



## PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	<p>Unit: Hit, Catch &amp; Run Outcomes: Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ selecting space</li> <li>✓ rolling a ball</li> <li>✓ track and collect a ball</li> <li>✓ catching</li> <li>✓ hitting a ball with hands</li> <li>✓ run between bases</li> <li>✓ work as a team</li> </ul> <p>Vocabulary: Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.</p>	<p>Unit: Gymnastics Outcomes: Further develop balance, agility and coordination through the learning of basic gymnastic actions: travelling, rolling, jumping and balancing.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ Travel in different ways, changing direction and speed.</li> <li>✓ Hold still shapes</li> <li>✓ simple balances.</li> <li>✓ Develop some different rolls</li> <li>✓ Carry out a range of simple jumps</li> <li>✓ Move around, under, over, and through different objects and equipment with increasing control.</li> </ul> <p>Vocabulary: balance, body tension, carry,</p>	<p>Unit: Dance Outcomes: Explore and copy basic dance actions/patterns.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ Explore and copy different simple dance steps</li> <li>✓ utilising space.</li> <li>✓ Move to the beat of the music</li> <li>✓ Develop different shapes.</li> </ul> <p>Vocabulary: beat, dance, fast, slow, pause, feet, high, low, music, rhythm, step, stretch, swing, turn, twist, static, start, middle, end, respond, copy, repeat, top rock, freestyle.</p>	<p>Unit: Attack, Defend, Shoot Outcomes: To recognise rules and apply them. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ find our pulse on our wrists.</li> <li>✓ move side to side to defend.</li> <li>✓ bounce a ball.</li> <li>✓ aim at different targets.</li> <li>✓ adapt to a game.</li> <li>✓ play in the best defensive position.</li> </ul> <p>Vocabulary: Cooperate, defend, fluency, heart rate, outwit, physical activity, pitch.</p>	<p>Unit: Send &amp; Return Outcomes: Develop sending skills with a variety of balls. Track, intercept and stop a variety of objects. Select and apply skills to beat the opposition.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ send the ball over a net.</li> <li>✓ track and stop a moving object using both hands.</li> <li>✓ why different muscles are important.</li> <li>✓ send balls accurately.</li> <li>✓ spot space.</li> <li>✓ play a game with a partner.</li> </ul>	<p>Unit: Run, Jump, Throw Outcomes: Begin to link running and jumping. Learn and refine a range of running. Develop throwing techniques to throw over longer distances.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ start and stop when moving at speed.</li> <li>✓ use arms when running at different speeds.</li> <li>✓ take off on two feet to jump.</li> <li>✓ use the correct technique to throw different objects.</li> <li>✓ show improvement in throwing.</li> <li>✓ take part in a competition</li> </ul> <p>Vocabulary: Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, fastest.</p>



