

Long term PE and Sport

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>FMS Unit 1 Develop fundamental movement skills, and a be given a range of opportunities to extend their agility, balance and coordination, individually.</p> <p>Dance Unit 1 Find different ways to move to music.</p>	<p>Games Unit 1 Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations</p> <p>FMS Unit 2 Continue to develop agility, balance and coordination, individually and with others.</p>	<p>Dance Unit 2 Copy some dance moves.</p> <p>FMS Unit 3a Master basic movements such as running, jumping, throwing and catching and apply to sequences.</p>	<p>Games Unit 2 Master basic movements and apply to a range of activities, working both against self and others.</p> <p>Dance Unit 3 Listen and respond in movement to music.</p>	<p>Games Unit 3 Throw a range of objects. Participate in a team game.</p> <p>FMS Unit 3b Move on and over low apparatus (mats and benches)</p>	<p>OAA Follow simple directions to move around an outdoor area</p> <p>Athletics Running in a given 'zone' Change direction Change speed</p>
Year 1	<p>FMS Unit 1 Develop body tensions, relax, curl and stretch. Develop body control when travelling.</p> <p>Dance Unit 1 Begin to move to music and copy some dance moves.</p>	<p>Games Unit 1 Begin to throw underarm and roll different equipment. Develop accuracy when throwing and rolling.</p> <p>FMS Unit 2 Develop control when balancing.</p>	<p>Dance Unit 2 Be able to move around safely in different ways. Begin to copy dance moves.</p> <p>FMS Unit 3a Begin to roll in different ways.</p>	<p>Games Unit 2 Begin to hit different size balls using a racket and/or bat Can they move and stop safely (introduce a ball, dribbling)</p> <p>Dance Unit 3 Make up short dances to music.</p>	<p>Games Unit 3 Develop throwing in different ways. Develop kicking in different ways.</p> <p>FMS Unit 3b Develop ability to climb and balance safely (on and off apparatus)</p>	<p>OAA Follow a sequence of directions to move around an outdoor area</p> <p>Athletics Develop jumping in different ways. Understand how their body feels before, during and after activity.</p>

Long term PE and Sport

		Begin to copy and repeat sequences.	Travel in different ways.			
Year 2	<p>FMS Unit 1 Begin to plan and show a sequence of movements. Develop contrast in a sequence (e.g. speed, height)</p> <p>Dance Unit 1 Develop expression and imagination in dance. Be able to change rhythm, speed, level and direction.</p>	<p>Games Unit 1 Use hitting, kicking and rolling in a game. Develop their own rules for a simple game.</p> <p>FMS Unit 2 Develop control over a range movements. Use apparatus safely to balance and climb.</p>	<p>Dance Unit 2 Develop control and coordination in dance. Be able to say how to improve a dance and what others did well.</p> <p>FMS Unit 3a Create sequences that follow a set of rules and repeat. Repeat and control actions with control and coordination.</p>	<p>Games Unit 2 Be able to discuss and explain rules for a game. Be able to stay in a 'zone' (pitch, court)</p> <p>Dance Unit 3 Link actions in a sequence and show mood or feeling.</p>	<p>Games Unit 3 Be able to use one tactic in a game. Move with a ball in different ways (dribbling)</p> <p>FMS Unit 3b Work independently and with a partner to create a sequence.</p>	<p>OAA Give and follow a sequence of directions Identify an end point based on given directions</p> <p>Athletics Be able to jump from standing and moving. Begin to race over a short distance. Develop throwing distance using different equipment (javelins, beanbags, foam balls).</p>
Year 3	<p>FMS Unit 1 Use their own ideas to move in different ways (on floor and apparatus) Balance and coordinate movements safely (on floor and apparatus)</p> <p>Dance Unit 1 Improvise freely, translating ideas from a stimulus into movement. Link movements to create a sequence (individually and with a partner)</p>	<p>Net and Wall Be aware of space and move into it (areas of a court) Implement given rules and create some of their own Use a racket and a variety of balls</p> <p>FMS Unit 2 Adapt sequences to suit different types of apparatus (individually and working with a partner)</p>	<p>Invasion Games Use a variety of passes (bounce, chest, shoulder) Dribble a ball in different ways (football, basketball) Be aware of space and how it can be used to support teammates.</p> <p>FMS Unit 3 Explain how strength and flexibility affect performance. Compare and contrast sequences, commenting</p>	<p>Dance Unit 2 Share and create expressive phrases/sequences with a partner and in a small group. Repeat and remember dance sequences</p> <p>Invasion Games Be able to pass a ball successfully and consistently Be able to keep possession in small games</p>	<p>Athletics Unit 1 Run at fast, medium and slow speeds Link running and jumping with some fluency and control Make up and link a sequence of jumps</p> <p>Net and wall/ Striking and fielding Throw and catch with control under pressure. Use a bat to strike a ball. Throw a ball underarm and overarm and understand the</p>	<p>Striking and fielding Bowl a ball underarm Throw a ball overarm with accuracy Move into space to field</p> <p>Athletics Unit 2 Take part in a relay activity, developing running signals Throw a variety of equipment, changing action for distance and accuracy.</p>

