

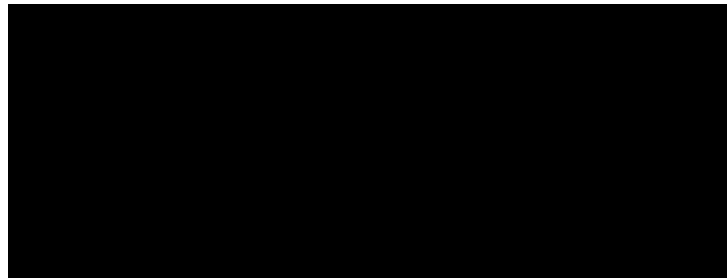
**ST PATRICKS' R.C. PRIMARY SCHOOL**  
**PE LONG TERM PLANS AND MILESTONES**

Within each year group section you will find the PE Milestones to be achieved by the end of each phase (as agreed Y2 Y4 and Y6). These can be used as general objectives, although more specific skill-based objectives can be found in the suggested resources and should be used in daily lessons as the focus of learning. Differentiation should follow the key concept of STEP: Space, Task, Equipment and People.

Areas of PE have been organised into terms to take into sports events throughout the year. At the beginning of each new academic year staff will be provided with an updated overview with **ALL** relevant festivals and competitions for upcoming academic year. These will be listed with approximate dates provided; specific details will come available each term from the PE Co-ordinator.

**Festivals and Competitions Key:** School events

St Anthony's



Year Group	Autumn	Spring	Summer
<p style="text-align: center;"><b>Y1</b></p> <p><b>Generic Skills:</b>            •Describe the effects of physical activity on the body.            •Make simple suggestions of improvements to their own and others work.            •Understand the importance of warming up and cooling down safely.</p>	<p><b>Basic Movement Skills (practical skills) and / or Games such as football</b></p> <ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate'.</li> <li>• Use rolling, throwing, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Move with some control and awareness of space.</li> <li>• Link two or more actions to make a sequence.</li> <li>• Show contrasts (such as small/tall, straight/curved and wide/narrow).</li> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on different points of the body.</li> <li>• Climb safely on equipment.</li> <li>• Stretch and curl to develop flexibility.</li> <li>• Jump in a variety of ways and land with increasing control and balance.</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Move with careful control and coordination.</li> <li>• Link two or more actions to perform a sequence.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> </ul> <p><b>Games (Indoor Athletics) - Basic Movement</b></p> <ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate'.</li> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> </ul> <p>Lead others when appropriate</p> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Move with some control and awareness of space.</li> <li>• Link two or more actions to make a sequence.</li> <li>• Show contrasts (such as small/tall, straight/curved and</li> </ul>	<p><b>Games: Tri-golf skills</b></p> <ul style="list-style-type: none"> <li>• Aim at a target.</li> <li>• Aim with the clubface and shoulders.</li> <li>• Keep my feet still for good balance through the swing.</li> <li>• Brush the ground to get the ball into the air.</li> <li>• Control the distance with a tick-tock swing. Develop tactics.</li> <li>• Lead others when appropriate</li> <li>• Use the terms 'opponent' and 'team-mate'.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Move with careful control and coordination.</li> <li>• Link two or more actions to perform a sequence.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> </ul> <p><b>GAMES (Athletics)</b></p> <ul style="list-style-type: none"> <li>• Use the terms 'opponent'</li> </ul>

		<p>wide/narrow).</p> <ul style="list-style-type: none"> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on different points of the body.</li> <li>• Climb safely on equipment.</li> <li>• Stretch and curl to develop flexibility.</li> <li>• Jump in a variety of ways and land with increasing control and balance.</li> </ul>	<p>and 'team-mate'.</p> <ul style="list-style-type: none"> <li>• Use rolling, throwing, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate</li> </ul>
	<p><b>Sports Events</b>  Key Steps Gymnastics – Friday December 4<sup>th</sup>  - 9.30 - 11.30 – St Anthony’s hall</p>	<p><b>Sports Events</b>  Teddy Bear Olympics - Group 1 - Monday 4  (Monday 7<sup>th</sup> March)  Sport Relief 2016 - Friday 18<sup>th</sup> March -  fundraising activities to follow</p>	<p><b>Sports Events</b>  KS1 Sports Day - TBC</p>
<p><b>Y2</b></p> <p><b>Generic Skills:</b>  •Describe the effects of physical activity on the body.  •Make simple suggestions of</p>	<p><b>Basic Movement Skills (practical skills)</b>  / <b>Games - Football</b></p> <ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate'.</li> <li>• Use rolling, throwing, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Move with some control and</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Move with careful control and coordination.</li> <li>• Link two or more actions to perform a sequence.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Copy and remember actions.</li> </ul>	<p><b>Games: Tri-golf skills</b></p> <ul style="list-style-type: none"> <li>• Aim at a target.</li> <li>• Aim with the clubface and shoulders.</li> <li>• Keep my feet still for good balance through the swing.</li> <li>• Brush the ground to get the ball into the air.</li> <li>• Control the distance with a tick-tock swing. Develop tactics.</li> <li>• Lead others when</li> </ul>

