equipment & resources. To make my body tense & relaxed. To roll in different ways. To travel in different ways. To develop overall balance</p>	<p>Turn Taking on Holidays (Strike & Field) Sports Covered: Tennis, Rounders & Cricket To develop hand-eye co-ordination. To be able to throw a ball in the right direction. To be able to take turns with a partner. To develop spatial awareness. To run with developing control and fluency</p> <p>Gym - Stretching Shapes Topic Covered: Copy & Repeat To climb and use the apparatus safely. To develop controlled balance. To make my body tense, relaxed, curled and stretched. To travel in different ways with control. Copy a partner's sequence of movement</p> <p>Dance Fictional Characters - Julia Donaldson Topic Covered: Fiction- Julia Donaldson Able to demonstrate Paper Doll shapes. Able to demonstrate wiggling and rescuing actions. Able to move with opposing (small and big) dynamics. Able to move to the rhythm of spoken word. Able to develop relationships - staying attached to a partner and/or a group.</p> <p>Gymnastics - Balance Topic Covered: Following Instruction Know how to use a variety of equipment & resources. To balance on one foot. To perform static balances. Understand how to listen to & follow instructions. To hold their body still on different bases.</p>	<p>Swimming x 2 Topic Covered: Water Safety Sports Covered: Swimming To talk about water safety. To get in and out of the water safely. To hold onto the side of the pool with control. To lift one or both feet off the ground whilst in the water. To develop overall water confidence.</p> <p>Fun with Quoits & Cones (Athletics) Topic Covered: Healthy Eating Sports Covered: Various Athletics To develop appropriate running technique. To jump over different sized obstacles. To throw towards a set target. To competently catch a ball or beanbag. To name some healthy foods (fruit & veg).</p> <p>Bats and Balls at the Circus (Net Games) Topic Covered: Spatial Awareness & Control Sports Covered: Rounders, Badminton & Tennis To show control and balance in basic movement. To show spatial awareness during running & chasing games. To run around & over objects, demonstrating control & balance. To become familiar with the names of different types of equipment. To hit or push an object towards a stationary target.</p>

<p>1</p>	<p>Throwing and Catching (Invasion) Topic Covered: Invasion Games To be able to throw a ball/beanbag with accuracy. To be able to show an awareness of space. To be able to catch a ball/beanbag with some control. To observe, describe and copy what others are doing. To work collaboratively with a partner</p> <p>Creative Play (Outdoor Adventure) Topic Covered: Fundamental Movements Develop more complex fundamental movement skills. To work collaboratively within a group. To develop thinking and creativity. To develop decision making in games. To be able to work independently.</p> <p>Dance Fictional Characters - Traditional Tales Topic Covered: Children's Stories Sports Covered: Dance Able to demonstrate house shapes. Able to demonstrate climbing actions. Able to move with angry dynamics. Able to move to the beat of the music. Able to develop relationships - counterbalances</p> <p>Gym - Balance & Agility Topic Covered: Safety on the Apparatus Show an awareness of personal and general space. To move with some confidence, imagination and safety. To travel using 'caterpillar', 'monkey' & 'crab' walk. To travel in 'crawling soldier' position. Discuss safety when using apparatus.</p>	<p>Swimming (x2) Topic Covered: Water Confidence To talk about water safety. To begin to use a float to aid buoyancy. To blow bubbles in the water. To travel through the water with confidence. To develop overall water confidence</p> <p>Gym - 'Jump' into the Past Topic Covered: Famous Sporting Figures (Past) Sports Covered: Gymnastics To explore some different rolls. To explore gymnastic actions and still shapes. To watch copy and describe what they and others have done. To create some wide & narrow shapes. To take off, jump & land with control</p> <p>Dance Animals - Jungle Topic Covered: Animals & The Jungle Able to demonstrate large and expansive shapes. Able to demonstrate swinging actions with the arms. Able to demonstrate heavy and strong dynamics. Able to perform in slow motion. Able to develop relationships - canon.</p>	<p>Running and Jumping (Athletics) Topic Covered: Technique and Control To consolidate appropriate running technique. To jump with control & balance on landing. To jump whilst travelling. To throw towards a stationary target. To know what the term 'healthy eating' means.