## PE Long Term Plan

		control, extension, fast, high, low, straight, jump, link, movement, muscles, relaxation, roll, shape, slow, speed, strength, timing, travel, pencil, star, straddle, pike, stretch, toes, spot, bend, knees, curve.			Vocabulary: Bowl, hit, net, pick up, roll, serve, stop, track, opposition, umpire	
Y2	<p>Unit: Dance Outcomes: Begin to link simple dance actions/patterns and perform them in a controlled way with teacher/peer support.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ Copy and repeat floor patterns</li> <li>✓ Move in counts of 8 to the beat of the music</li> <li>✓ partner work.</li> </ul> <p>Vocabulary: beat, dance, fast, slow, pause, feet, high, low, middle, music, rhythm, step, stretch, swing, turn, twist, static, emotion, respond, direction, group, link, independent, pair, freestyle, mirror, on-stage, off-stage,</p>	<p>Unit: Gymnastics Outcomes: Continue to develop balance, agility and coordination by exploring gymnastic actions and begin incorporating into simple sequences with increased control.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ Control body whilst travelling at different levels.</li> <li>✓ Hold a still shape whilst balancing on different points of the body</li> <li>✓ Explore more rolls</li> </ul>	<p>Unit: Hit, Catch &amp; Run Outcomes: To develop hitting skills with a variety of bats. Practice feeding/bowling skills. Hit and run to score points in games.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ hit a ball</li> <li>✓ defend a target by kicking.</li> <li>✓ bowl underarm</li> <li>✓ hit a ball using different bats and techniques.</li> <li>✓ throw accurately</li> <li>✓ hit a ball into space</li> </ul> <p>Vocabulary: Hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm, overarm, field, hitter, bowler, umpire, posts, stumps</p>	<p>Unit: Attack, Defend, Shoot Outcomes: Send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g., dribbling and passing.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ kick the ball over long and short distances</li> <li>✓ stop a ball with control using the foot.</li> <li>✓ work as a team to keep the ball.</li> </ul>	<p>Unit: Send &amp; Return Outcomes: Be able to track the path of a ball over a net and move towards it. Begin to hit and return a ball with some consistency. Play modified net/wall games throwing, catching and sending over a net.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ stay on our toes to move quickly</li> <li>✓ identify which hand is dominant</li> <li>✓ the basic rules of</li> </ul>	<p>Unit: Run, Jump, Throw Outcomes: Improve running and jumping movements over sustained periods. Reflect on activities and make connections to healthy, active lifestyles. Jump for distance and height.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ work individually to run over a longer distance.</li> <li>✓ improve strength to increase jumping</li> <li>✓ create power when throwing</li> <li>✓ use breathing techniques to be able to run more.</li> <li>✓ cooperate with partners</li> <li>✓ listen to others and work as a team.</li> </ul>



## PE Long Term Plan

	helicopter, isolation, frog-freeze.	<ul style="list-style-type: none"> <li>✓ Jump in a variety of ways</li> <li>✓ Climb onto and jump off the equipment safely.</li> </ul> <p>Vocabulary: balance, body tension, control, extension, jump, link, low, movement, muscles, relaxation, roll, shape, speed, strength, timing, travel, turn, sequencing, pencil, star, straddle, pike, stretch.</p>		<ul style="list-style-type: none"> <li>✓ bounce a ball with my partner.</li> <li>✓ Dribbling</li> <li>✓ pass the ball forward</li> </ul> <p>Vocabulary: Aim, attack, compete, control, cooperate, receive, restart, sideline.</p>	<ul style="list-style-type: none"> <li>✓ serving to our partner.</li> <li>✓ develop agility</li> <li>✓ use the correct grip</li> <li>✓ use the ready position</li> </ul> <p>Vocabulary: Serve, bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racquet.</p>	Vocabulary: Lunges, strength, power, repetition, power, accuracy, agility, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete
Y3	<p>Unit: Rounders</p> <p>Outcomes: To be able to play simple rounders games. Apply some rules to games and develop and use simple rounders skills.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ get into the best body position to field</li> <li>✓ bowl with some consistency</li> <li>✓ hit a moving ball with one hand.</li> <li>✓ stop a moving ball with the</li> </ul>	<p>Unit: Handball</p> <p>Outcomes: Able to show basic passing and catching skills. Learn basic defensive techniques. Implement the rules of handball.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ use the ready position to catch</li> <li>✓ perform accurate passes</li> <li>✓ move the ball using the three-step rule.</li> </ul>	<p>Unit: OAA</p> <p>Outcomes: Work with others to solve problems. Describe their work and use different strategies to solve problems. Lead others and be led. Differentiate between when a task is competitive and when it is collaborative.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ use clear communication, strength and flexibility to</li> </ul>	<p>Unit: Dance</p> <p>Outcomes: Link simple dance actions together and perform them in a clear and controlled way to create a short routine, shareable.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ Link simple dance actions</li> <li>✓ Perform with some awareness of rhythm counting in beats of 4 or 8</li> </ul>	<p>Unit: Gymnastics</p> <p>Outcomes: Select and link actions to create a basic gymnastic sequence, incorporating apparatus and the floor including some symmetry.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ Travel in creative ways</li> <li>✓ Create interesting body shapes</li> </ul>	<p>Unit: Athletics</p> <p>Outcomes: Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ jumping and hopping sequences.</li> <li>✓ run at different speeds.</li> <li>✓ approach and jump hurdles.</li> <li>✓ Throw a javelin</li> <li>✓ a variety of skipping techniques.</li> </ul>



