



Churchside Federation Long Term Planning

Subject: Physical Education



Class	Summer 2021		
All Year Groups	Daily Mile: - compare their performances with previous ones and demonstrate improvement to achieve their personal best. Golden Threads of PE: Healthy Active Lives; Being a Good Sport; Striving to Improve		
Oak YR	Gymnastics: - show good control & co-ordination, - move confidently, safely negotiating space. (Suggested Units Val Sabin B & C)	Ball Skills: - show good co-ordination & control in large & small movements. -handle equipment & tools effectively. - play co-operatively. - run with control & co-ordination.	Dance: - move confidently, safely negotiating space.
Hazel Y1	Team Games: - master basic movements including throwing & catching. - participate in team games, developing simple tactics for attacking & defending. (Suggested sports: hockey & football)	Gymnastics: - master basic movements & develop balance, agility & co-ordination (Suggested Units Val Sabin Y1 G)	Athletics: - master basic movements including running & jumping & develop agility & co-ordination. (example lesson plans)
Maple Y2	Dance: - perform dances using simple movements. (see Val Sabin Dance for lesson plans & dance ideas)	Gymnastics: - master basic movements & develop balance, agility & co-ordination (Suggested Units Val Sabin Y2 J turning, spinning twisting)	Athletics: - master basic movements including running & jumping & develop agility & co-ordination. (example lesson plans)
Cedar Y3	Swimming & Water Safety: - swim competently, confidently and proficiently over a distance of at least 25m. - use a range of strokes effectively. - perform safe self-rescue in different water-based situations.	Gymnastics: - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. (Suggested Units: Val Sabin Y3 Unit O)	Athletics: - use running, jumping, throwing & catching in isolation & combination - develop technique, strength & control. - compare performance with previous & demonstrate improvement to achieve personal best. (example lesson plans)
Rowan Y4	Gymnastics: - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. (Suggested Units: Val Sabin Y3 Unit O or Y4 Unit R)	Athletics: - use running, jumping, throwing & catching in isolation & combination - develop technique, strength & control. - compare performance with previous & demonstrate improvement to achieve personal best. (example lesson plans)	Dance: - perform dances using a range of movement styles. - evaluate & suggest how to improve. (see Val Sabin Dance for example dances & cross-curricular links)
Elm Y5	Striking & Fielding Games: - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending. (Suggested Sports: Rounders & Kwik Cricket)	Dance: - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement.	Orienteering: - take part in outdoor and adventurous activity challenges both individually and within a team.
Sycamore Y6	Striking & Fielding Games: - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending. (Suggested Sports: Rounders & Kwik Cricket)	Gymnastics: - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. - work collaboratively. - evaluate & recognise how to improve. (Suggested Units: Val Sabin Y5 Unit V or W; Y6 Unit X or Y)	Orienteering: - take part in outdoor and adventurous activity challenges both individually and within a team.



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Owls YR	Gymnastics: - show good control & co-ordination, - move confidently, safely negotiating space. (Suggested Units Val Sabin B & C)	Team Games: - show good co-ordination & control in large & small movements. -handle equipment & tools effectively. - play co-operatively. - run with control & co-ordination.	Athletics: - move confidently, safely negotiating space. - run with control & co-ordination.
Y1, 2	Gymnastics: - master basic movements & develop balance, agility & co-ordination (Suggested Units Val Sabin Y1 G)	Team Games: - master basic movements including throwing & catching. - participate in team games, developing simple tactics for attacking & defending. (Suggested sports: hockey & football)	Athletics: - master basic movements including running & jumping & develop agility & co-ordination. (example lesson plans)
Skylarks Y3, 4	Team Games: - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending. (Suggested Sports: Tag Rugby & Football)	Gymnastics: - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. (Suggested Units: Val Sabin Y3 Unit O or Y4 Unit R)	Athletics: - use running, jumping, throwing & catching in isolation & combination - develop technique, strength & control. - compare performance with previous & demonstrate improvement to achieve personal best. (example lesson plans)
Kestrels Y5, 6	Striking & Fielding Games: - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending. (Suggested Sports: Rounders & Kwik Cricket)	Gymnastics: - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. Orienteering: - take part in outdoor and adventurous activity challenges both individually and within a team.	Invasion Games: - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending. (Suggested Sports: Hockey & Tag Rugby)
Events: <ul style="list-style-type: none"> • Sports Day (July 2021) • Olympic Games Tokyo (July – Sept 2021): There will be a weekly challenge (from Norfolk School Games) starting on the 19th April. • 21st – 25th June: Norfolk Virtual School Games Week, culminating in a Colour Run on Friday. 			