

Year 1/2 PE Long Term Plan – Units linked to Hierarchy of Skills

Year 1 Outcomes

Year 2 Outcomes

Terms	Autumn		Spring		Summer	
Topic	Fundamental Fitness	Ball skills	Gymnastic	Send Receive/ Net & Wall	Athletics	Striking and Fielding
Hierarchy/ Learning Outcomes	<p>P2: Use rolling, hitting, running, jumping, catching and kicking skills in combination. I can change direction. I can show balance when changing direction.</p> <p>I can run at different speeds. I show balance and co-ordination when running at different speeds.</p> <p>I can show hopping and jumping movements. I can show hopping, skipping and jumping movements with some balance and control. I am beginning to turn and jump in an individual skipping rope.</p> <p>I can work co-operatively with others to complete tasks I can work co-operatively with a partner and a small group.</p>	<p>P1: Use the terms 'opponent' and 'team-mate'. I can say when someone was successful. I am beginning to provide feedback using key words.</p> <p>P2: Use rolling, hitting, running, jumping, catching and kicking skills in combination. I am beginning to catch with two hands. I can send and receive a ball using both kicking and throwing and catching skills. I am beginning to dribble a ball with my hands and feet. I can dribble a ball with my hands and feet with some control. I can roll and throw with some accuracy towards a target. I can roll and throw a ball to hit a target. I can track a ball that is coming towards me. I can track a ball and collect it.</p> <p>P3: Develop tactics. I am beginning to understand simple tactics. I am beginning to understand and use simple tactics</p> <p>P4: Lead others when appropriate. I can work co-operatively with a partner. I can work co-operatively with a partner and a small group. I can say when someone was successful. I am beginning to provide feedback using key words.</p>	<p>P5: Copy and remember moves and positions. P6: Move with careful control and coordination. P8: Choose movements to communicate a mood, feeling or idea P9: Copy and remember actions. P10: Move with some control and awareness of space. P12: Show contrasts (such as small/tall, straight/curved and wide/narrow). P14: Hold a position whilst balancing on different points of the body. P16: Stretch and curl to develop flexibility.</p> <p>I can remember and repeat actions and shapes. I can make my body tense, relaxed, stretched and curled. I can perform the basic gymnastic actions with some control and balance. I can use shapes when performing other skills.</p> <p>P7: Link two or more actions to perform a sequence. P11: Link two or more actions to make a sequence. I can link simple actions together to create a sequence. I can plan and repeat simple sequences of actions. I can remember and repeat actions and shapes. I can perform the basic gymnastic actions with some control and balance.</p> <p>P13: Travel by rolling forwards, backwards and sideways. I am confident to perform in front of others. I can perform the basic gymnastic actions with some control and balance. I can use directions and levels to make my work look interesting.</p> <p>I can say what I liked about someone else's performance. I am beginning to provide feedback using key words. I am proud of my work and confident to perform in front of others.</p> <p>I can use apparatus safely and wait for my turn. I can work safely with others and apparatus.</p>	<p>SEND RECEIVE P1: Use the terms 'opponent' and 'team-mate'. I can work co-operatively with a partner. I can work co-operatively with a partner and a small group.</p> <p>P2: Use rolling, hitting, running, jumping, catching and kicking skills in combination. I am beginning to send and receive a ball using a piece of equipment. I am beginning to trap and cushion a ball that is coming towards me. I can roll a ball towards a target. I can roll a ball to hit a target. I can throw a ball to a partner. I can accurately throw a ball to a partner. I can catch a ball after one bounce. I can catch a ball passed to me, with and without a bounce. I can track a ball that is coming towards me. I can track a ball and stop it using my hands and feet. I am beginning to send and receive a ball with my feet. I can accurately kick a ball to a partner. I can work safely to send a ball towards a partner using a piece of equipment.</p> <p>I can recognise changes in my body when I do exercise. I can describe how my body feels during exercise.</p> <p>NET & WALL P1: Use the terms 'opponent' and 'team-mate'. I show honesty and fair play when playing against an opponent. I show good sportsmanship when playing against an opponent. P2: Use rolling, hitting, running, jumping, catching and kicking skills in combination. I can hit a ball using a racket. I can hit a ball over the net and into the court area. I can throw a ball to land over the net and into the court area. I can throw accurately to a partner. P3: Develop tactics. I know how to score points. I know how to score points and can remember the score. I can use simple tactics to make it difficult for an opponent. I can use a ready position to move to the ball. I can defend space on my court using the ready position.</p>	<p>P17: Jump in a variety of ways and land with increasing control and balance I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest. I can jump and land with control. I am beginning to show balance and co-ordination when changing direction. I show balance and co-ordination when running at different speeds and in different directions.</p> <p>P2: Use rolling, hitting, running, jumping, catching and kicking skills in combination. I am beginning to link running and jumping movements. I can link running and jumping movements with some control and balance. I am able to throw towards a target. I am developing over arm throwing. I can use an overarm throw to help me to throw for distance.</p> <p>I can recognise changes in my body when I do exercise. I can describe how my body feels during exercise.</p>	<p>P2: Use rolling, hitting, running, jumping, catching and kicking skills in combination. I can catch a beanbag and a medium-sized ball. I am developing underarm and overarm throwing skills. I can roll a ball towards a target. I can roll a ball to hit a target. I can strike a ball using my hand. I can sometimes hit a ball using a racket. I can track a ball that is coming towards me. I can track a ball and collect it.</p> <p>P1: Use the terms 'opponent' and 'team-mate'. P3: Develop tactics. I understand the rules and I am beginning to use these to play fairly. I play fairly against an opponent I understand the rules of the game and can use these to play fairly in a small group. I know how to score points. I can use simple tactics. I know how to score points and can remember the score.</p> <p>P4: Lead others when appropriate. I understand when I am successful. I am beginning to provide feedback using key words.</p> <p>I can recognise changes in my body when I do exercise. I can describe how my body feels during exercise.</p>