Long term PE and Sport

			on similarities and differences.		difference between bowling and throwing	
Year 4	<p>FMS Unit 1 Work in a controlled way to develop specific movements (rolls, vaulting, jumps and leaps) Include change of speed, direction, and shape in a sequence</p> <p>Dance Unit 1 Take the lead when working with a group Use dance to communicate/express an idea or concept</p>	<p>Net and Wall Develop forehand hitting with a racket Be able to serve underarm Hitting with accuracy and control to target zones</p> <p>FMS Unit 2 Follow a set of rules to produce a sequence (groups and pairs) Work with a partner to create, repeat and improve a sequence with at least 3 phases (floor and apparatus)</p>	<p>Invasion Games Keep possession of the ball by using body position Develop tactics to use in small games Move to find space during small sided games</p> <p>FMS Unit 3 Observe and explain similarities and differences in routines Use apparatus to demonstrate coordination.</p>	<p>Dance Unit 2 Improve and refine movements in a sequence Create a clear and fluent dance routine</p> <p>Invasion Games Vary tactics to adapt skills according to the game Pass and dribble a ball with control and varied speed.</p>	<p>Athletics Unit 1 Develop running performance over a long distance Throw in different ways</p> <p>Net and wall/ Striking and fielding Develop overarm throwing to improve distance and accuracy. Throw and catch in a game situation consistently Use bats to hit the ball different directions</p>	<p>Striking and fielding Begin to bowl overarm Accurately throw the ball to target areas Develop different rules for games Use batting tactics</p> <p>Athletics Unit 2 Hit a target when throwing Jump in different ways</p>
Year 5	<p>FMS <i>Unit 1</i> Develop complex and extended sequences (on and off apparatus)</p> <p>Dance <i>Unit 1</i> Compose their own dances in a creative and imaginative way. Perform to accompaniment expressively and sensitively.</p>	<p>Invasion Games Develop ability to be able to gain possession and tactics for attacking and defending Develop passing techniques</p> <p>FMS <i>Unit 2</i> Develop a combination of actions, balance and shape (on and off apparatus)</p>	<p>Net and Wall Develop forehand and backhand racquet techniques Create and implement rules for games</p> <p>Dance <i>Unit 2</i> Maintain control over movements and show clarity, fluency and accuracy in performance.</p>	<p>FMS <i>Unit 3</i> Perform to peers in small and large groups, observing and feeding back. Move clearly, consistently and accurately in multi-layered sequences.</p> <p>Invasion Games Use different techniques to pass, dribble and shoot.</p>	<p>Athletics <i>Unit 1</i> Develop control when taking off and landing a job. Begin to modify running speeds Use observations to improve technique. Understand the effect exercise has on their body.</p> <p>Net and wall or Striking and fielding</p>	<p>Striking and fielding Develop bowling technique and accuracy. Understand how rules apply and create variations.</p> <p>Athletics <i>Unit 2</i> Develop throwing accuracy and distance Combine running and jumping.</p>

Long term PE and Sport

		Explain why exercise is important.			Develop fielding tactics and positioning. Develop striking/batting technique.	
Year 6	<p>FMS Unit 1 Combine their own sequences with others to create a routine Link sequence with specific timings</p> <p>Dance Unit 1 Develop imaginative dances in a specific style Choose their own music, style and dance</p>	<p>Invasion Games Explain complicated rules and apply them Use tactics in a team and communicate them to others Lead others in a game situation</p> <p>FMS Unit 2 Refine a combination of actions (on and off apparatus) Create their own success criteria for evaluating a performance</p>	<p>Net and Wall Change position to be closer and further from the net Maintain a rally</p> <p>Dance Unit 2 Perform their own dances and then refine routines</p>	<p>FMS Unit 3 Explain the benefits of an active lifestyle. Link FMS to create a sequence on apparatus</p> <p>Invasion Games Develop attacking and defending tactics and movements</p>	<p>Athletics Unit 1 Demonstrate and maintain stamina Develop handovers and signals for a relay</p> <p>Net and wall or Striking and fielding Use fielding techniques to get opposition out Use batting techniques to change the direction of the ball</p>	<p>Striking and fielding Modify techniques to improve batting/throwing Develop precision bowling</p> <p>Athletics Unit 2 Perform a running and standing jump Develop technique for distance throwing</p>