</p> <p>Partner Games (Strike & Field) Topic Covered: Collaborative Work Sports Covered: Tennis, Rounders & Cricket To work collaboratively with a partner. To use a range of small equipment. To throw to a partner with developing accuracy. To be able to 'mirror' a partner's movements. To be able to listen and observe</p> <p>Balance & Control - Striking (Net Games) Topic Covered: Aiming, Balancing & Striking Sports Covered: Tennis, Badminton & Volleyball To aim and strike an object towards a set target. To balance a ball on a racket with control. To recognise and begin to use space in games. To attempt to strike a ball over and beyond a target. To attempt to 'set' a ball in the air repetitively (Volleyball)</p> <p>Ball Control (Invasion) Topic : Games Topic Covered: Direction, Speed, Passing & Receiving To move fluently, changing direction & speed easily. To use different movements, speeds & pathways. To recognise space in games. To consolidate passing and receiving. To describe and copy what others are doing.</p>
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<p>2</p>	<p>Swimming (x2) Topic Covered: Front Crawl & Back Crawl Travel forwards & backwards for a distance of 5 metres. To float on back (with float). To float on front (with float). To fully submerge the body in water. Perform a mushroom or star float.</p> <p>Kicking & Dribbling (Invasion - Hockey & Football) Topic Covered: Kick, Travel & Dribble To kick accurately towards a target. To travel whilst moving a ball with your feet or apparatus. To develop knowledge of stronger and weaker sides of the body. To dribble around various cones and objects. To kick the ball confidently with the inside of your foot.</p> <p>Gym - Balance & Co-ordination Topic Covered: Body Awareness Travel, showing change of speed and direction. Develop body awareness through varying body balances. To perform 'Teddy bear' & 'Pencil' rolls. To adopt the positions 'happy cat' & 'angry cat'. Create, remember and perform simple movement sequences.</p>	<p>Dance Animals - Dangerous Topic Covered: Animal Movements Able to create shapes to represent a dangerous animal. Able to demonstrate clawing tiger actions. Able to move demonstrating fierce dynamics. Able to use the space to create an entrance. Able to develop relationships - action and reaction in <i>George and the Dragon</i> fight.</p> <p>Gym 2-D & 3-D Shapes Topic Covered: Numeracy To control my body whilst balancing & travelling. To turn whilst jumping. To consolidate the positions front, back & side support. To think of more than one way to create a sequence which follows a set of rules. To climb safely</p> <p>Dance Fictional Characters - Pirates Topic Covered: Dynamics and Levels Able to demonstrate treasure shapes. Able to demonstrate pirate actions. Able to move with strong and fierce dynamics. Able to demonstrate different levels (low / medium / high). Able to develop relationships - contact work in boats</p> <p>Sending and Receiving (Invasion) Topic Covered: Passing & Receiving (Throw and Kick) To begin to aim towards a given target. To accurately pass and receive a range of balls. To further increase their understanding of space. To pass a ball using different parts of the body. To receive a ball using different parts of the body.</p>	<p>Movements (Athletics) Topic Covered: Distance & Perception To run in a coordinated & fluent way over obstacles. Develop awareness of distance & weight. To throw a range of different throwing implements. Developing awareness of distance & height. To hit a ball off a tee.</p> <p>Rule Making (Outdoor Adventure) Topic Covered: Teamwork & Competition To continually develop fundamental skills. To take part in competitive activities. To begin to work as a team. To further develop thinking and creativity. To create different rules for games.</p> <p>Striking for Accuracy (Net Games) Topic Covered: Striking & Exploring Sports Covered: Tennis, Badminton & Volleyball To aim, strike & follow through towards a target. To hit an object with varying power using a racket. To be able to hit a ball or object towards a partner. To explore a badminton racket and shuttlecock. To attempt a 'forearm' or 'bump' pass (Volleyball).</p> <p>Group Games (Strike & Field) Topic Covered: Team Work Sports Covered: Rounders & Cricket To be able to work effectively within a small group. To attempt to create a group game using small equipment. To develop agility and co-ordination. To negotiate space effectively in group games. To develop co-ordination when running</p>
