

PE Long Term Plan LKS2

	Autumn	Spring	Summer
Year A			
Topic	Invasion Games		Striking Games/Track and Field
SACRE Unit	<p>Tag Rugby Football</p> <p>. use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>.perform dances using a range of movement patterns</p> <p>. take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>.compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Dance Gymnastics</p>	<p>Rounders, Cricket Tennis</p>
Vocabulary	position, control, defender, midfielder, attacker, header, volley, corner, free kick, penalty, spin, swerve, sidestep	sequence, combine, support, control, partner balance, core, straddle, tuck, counter-balance, counter tension	rounder, bowl, out, strike, base, front foot shot, back foot shot, bowled, caught, run out, serve, forehand, backhand, volley, rally
Key Knowledge	<p>. Attacking in 1 vs 1 and 2 vs 1 situations.</p> <p>. Passing over short and longer distances, using 6 o'clock pass and passing 'down the line'.</p> <p>.Using evasion skills to evade or dribble past defenders using spin, serve, sidestep.</p> <p>.Defending in 1vs 1 or within a team.</p> <p>Shooting at a range of targets.</p> <p>.Tactical knowledge of attacking and defending by using space, width and team work.</p>	<p>. Taking off and landing from apparatus.</p> <p>. Combining jumps, rolls and balances to create sequences.</p> <p>. Creating bases using small body parts and large body parts.</p> <p>. Balancing using small body part and large body part balances.</p> <p>. Creating balances with partners or within groups.</p> <p>. Developing counter balances and counter tensions with partners or within groups.</p>	<p>.Throwing at a target using under arm and over arm throws .Catching balls using low and high catch, clap and catch, one handed catch left and right.</p> <p>. Developing forehand and backhand stroke.</p> <p>. Serving using under hand and overarm serve.</p> <p>. Returning a ball struck by a partner to create a rally.</p> <p>. Introduce front foot and back foot shots in cricket and when to use them.</p> <p>. Apply skills within games.</p>

	. Develop knowledge of positioning terms –attackers, midfielders /defenders within small sided games.		
Year B			
Topic	Invasion Games	Gymnastics and Dance	Striking Games/Track and Field
SACRE Unit	Netball, Basketball Hockey	SAQ Indoor Athletics	Athletics
Vocabulary	dribble, intercept, block, mark, double dribble, travelling, press, goal-side,	posture, dynamic, static, technique, power, agility	sprint start, tension, stride,
Key Knowledge	. Passing over short and longer distances using chest pass, lob and bounce pass and applying these skills in small sided games eg piggy in the middle. . Shooting at a target from a range of distances. . Dribbling around static objects and live opponents. . Defending in 1vs 1 or teams situations. Tactical knowledge of attacking and defending by using space, width and team work. . Develop knowledge of positioning terms –attackers, midfielders /defenders within small sided games.	. Jumping horizontally within ladders, over obstacles such as hurdles and from a standing long jump position. . Jumping vertically using sergeant jumps. . Taking off and landing from equipment. . Changing direction quickly by travelling on ‘balls of feet’. . Throwing a variety of objects such as javelins and weighted balls using overarm and overhead throws.	. Throwing javelins and discus using correct release techniques. . Jumping over obstacles and from a standing position through long jump and speed bounce activities. . Short sprints, using balls of feet and short steps to get up to top speed as quickly as possible. . Longer distance runs to develop stamina and understanding of pace and tempo.