## PE Long Term Plan

	<p>long barrier technique.</p> <ul style="list-style-type: none"> <li>✓ throw longer distances using the overarm technique.</li> <li>✓ select and apply new skills.</li> </ul> <p><i>Vocabulary:</i> Batting, fielding, bowling, bases, long barrier, batter, bowler, fielder, innings, no ball, batting box, backstop, rounders, half rounders.</p>	<ul style="list-style-type: none"> <li>✓ prevent the ball from being passed by</li> <li>✓ use quick effective passes</li> <li>✓ develop accurate passing.</li> </ul> <p><i>Vocabulary:</i> Shoot, defend, attack, block, run, control, catch, pass, teamwork, score, intercept, possession, movement, using space.</p>	<ul style="list-style-type: none"> <li>✓ work with others to complete map-reading tasks.</li> <li>✓ draw and create a clear route on a map</li> <li>✓ work with others and identify what went well and what we could do to improve.</li> <li>✓ safely take part in trust-based activities.</li> </ul> <p><i>Vocabulary:</i> Maps, diagrams, scale, symbols, orienteering, controls, challenges, problem-solving, lead, follow, plan, trust.</p>	<ul style="list-style-type: none"> <li>✓ Explore working in larger groups 3/4/5's and</li> <li>✓ unison and canon</li> <li>✓ demonstrate contrasting levels in still positions.</li> </ul> <p><i>Vocabulary:</i> rhythm, step, beat, stretch, levels, direction, group, slow, fast, soft, sharp, twisty, musicality, facial expression, contrast, improvisation, unison, canon, solo, duo, team, phrases.</p>	<p>while holding balances</p> <ul style="list-style-type: none"> <li>✓ Perform a forward roll from crouch isolated as well as from standing.</li> <li>✓ Explore *roll to candlestick.</li> <li>✓ Use a range of jumps in their sequences.</li> <li>✓ Explore jumps 2to1 1to2 2to2 1to1.</li> <li>✓ Begin to use the vault.</li> </ul> <p><i>Vocabulary:</i> fluency, unison, combination, stretch, squeeze, candlestick, explosive, power, straddle, pike, tuck, isolation, vault, dynamic, static.</p>	<ul style="list-style-type: none"> <li>✓ keep score accurately</li> </ul> <p><i>Vocabulary:</i> Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, pull, record, pace, approach, combine</p>
Y4	<p>Unit: Dance</p> <p>Outcomes: Use a number of dance actions</p>	<p>Unit: Handball</p> <p>Outcomes: Develop 3 step rule incorporating</p>	<p>Unit: Tennis</p> <p>Outcomes: Explore some forehand and</p>	<p>Unit: OAA</p> <p>Outcomes: Work well in a team or group</p>	<p>Unit: Gymnastics</p> <p>Outcomes: Select and link actions to</p>	<p>Unit: Athletics</p> <p>Outcomes: Investigate ways of performing running,</p>