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<p>3</p>	<p>Dribbling to Invade (Invasion - Hockey & Football) Topic Covered: Dribbling & Attacking Develop their dribbling skills with a stick and/or a ball. To use space within the pitch area. To develop knowledge of attacking whilst invading. To consolidate dribbling with a football. To attempt to keep possession whilst dribbling.</p> <p>Thinking Aloud (Outdoor Adventure) Topic Covered: Map Reading and Group Work Sports Covered: Orienteering To place trust in teammates. To develop problem solving skills. To create and recognise some map symbols. To develop basic map reading skills. Work cooperatively to solve group/paired challenges</p> <p>Topic Covered: Traditional Dances Topic Covered: Folk Dance Able to demonstrate star and arch shapes. Able to demonstrate folk dance actions. Able to demonstrate happy and energetic dynamics. Able to use the space to create different formations. Able to develop relationships - folk dance moves with a partner</p> <p>Gym - Symmetrical Shapes Topic Covered: Performance & Symmetry To build strength through pushing & pulling motions. To perform with developing symmetry. To use a change of direction in between jumps. To copy and add to a shape. To find different ways to exit and enter apparatus.</p>	<p>Swimming x 2 Topic Covered: Front Crawl & Self-Rescue To perform correct front crawl arm action. To perform correct front crawl leg action. To breath correctly with face in and out of water. To demonstrate 'Push & Glide'. Discuss safe self-rescue</p> <p>Over the Net (Net Games) Topic Covered: Rules, Serving & Returning Sports Covered: Tennis, Volleyball & Badminton To identify & describe some rules of tennis & badminton. To consolidate the underarm serve technique. To explore forehand hitting. To move towards a ball or object before striking it. To explore the 'serve' technique (volleyball/badminton)</p> <p>Gym - Jumping and Splashing in Rivers Topic Covered: Jumping & Landing To be able to perform some basic jumps. To demonstrate shapes whilst in the air. To develop knowledge of 'take off'. To develop knowledge of 'landing'. To change direction whilst jumping.</p>	<p>Swimming Topic Covered: Front Crawl & Self-Rescue To perform correct front crawl arm action. To perform correct front crawl leg action. To breath correctly with face in and out of water. To demonstrate 'Push & Glide'. Discuss safe self-rescue</p> <p>Being an Athlete (Athletics) Topic Covered: Throwing and Rotation To attempt to throw a shot putt using the rotation technique. To consolidate different throwing techniques. To attempt a javelin, throw with correct technique. To be able to pass & receive a relay baton. Continually develop awareness of distance</p> <p>Passing for Possession Spatial awareness and Passing Sports Covered: Basketball & Football To be able to pass a ball accurately and with speed. To be able to catch a ball consistently. To be able to pass with control and technique. To further increase their understanding of space. To work collaboratively within a small group.</p> <p>Striking and Exploring (Strike & Field) Topic Covered: Varying Speed & Direction Sports Covered: Tennis, Rounders & Cricket To be able to strike a ball with some accuracy. To vary the speed and direction of a ball. Perform the basic skills needed for the games with control and consistency. Describe what is successful in their own and other's play. To develop understanding of distance and power when striking.</p>
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<p>4</p>	<p>Swimming x 2 Topic Covered: Back Crawl & Breathing To perform correct back crawl arm action. To perform correct back crawl leg action. To regulate breathing. To evaluate their own performance. Discuss safe self-rescue</p> <p>Dribbling, Movement & Teamwork (Invasion - Hockey & Football) Topic Covered: Finding & Using Space Sports Covered: Hockey & Football To play games competitively. To develop teamwork and team play. To develop attacking and defending skills. To consolidate dribbling using a football and/or a hockey stick. Develop skills in finding and using space.</p> <p>Gym - Perfecting Sequencing 'The Water Cycle' Topic Covered: Evaluating Performance To develop and demonstrate balance within a routine. To know what 'canon' means and how to use it. To know what 'unison' means and how to use it. Identify what makes a performance effective. Suggest improvements based on information.</p>	<p>Returning (Net Games - Tennis & Volleyball) Topic Covered: Service & Return Sports Covered: Tennis & Volleyball To develop reaction time and agility. To explore backhand hitting. To attempt an overhand serve in tennis. To develop knowledge of returning & rallying. To attempt to 'Spike' in volleyball.