Knowledge	<p>To develop balancing and moving with control To develop balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To develop changing direction and dodging. To develop and explore jumping, hopping and skipping actions. To develop skipping in an individual rope. To apply fundamental skills to a variety of challenges.</p>	<p>To explore different ball handling skills To be able to roll a ball to hit a target. To develop co-ordination and be able to stop a rolling ball. To be able to develop technique and control when dribbling a ball with your feet. To develop control and technique when kicking a ball. To develop co-ordination and technique when throwing and catching. To develop control and co-ordination when dribbling a ball with your hands. To show co-ordination and control in a variety of ball skills.</p>	<p>To explore travelling movements using the space around you. To develop quality when performing gymnastic shapes. To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To build strength and begin to take body weight on hands. To explore key skills on apparatus showing quality, control and balance. To link gymnastic actions to create a sequence. To perform gymnastic shapes and link them together. To be able to use shapes to create balances. To explore travelling actions, directions and levels. To demonstrate different shapes, take off and landings when performing jumps. To develop rolling and sequence building.</p>	<p>To roll a ball towards a target. To be able to track and receive a rolling ball. To be able to stop, send and receive a ball with your feet. To develop sending and receiving a ball with your feet. To develop throwing and catching skills. To send and receive a ball using a stick. To send and receive a ball using a racket. To defend space, using the ready position. To play against an opponent and keep the score. To develop racket and ball skills. To develop sending a ball using a racket. To develop playing over a net. To develop dribbling towards a goal.</p>	<p>Year 1 – Athletics To learn to move at different speeds for varying distances. To develop a foundation for balance and stability. To develop agility and co-ordination. To explore hopping, jumping and leaping for distance. To develop balance whilst jumping and landing. To develop balance and rhythm when travelling over obstacles. To develop throwing for distance To develop throwing for accuracy.</p> <p>Year 2 – Athletics To develop the sprinting action. To develop rhythm and balance in running over obstacles. To develop agility and co-ordination. To develop jumping for distance. To develop technique when jumping for height. To develop throwing for distance. To develop throwing for accuracy. To develop technique when taking part in an athletics carousel.</p>	<p>To roll a ball towards a target. To track a rolling ball and collect it. To develop accuracy in underarm throwing and consistency in catching. To develop overarm throwing. To develop striking a ball with my hand and equipment. To retrieve a ball when fielding. To understand the roles of batter, bowler and fielder. To understand how to get a batter out. To understand how to run around bases to score points.</p>
Vocabulary	<p>Jumping Running Hopping Skipping</p> <p>Balance Landing</p>	<p>Rolling Kicking Catching</p> <p>Dribbling Throwing Bouncing</p>	<p>Shapes Jump Travelling Landing Straight roll</p> <p>Balance Movement Take off Barrell Roll Forward roll</p>	<p>Throwing Dribbling Defending Racket Kicking</p> <p>Catching Dodging Attacking Net Rolling</p>	<p>Running Agility Jumping Balance Leaping</p> <p>Sprinting Co-ordination Throwing Hopping</p>	<p>Throwing Retrieving Striking</p> <p>Catching Tracking</p>