improvements to their own and others work.  
 • Understand the importance of warming up and cooling down safely.

- awareness of space.
- Link two or more actions to make a sequence.
- Show contrasts (such as small/tall, straight/curved and wide/narrow).
- Travel by rolling forwards, backwards and sideways.
- Hold a position whilst balancing on different points of the body.
- Climb safely on equipment.
- Stretch and curl to develop flexibility.
- Jump in a variety of ways and land with increasing control and balance.

- Move with some control and awareness of space.
- Link two or more actions to make a sequence.
- Show contrasts (such as small/tall, straight/curved and wide/narrow).
- Travel by rolling forwards, backwards and sideways.
- Hold a position whilst balancing on different points of the body.
- Climb safely on equipment.
- Stretch and curl to develop flexibility.
- Jump in a variety of ways and land with increasing control and balance.

**Games (Indoor Athletics) - Basic Movement**

- Use the terms 'opponent' and 'team-mate'.
- Use rolling, hitting, running, jumping, catching and kicking skills in combination.
- Develop tactics.
- Lead others when appropriate

- appropriate
  - Use the terms 'opponent' and 'team-mate'.
- GAMES (Athletics)**
- Use the terms 'opponent' and 'team-mate'.
  - Use rolling, throwing, hitting, running, jumping, catching and kicking skills in combination.
  - Develop tactics.
  - Lead others when appropriate

- GAMES (Athletics)**
- Use the terms 'opponent' and 'team-mate'.
  - Use rolling, throwing, hitting, running, jumping, catching and kicking skills in combination.
  - Develop tactics.
  - Lead others when appropriate

**Sports Events**  
 Key Steps Gymnastics – Friday December 4<sup>th</sup> -

**Sports Events**  
 Teddy Bear Olympics - Tuesday 5

**Sports Events**  
 KS1 Sports Day - TBC

	1.00 - 3.00– St Anthony's hall	(Tuesday 8 <sup>th</sup> March) Sport Relief 2016 - Friday 18 <sup>th</sup> March - fundraising activities to follow	
<p style="text-align: center;"><b>Y3</b></p> <p><b>Generic Skills:</b></p> <ul style="list-style-type: none"> <li>• Describe the effects of physical activity on the body.</li> <li>• Suggest improvements to their own and others work.</li> <li>• Know how to warm up and cool down safely.</li> </ul>	<p><b>Games - Hockey</b></p> <ul style="list-style-type: none"> <li>• Strike a ball with control.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Create dances and movements that convey a definite idea.</li> <li>• Change speed and levels within a performance.</li> <li>• Develop physical strength and suppleness by practising moves and stretching.</li> </ul>	<p><b>Games - Tennis and / or volleyball</b></p> <ul style="list-style-type: none"> <li>• Keep the ball in play by hitting it over the net and into the court.</li> <li>• Maintain a balanced position when hitting the ball with body facing the target.</li> <li>• Recover to the 'ready' position.</li> <li>• Strike a ball with control.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul> <p><b>GYMNASTICS</b></p> <ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Show changes of direction, speed</li> </ul>	<p><b>Games - Football and / or Tag Rugby</b></p> <ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Strike a ball and field with control.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60 metres.</li> <li>• Run over a longer distance, conserving energy in order to sustain performance.</li> <li>• Use a range of throwing</li> </ul>

### Swimming

- Swim between 25 and 50 metres unaided.
- Use more than one stroke and coordinate breathing as appropriate for the stroke being used.
- Coordinate leg and arm movements.
- Swim at the surface and below the water.

and level during a performance.

- Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
- Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).
- Swing and hang from equipment safely (using hands).

### Multi-skills

- Sprint over a short distance up to 60 metres.
- Run over a longer distance, conserving energy in order to sustain performance.
- Use a range of throwing techniques (such as under arm, over arm).
- Throw with accuracy to hit a target or cover a distance.
- Jump in a number of ways, using a

techniques (such as under arm, over arm).

- Throw with accuracy to hit a target or cover a distance.
- Jump in a number of ways, using a run up where appropriate.
- Compete with others and aim to improve personal best performances.

### Skipping

- Lead others and act as a respectful team member.
- Show changes of direction, speed and level during a performance.
- Plan, perform and repeat sequences.
- Move in a clear, fluent and expressive manner.
- Refine movements into sequences.

		<p>run up where appropriate.</p> <ul style="list-style-type: none"> <li>• Compete with others and aim to improve personal best performances.</li> </ul>	
	<p><b>Sports Events</b>  <b>Quicksticks Hockey - Year 3 - Thursday 19<sup>th</sup> November @ St. Anthony's school hall</b></p>	<p><b>Sports Events</b>  <b>Tennis - TBC - Coaching in schools provided by L. Hanson and G. Fowler - Puma Centre</b>  <b>Multi-skills - January to April lessons - Coaching in schools</b></p>	<p><b>Sports Events</b>  <b>Skipping - TBC</b>  <b>KS2 Sports Day - TBC</b>  <b>KS2 Sports Day</b></p>
<p><b>Y4 / 5</b></p> <p><b>Generic Skills:</b>  •Describe the effects of physical activity on the body.  •Suggest improvements to their own and others work.  •Know how to warm up and cool down safely.</p>	<p><b>Invasion Games - Hockey</b></p> <ul style="list-style-type: none"> <li>• Strike a ball with control.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Create dances and movements that convey a definite idea.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>• Swim between 25 and 50 metres unaided.</li> <li>• Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>• Coordinate leg and arm movements.</li> <li>• Swim at the surface and below the water.</li> </ul> <p><b>GYMNASTICS</b></p> <ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Show changes of direction, speed and level during a performance.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60 metres.</li> <li>• Run over a longer distance, conserving energy in order to sustain performance.</li> <li>• Use a range of throwing techniques (such as under arm, over arm).</li> <li>• Throw with accuracy to hit a target or cover a distance.</li> <li>• Jump in a number of ways, using a run up where appropriate.</li> <li>• Compete with others and aim to improve personal best performances.</li> </ul> <p><b>Skipping</b></p> <ul style="list-style-type: none"> <li>• Lead others and act as a</li> </ul>

- Change speed and levels within a performance.
- Develop physical strength and suppleness by practising moves and stretching.

#### **Invasion Games - Football**

- Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).
- Work alone, or with team mates in order to gain points or possession.
- Strike a volleyed ball with accuracy.
- Defend and attack tactically by anticipating the direction of play.
- Choose the most appropriate tactics for a game.
- Uphold the spirit of fair play and respect in all competitive situations.
- Lead others when called upon and act as a good role model within a team.

- Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
- Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).
- Swing and hang from equipment safely (using hands).

#### **Games - Tennis**

- Keep the ball in play by hitting it over the net and into the court.
- Maintain a balanced position when hitting the ball with body facing the target.
- Recover to the 'ready' position.
- Strike a ball with control.
- Choose appropriate tactics to cause problems for the opposition.
- Follow the rules of the game and play fairly.

- respectful team member.
- Show changes of direction, speed and level during a performance.
- Plan, perform and repeat sequences.
- Move in a clear, fluent and expressive manner.
- Refine movements into sequences.

#### **Games - Cricket**

- Choose and combine techniques in game situations (running, throwing, catching, jumping and hitting, etc.).
- Work alone, or with team mates in order to gain points or possession.
- Field, defend and attack tactically by anticipating the direction of play.
- Choose the most appropriate tactics for a game.
- Uphold the spirit of fair play and respect in all competitive situations.