</p> <p>Gym - What's my Direction? Topic Covered: Rhythmic Gym & Sequencing To accelerate and decelerate whilst travelling. To develop some knowledge of Rhythmic Gymnastics. Perform a roll using control, body tension and flow. To use equipment within a sequence. Identify well performed skills when watching other groups</p> <p>Dance Style - Bollywood Topic Covered: The Bollywood Technique Able to express happy dynamics. Able to demonstrate physical skill - looking at the hands whilst dancing. Able to demonstrate Bollywood technique - 'mudras' and arm gestures. Able to demonstrate relationships - unison and canon. Able to create an illusion - 1 person with 6 arms.</p> <p>Passing and Moving (Invasion - Netball & Basketball) Topic Covered: Basic Physiology & Spatial To know when to move within a game. To know when to pass during a game. Show an awareness of space and know how to use it in games. To travel using change of direction and speed easily. Describe what happens to their bodies when warming up.</p>	<p>Record Breaking (Athletics) Topic Covered: The Human Body (Muscles) To jump for height & distance. To explore different body positions in flight. To jump hurdles with developing technique. To communicate clearly with partners & team mates. To locate some of the major muscles in the body.</p> <p>Decisions (Outdoor Adventure) Topic Covered: Map Symbols & Strategies Sports Covered: Orienteering Develop some knowledge of orienteering. To create their own course for a partner to follow. To learn some common map symbols. Choose & apply strategies to meet problems. Use a map to travel around a simple course.</p> <p>Swimming Topic Covered: Back Crawl & Breathing To perform correct back crawl arm action. To perform correct back crawl leg action. To regulate breathing. To evaluate their own performance. Discuss safe self-rescue</p> <p>Fielding (Strike & Field) Topic Covered: Positioning & Collaboration Sports Covered: Netball, Tennis, Cricket & Rounders Throw an object with varying speed and accuracy. Throw an object or ball overarm. Choose appropriate positioning when fielding. Intercept an object or ball. Work collaboratively in small teams.</p>
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<p>5</p>	<p>Invasion in a Team (Hockey & Ball Skills) Topic Covered: Playing Competitively & Tactics Sports Covered: Various with Hockey Focus To develop team work through communication. To play games competitively. To pass a ball towards a space for a team mate to receive. To apply a range of tactics and strategies for defence and attack. To understand how it feels to win and lose.</p> <p>Leadership (Outdoor Adventure) Topic Covered: Problem Solving Sports Covered: Orienteering Develop communication through speaking & listening. Work as a group to overcome a challenge. Learn some different ways of tying knots. Take part in competitive orienteering activities. Plan a short loop course for a partner or group.</p> <p>Dance History - WW2 Able to move with a range dynamics to express different emotions. Able to execute jitterbug actions. Able to develop relationships - leading and following. Able to demonstrate unison as a group. Able to demonstrate and create shapes representing unity.</p> <p>Gym - Abstract Angles Topic Covered: Numeracy- Angles Sports Covered: Gymnastics To perform a headstand To link movements into a sequence To perform a handstand To work effectively as a group To use various body positions to form different angles</p> <p>Paddle Sports x 1</p>	<p>Swimming X 2 Topic Covered: Breast stroke Focus Sports Covered: Swimming To perform correct breast stroke arm action. To perform correct breast stroke leg action. To perform correct breathing technique to breaststroke. To evaluate & compare techniques. Discuss safe self-rescue.</p> <p>Gym - Travelling & Turning 'Earthquakes' Topic Covered: Natural Disasters Sports Covered: Gymnastics Show clear differences between levels, speeds and directions. Perform actions, shapes and balances clearly, consistently and fluently. Demonstrate body tension and extension. Adapt sequences to include a partner or a small group. Vary direction, levels and pathways.</p> <p>Rules and Concepts (Invasion - Football & Netball) Topic Covered: Warming up & Cooling down To develop knowledge of attacking and defending. To know how to 'mark' an opponent. To further develop their understanding of space. To recognise the importance of rules within games. Understanding the need to warm up and cool down.</p>	<p>Swimming Topic Covered: Breast stroke Focus Sports Covered: Swimming To perform correct breast stroke arm action. To perform correct breast stroke leg action. To perform correct breathing technique to breaststroke. To evaluate & compare techniques. Discuss safe self-rescue.