## PE Long Term Plan

	<p>to compose a short routine that can be performed as a group listening to audience feedback.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ improvise with a partner or solo to create a short dance routine.</li> <li>✓ Demonstrate good rhythm and counting in beats of 4 or 8 whilst</li> <li>✓ action and reaction.</li> <li>✓ Demonstrate counterbalances</li> </ul> <p>Vocabulary: levels, musicality, facial expression, improvisation, tempo, dynamics, unison, canon, solo, duo, phrases, choreography, formation, action, reaction, counter-balance, floor pattern.</p>	<p>bounce. Defend and stop attacks by blocking and intercepting. Pass and move with the ball to set up attacks. Demonstrate and implement the rules of handball.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ protect the ball from our opponent</li> <li>✓ basic overarm shooting technique.</li> <li>✓ build an attack in a team using a 3-man weave.</li> <li>✓ perform turns on the move to get back and defend.</li> <li>✓ perform a 7-metre throw</li> <li>✓ use a throw-off</li> </ul> <p>Vocabulary: Footwork, foul, free throw, link, teamwork, double dribble, 3-step, 3- man weave.</p>	<p>backhand shots. Work to return the serve. Explore positions in gameplay.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ return to the middle of the court</li> <li>✓ accurately use the forehand</li> <li>✓ play a backhand shot</li> <li>✓ combine ready position and court movement</li> <li>✓ work with a partner to score</li> </ul> <p>Vocabulary: Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready.</p>	<p>within defined and understood roles. Plan and refine strategies to solve problems. Identify the relevance of and use maps, compasses and symbols. Identify what they do well and suggest what they could do to improve.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ work collaboratively to complete a problem-solving task.</li> <li>✓ work collaboratively to create shapes whilst blindfolded.</li> <li>✓ name and recognise the cardinal points of the compass.</li> <li>✓ complete an orienteering task</li> <li>✓ work with a partner to use a map</li> <li>✓ recognise and recall common map symbols from a key.</li> </ul>	<p>create a basic gymnastic sequence, incorporating apparatus and the floor with increased control and fluency.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ Travel in different ways, including using flight.</li> <li>✓ Carry out balances</li> <li>✓ Perform a backwards roll in isolation.</li> <li>✓ Develop technique and control for forward rolls and roll to candlestick.</li> <li>✓ Explore jumps in unison and canon.</li> </ul>	<p>jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ challenge ourselves</li> <li>✓ accelerate over short distances.</li> <li>✓ run and jump using one-footed take-off.</li> <li>✓ use a sling action to throw a discus.</li> <li>✓ run on a curve and exchange a baton in our team</li> <li>✓ apply the skills we have developed</li> </ul> <p>Vocabulary: Track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, target, take off, sling, exchange, accuracy.</p>
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## PE Long Term Plan

				<p>Vocabulary: Challenges, problem-solving, lead, follow, plan, trust, solve, cardinal points, success.</p>	<p>✓ Use equipment to vault.</p> <p>Vocabulary: fluency, unison, combination, half turn, balance, height, land, spot, explosive, power, straddle, pike, tuck, isolation, vault, dynamic, static, tension, extension, engage, core, flight.</p>	
Y5	<p>Unit: Swimming <b>Outcomes:</b> Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. Vocabulary: Front crawl, backstroke, breaststroke. Float, stroke.</p>	<p>Unit: Swimming <b>Outcomes:</b> Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. Vocabulary: Front crawl, backstroke, breaststroke. Float, stroke</p>	<p>Unit: OAA <b>Outcomes:</b> Explore ways of communicating in a range of challenging activities. Navigate and solve problems from memory. Develop and use trust to complete the task and perform under pressure. <b><u>Taught skills:</u></b></p> <ul style="list-style-type: none"> <li>✓ explore different ways of communicating with a blindfolded partner.</li> <li>✓ follow a designated route</li> </ul>	<p>Unit: Athletics <b>Outcomes:</b> Sustain pace over short and longer distances. Run as part of a relay team. Perform a range of jumps and throws. <b><u>Taught skills:</u></b></p> <ul style="list-style-type: none"> <li>✓ run for speed &amp; distance</li> <li>✓ pacing our run over longer distances.</li> <li>✓ different jumping styles</li> <li>✓ use the push-throw technique.</li> </ul>	<p>Unit: Rounders <b>Outcomes:</b> Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to rounders. <b><u>Taught skills:</u></b></p> <ul style="list-style-type: none"> <li>✓ judge how far you can run</li> <li>✓ throw over short distances</li> </ul>	<p>Unit: Gymnastics <b>Outcomes:</b> Create and perform a sequence showing a good level of skill and technique in individual and group pieces. <b><u>Taught skills:</u></b></p> <ul style="list-style-type: none"> <li>✓ Accelerate and decelerate whilst travelling</li> <li>✓ Confidently develop the placement of their body parts in balances</li> <li>✓ Perform a forwards/backwards roll to and from a balanced shape</li> </ul>



