

Y5/6 P.E. Long Term Planning

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
<u>INVASION GAMES</u>	<u>GYMNASTICS</u>	<u>DANCE</u>	<u>ATHLETICS</u>	<u>GAMES</u>	<u>GAMES</u>
FOOTBALL				CRICKET	TENNIS
<p>Areas to be covered:</p> <ul style="list-style-type: none"> - Travelling with the ball, increasing speed and controlled changes of direction - Outwitting an opponent whilst travelling with the ball - Sending and receiving with different types of pass, which to select and why. - Scoring/shooting from different game situation - Tactics – principles of attack and defence; selecting most effective tactic in varying situations - Introduce the concept of marking and why it is applied tactically 	<p>Areas to be covered:</p> <ul style="list-style-type: none"> - Developing a more advanced level of strength, stability and flexibility through various bodyweight activities - Producing own complex shapes and balances - Working with others to produce a variety of complex counter-balances and shapes - Exploring different gymnastics-specific skills e.g. rolls, turns - Link these skills into sequences, creating own performance routine that changes direction, speed, level. - Using equipment and apparatus to perform exercises and sequences 	<p>Areas to be covered:</p> <ul style="list-style-type: none"> - Exploring movement responses to music, including changes in rhythm, level, direction and speed - Learn and perform simple routines by linking these movements - Performing to music, keeping in time with the rhythm for the majority or all of the routine - Creating own movement sequences in keeping with the same rhythm - Incorporating expressions and modifying movement actions so they reflect the piece. - Be able to perform a routine in good to perfect unison positioned anywhere within a group. 	<p>Areas to be covered:</p> <ul style="list-style-type: none"> - Running, Jumping and Throwing successfully elements of control, speed, strength and stamina. - Understanding how to develop these physical attributes and how that improves performance - Using those skills in combination fluently - Being able to sustain a set pace for a prolonged period of time. - Being able to fluctuate that pace according to tactical influences in a race setting - Challenging themselves to achieve their personal best - Design their own circuits, acting as officials as well as athletes 	<p>Areas to be covered:</p> <ul style="list-style-type: none"> - Throwing in game-based situation and whilst moving - Tactics and decision-making linked to throwing - Batting – performing a range of attacking and defensive shots - Bowling – overarm, ensuring regulation style is produced consistently - Tactics – how to apply tactics to outwit a specific opponent/team, identify strengths and weaknesses - Acting as an umpire in a game, keeping score and enforcing rules 	<p>Areas to be covered:</p> <ul style="list-style-type: none"> - Advanced hand-eye coordination - Accurately tracking ball flight - Fundamental racquet skills - Cover all shots in detail – serve, forehand, backhand, volley - Develop rallying skills, selecting appropriate shot type to sustain rally for maximum length - Tactics – shot variations in placement and power, principles of attack and defence - Devise own form of game that includes an effective scoring and rules system.