</p> <p>Exploring, Striking & Fielding Topic Covered: Positioning & Intercepting Sports Covered: Cricket, Tennis & Rounders To explore the use of space during games. Choose appropriate positioning when fielding. To strike a ball/object using both hands and feet. To retrieve, intercept and stop a ball when fielding. To develop the range and consistency of their skills.</p> <p>Olympic Training (Athletics) Topic Covered: Gain & Maintain Fitness Sports Covered: Triple-jump, Discus & Sprint To develop knowledge of the triple jump technique. To begin a sprint in the crouching position. To throw a discus with developing technique. Develop the basic skills for acceleration. To develop knowledge of how to gain & maintain fitness</p> <p>Accuracy & Rallies (Net Games) Topic Covered: Striking & Service Sports Covered: Badminton, Tennis & Volleyball To develop acceleration & speed. To consolidate backhand and forehand strokes. To explore the 'smash' in badminton. To explore the 'lobbing' technique in tennis. To explore 'overarm serve' in volleyball.</p> <p>Paddle Sports x 2</p>
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<p>6</p>	<p>Swimming X 2 Topic Covered: Stroke Development & Technique To consolidate front/back crawl. To consolidate breast stroke technique. To tread water for a sustained period of time. To swim a distance of 25 metres. Discuss safe self-rescue.</p> <p>Invasion to Score - (Hockey & Football) Topic Covered: Tactical Defense & Attack To develop teamwork. To further develop knowledge of defending. To dribble a ball with control and fluency using foot or hockey stick. To further develop knowledge of attacking. To strike a ball or object towards a target or goal with power and accuracy.</p> <p>Gym - 'Perfecting' In Which Quadrant? Topic Covered: Body Shape & Position To review and perfect holding shapes in flight. To form asymmetrical body shapes. To identify different elements of a gymnastic routine. To review some complex gymnastic positions. To use gymnastic terminology.</p>	<p>Dance Style - Street Dance Topic Covered: Street Dance Style Able to express attitude and strong dynamics . Able to develop physical skill - strength in upper body. Able to demonstrate street dance technique - top rock, slides, helicopter. Able to demonstrate relationships - confrontation. Able to explore space - directions and formation.</p> <p>Gym - Complex Sequences 'Mountains' Topic Covered: Stretch, Extend & Elevate Move supporting body parts further away from each other. Hold and receive body weight. Stretch, extend and elevate unused body parts. To develop the use of counter balance. To use small points to create a spin.</p> <p>Invasion - Competitive (Netball & Basketball) Topic Covered: Attacking, Defending & Communication To further develop knowledge of attacking and defending. To know how to intercept a pass. To know how to invade as a team. To communicate effectively with team mates. To develop sportsmanship.</p> <p>Finding Success (Outdoor Adventure) Topic Covered: Map Designing Sports Covered: Orienteering Develop communication through speaking & listening. Work as a group to overcome a challenge. Learn some different ways of tying knots. Take part in competitive orienteering activities. Plan a short loop course for a partner or group.</p>	<p>Going for Gold (Athletics) Topic Covered: Measure & Record Performance Sports Covered: Race Walk & Long Distance To develop the technique in order to race walk. Learn to measure & record performance. To train the body to run for a longer duration. To sustain pace over longer distances. To choose appropriate techniques for specific events.</p> <p>Striking & Fielding - Teamwork Topic Covered: Collaborative Team Work Sports Covered: Tennis & Rounders To field as a collaborative team unit. To strike a ball or object 'cleanly' using different equipment. To retrieve, intercept and stop a ball when fielding. To strike a ball or object using both sides of the body. Recognise their own and other's strengths.</p> <p>Swimming Topic Covered: Stroke Development & Technique To consolidate front/back crawl. To consolidate breast stroke technique. To tread water for a sustained period of time. To swim a distance of 25 metres. Discuss safe self-rescue.</p> <p>Net Games for Points (Net Games) Topic Covered: Serve, Return & Evaluate Sports Covered: Volleyball, Badminton & Tennis To develop aerobic fitness. To develop overall volleyball skills: set, forearm, serve & spike. To develop overall badminton skills: serve and smash. To develop overall tennis skills: fore/backhand, service and lob. To play competitively and evaluate performance</p> <p>Water Park - outdoor pursuits 5 day residential</p>
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