## PE Long Term Plan

			<p>at maximum speed</p> <ul style="list-style-type: none"> <li>✓ use memory methods.</li> <li>✓ use clear communication</li> <li>✓ use imagination and creative thinking</li> <li>✓ send and interpret messages using Morse code.</li> </ul> <p>Vocabulary: Challenge, plan, trust, solve, team, design, instructions, extend, orient, morse code, decipher, individual, signal.</p> <p>Unit: Dance</p> <p>Outcomes: Apply basic compositional ideas to create choreography and perform to a routine with technique and confidence.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ Compose individual, partner and group dances</li> <li>✓ Ensure actions fit the rhythm/beat of the music</li> <li>✓ contact work.</li> </ul>	<ul style="list-style-type: none"> <li>✓ exchange a baton within a restricted area.</li> <li>✓ design a running, jumping or throwing activity</li> </ul> <p>Vocabulary: Bounce, relay, baton, safety, rules, targets, record, set, take over, pass, sustain, push, receive, hop – step – jump.</p>	<ul style="list-style-type: none"> <li>✓ follow the path of the ball.</li> <li>✓ the backwards hit rule</li> <li>✓ hit the ball into gaps</li> <li>✓ set a field in a game</li> </ul> <p>Vocabulary: Power, consistently, accuracy, stump, conditioned, fitness, miss hit, strength, encouragement, defensive, offensive.</p>	<p>position and standing position.</p> <ul style="list-style-type: none"> <li>✓ Develop jump exploration</li> <li>✓ Confidently use equipment to vault</li> </ul> <p>Vocabulary: fluency, unison, combination, low, full turn, half turn, explosive, power, straddle, pike, tuck, isolation, vault, dynamic, static, tension, extension, engage, core, stabilise, flight, symmetry, asymmetrical, strength, flexibility, balance.</p> <p>Unit: Handball</p> <p>Outcomes: Use specific handball skills in games. Begin to play effectively in different positions. Increase power and strength of passes, moving the ball over longer distances. Use a wide range of handball rules consistently.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ the jump shot.</li> <li>✓ goal keep</li> <li>✓ the double fault rule</li> <li>✓ perform a pivot</li> <li>✓ the role of set plays</li> </ul>
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## PE Long Term Plan

			<ul style="list-style-type: none"> <li>✓ Perform showing basic phrasing and efficiency (no wasted energy when body moves)</li> </ul> <p>Vocabulary: levels, musicality, facial expression, phrasing, improvisation, rehearse director, dynamics, unison, canon, solo, duo, phrases, choreography, formation, action, reaction, counter-balance, floor pattern, contact, gesture.</p>			<ul style="list-style-type: none"> <li>✓ select and apply new skills</li> </ul> <p>Vocabulary: Dribble, block, screen, pivoting, steps, double fault, offensive foul, free throw.</p>
Y6	<p>Unit: Tennis Outcomes: Develop backhand shots. Introduce the lob shot. Begin to use full tennis scoring systems. Continue developing doubles play and tactics to improve.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ communicate clearly in doubles play.</li> </ul>	<p>Unit: Handball Outcomes: Work as a team to improve group tactics and gameplay. Play within the rules using screening to break down offensive play. Develop defensive skills.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ double dribble rule.</li> <li>✓ concept of screening</li> <li>✓ patience around the D</li> </ul>	<p>Unit: OAA Outcomes: Use information given by others to complete tasks and work collaboratively. Undertake more complex tasks. Take responsibility for a role. Use knowledge of PE and physical activities to suggest design ideas &amp; amendments to games.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ work with a partner to</li> </ul>	<p>Unit: Dance Outcomes: Apply a range of different compositional ideas to improve choreography and perform a routine with good level of technique and musicality.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ Compose individual, partner and group dances</li> </ul>	<p>Unit: Athletics Outcomes: Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement.</p> <p><u>Taught skills:</u></p>	<p>Unit: Gymnastics Outcomes: Create and perform their own complex sequences involving the full range of actions and movements learnt throughout the curriculum and adapt into group formations with confidence.</p> <p><u>Taught skills:</u></p> <ul style="list-style-type: none"> <li>✓ Demonstrate precise and controlled placement of body parts in their</li> </ul>