		<ul style="list-style-type: none"> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul> <p><b>Multi-skills</b></p> <ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60 metres.</li> <li>• Run over a longer distance, conserving energy in order to sustain performance.</li> <li>• Use a range of throwing techniques (such as under arm, over arm).</li> <li>• Throw with accuracy to hit a target or cover a distance.</li> <li>• Jump in a number of ways, using a run up where appropriate.</li> <li>• Compete with others and aim to improve personal best performances.</li> </ul>	<ul style="list-style-type: none"> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul>
	<p><b>Sports Events</b>  Quicksticks Hockey - Year 4 - Thursday 26<sup>th</sup> November @ St. Anthony's school hall</p>	<p><b>Sports Events</b>  Tennis - TBC - Coaching in schools provided by L. Hanson and G. Fowler - Puma Centre  Multi-skills - January to April lessons - Coaching in schools</p>	<p><b>Sports Events</b>  Skipping - June 23<sup>rd</sup> - 1.00 - 3.00pm  Venue to be confirmed  KS2 Sports Day</p>
Y5 / 6	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Compose creative and imaginative dance sequences.</li> <li>• Perform expressively and hold a</li> </ul>	<p><b>Games - Cricket</b></p> <ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, jumping and</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>• Swim between 25 and 50 metres unaided.</li> <li>• Use more than one stroke</li> </ul>

<p><b><u>Generic Skills:</u></b></p> <ul style="list-style-type: none"> <li>• Describe the effects of physical activity on the body.</li> <li>• Suggest improvements to their own and others work.</li> <li>• Know how to warm up and cool down safely.</li> <li>• Organise warm-ups and cool-downs.</li> </ul>	<p>precise and strong body posture.</p> <ul style="list-style-type: none"> <li>• Perform and create complex sequences.</li> <li>• Express an idea in original and imaginative ways.</li> <li>• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</li> <li>• Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</li> </ul> <p><b><u>Invasion Games - Football</u></b></p> <ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Strike a volleyed ball with accuracy.</li> <li>• Defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and</li> </ul>	<p>hitting, etc.).</p> <ul style="list-style-type: none"> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul> <p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures and linking skills.</li> <li>• Hold shapes that are strong, fluent and expressive.</li> <li>• Include in a sequence set pieces, choosing the most appropriate</li> </ul>	<p>and coordinate breathing as appropriate for the stroke being used.</p> <ul style="list-style-type: none"> <li>• Coordinate leg and arm movements.</li> <li>• Swim at the surface and below the water.</li> </ul> <p><b><u>Games - Rounders</u></b></p> <ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role</li> </ul>
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respect in all competitive situations.

- Lead others when called upon and act as a good role model within a team.

linking elements.

- Vary speed, direction, level and body rotation during floor performances.
- Practise and refine the gymnastic techniques used in performances (listed above).
- Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).
- Use equipment to vault and to swing (remaining upright).

**OUTDOOR AND ADVENTUROUS (Derwent Hill Residential)**

- Select appropriate equipment for outdoor and adventurous activity.
- Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.
- Embrace both leadership and team roles and gain the commitment and respect of a team.
- Empathise with others and offer support without being asked. Seek support from the team and

model within a team.

**Athletics**

- Sprint over a short distance up to 60 metres.
- Run over a longer distance, conserving energy in order to sustain performance.
- Use a range of throwing techniques (such as under arm, over arm).
- Throw with accuracy to hit a target or cover a distance.
- Jump in a number of ways, using a run up where appropriate.
- Compete with others and aim to improve personal best performances.

		<p>the experts if in any doubt.</p> <ul style="list-style-type: none"> <li>• Remain positive even in the most challenging circumstances, rallying others if need be.</li> <li>• Use a range of devices in order to orientate themselves.</li> <li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li> </ul>	
	<p><b>Sports Events</b>  Year 5 football - Group 1 - Friday 13<sup>th</sup> November:  1.00 - 3.00pm - St. Anthony's School field</p>	<p><b>Sports Events</b>  Kwik Cricket - Thursday 3rd March - Group 1 -  1.00 - 3.00 - St. Anthony's School Field  Derwent Hill Residential</p>	<p><b>Sports Events</b>  Rounders - Friday 8<sup>th</sup> July 9.30 - 11.30  - venue TBC  Athletics - Thursday 7<sup>th</sup> July 1.00 - 3.00  - venue - TBC  KS2 Sports Day</p>

## **Resources**

1. PESSCL Games Cards
2. Core PE core task cards (used at beginning and the end of units)
3. TOP Cards