## PE Long Term Plan

	<ul style="list-style-type: none"> <li>✓ attempt a two-handed backhand shot</li> <li>✓ perform a lob shot</li> <li>✓ apply the correct rules.</li> <li>✓ play in different doubles formations</li> <li>✓ discuss and apply a range of tactics</li> </ul> <p><i>Vocabulary:</i> Lob shot, positioning, footwork, listening skill, dispute, peers, attacking, defensive, improvement.</p>	<ul style="list-style-type: none"> <li>✓ show control of the ball when dribbling</li> <li>✓ counterattack into space</li> <li>✓ develop decision-making skills</li> </ul> <p><i>Vocabulary:</i> Control, use space, screen, skill selection, conditioned games, appropriate, organisation, consistency, counterattack.</p>	<p>successfully orient and follow a map.</p> <ul style="list-style-type: none"> <li>✓ work in partnership and use our knowledge to answer questions</li> <li>✓ safely perform a small group balance.</li> <li>✓ work efficiently as part of a team</li> <li>✓ create a fun and challenging games</li> <li>✓ listen to others to refine and adapt ideas</li> </ul> <p><i>Vocabulary:</i> Maps, diagrams, scale, symbols, orienteering, compass, challenges, design, instructions, extend, knot, orient.</p>	<ul style="list-style-type: none"> <li>✓ Move rhythmically and accurately in dance sequences</li> <li>✓ Perform a dance using a range of relationships previously taught.</li> <li>✓ Perform showing controlled phrasing and efficiency</li> <li>✓ Demonstrate strong and controlled movements</li> <li>✓ Explore lifts with partners, safely.</li> </ul> <p><i>Vocabulary:</i> levels, musicality, facial expression, improvisation, rehearse director, dynamics, unison, canon, solo, duo, phrases, choreography, formation, action,</p>	<ul style="list-style-type: none"> <li>✓ sprint start technique</li> <li>✓ the three phrases of triple jump.</li> <li>✓ the heave throw technique</li> <li>✓ assess our own ability to play our role in parlauff.</li> <li>✓ the scissor jump technique</li> <li>✓ record and relay results.</li> </ul> <p><i>Vocabulary:</i> Safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, assess.</p>	<ul style="list-style-type: none"> <li>shapes and balances</li> <li>✓ Demonstrate good technique and control with forwards/backwards rolls.</li> <li>✓ Demonstrate good technique with all jumps</li> <li>✓ Confidently use equipment to vault and incorporate this into sequences.</li> </ul> <p><i>Vocabulary:</i> fluency, unison, combination, low, full turn, half turn, explosive, power, straddle, pike, tuck, isolation, vault, dynamic, static, tension, extension, engage, core, stabilise, flight, symmetry, asymmetrical, strength, flexibility, aesthetics, complex, vault.</p>
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## PE Long Term Plan



				reaction, counter- balance, floor pattern, contact, gesture, composition, lift, hold, eye line, instrumentation.		
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