



Fitt4kids Shottery Primary School - medium to long term PE plan 2023-2024

<u>Cycle 1</u>

Year groups	Autumn I	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yrl & Yr2	Lesson I	Lesson I	Lesson I	Lesson I	Lesson I	Lesson I
	Fundamental skills	Dodgeball games	Invasion Games	Gymnastics		Sports day practice
	Throwing		Involves attack vs		Cricket	
	Catching	Objectives by the	defence Tagging	Objectives by the		Objectives by the
	Rolling	end of the half	games	end of the half	Objectives by the	end of the half
	Implementing these	term		term	end of the half	term
	skills in team games		Objectives by the		term	
		-Using their	end of the half	-Can stand and sit		-Running
	Objectives by the	throwing skills	term	like a gymnast	-Running	-Balancing
	end of the half	(under arm and over	-Running, turning,	-Can travelling and	-Catching and	-Skipping
	term	arm throws)	changing direction	move using a	fielding skills (ie Z	-Relays
		-Rolling skille	and tagging	variety of moves	shape for fielding the	-Dressing up
	To know the	-Dodging and other	-Finding space	-Know how long to	ball along the floor:	-Competitive
	techniques of being	forms of different	-Creating space	hold a balance for 3	Hands little finger to	competition
	able to catch small	movements like	-communication	seconds)	little finger reading	-Team work
	(beanbags and tennis	running and jumping	skills	-Know about body	book hands and	-Communication
	balls)and large	-Balancing (when	-Team work	Tension	bring the ball into	
	objects (Footballs)	playing plank	-Competitive games	-Balance on small	the side of the body)	Lesson 2
	-know the	dodgeball)	-Tactics (Talk about	and large body parts		Fielding games
	techniques of rolling	-Team work	being brave to cross	-explore the areas	-Throwing skills	
	a ball to certain	-communication	the line, how can	given	(under arm and over	Objectives by the
	object (small, big and	-Play Competitive	you get your team	-Can perform star	arm)	end of the half
	moving) objects	games	mate back in, how	jumps, tuck, pike and	-Batting skills (How	term
	-Learn overarm and	-Tactics (like how	are you going to	straddle jumps with	to hold the bat)	
	underarm techniques	can we get team	win)	better form	-Front drive shot off	-Catching skills
	to throw at targets	mates back in, how		-Can perform log	a cone/Tee and	-Throwing skills
	and learn where you	can we get the other		and teddy bear rolls	moving ball	-Running



T	T	1			
might use the	teams out)	Lesson 2	and forward roll to a	-Bowling skills	-Kicking
different throwing		Tennis	basic level	(under arm ONLY)	-Striking balle using
techniques	Lesson 2		-Can perform a	-Competitive games	bats and rackets off
			routine using small,	-Team Work	tee
-Once skill sets	Tag rugby	Objectives by the	large body parts,		-Playing our own
have been learnt		end of the half	jumps and rolls		Fitt4kids fielding
children are using		term	individually and in		games
throwing, catching	Objectives by the		pairs		-Team work
and rolling in team	end of the half		-Can use equipment	Lesson 2	-Communication
games	term		like benches to travel	Athletics	-Basic tactics
		-How to hold(grip)	across doing		
-Team work		the racket	different movements		
-Communication	-Learn to pass the		and jumps,	Objectives by the	
-basic Tactics	ball with 2 hands	-Catching skills	rectangular tables	end of the half	
-Competitive games	underarm to a		to form balances and	term	
Jan Passer a gainea	teammate	-Throwing skills	jumps, skipping ropes		
			to balance with,		
Lesson 2	-Catch the ball	-Forehand (1 hand)	hoops to jump in and	-Running at	
Football	-How to hold the	and back hand (2	out	different speeds (in	
1 0002	ball when running	hand) shots with the	-Team work	straight line and	
Objectives by the	Daw Wiert Parting	ball on the floor with	-Communication	circles, clock wise	
end of the half	-How to score and	control (This way	Continui ucauca	and anti clockwise)	
term	what its called (Try)	children are using		,	
Certity	(11 g)	the 2 shots in a	Lesson 2	-standing long	
-Dribbling skills	-Learn the	controlled way and	Lesson v &	Jumps	
	difference of playing	being able to have	HRF		
(inside foot, outside	contact rugby and		Health-Related	-Hopping (Standing	
foot and laces and whats the best	tag rugby	rallies with friends ie		triple jump)	
	any i mgay	IVI, 2V2 or whole	Fitness	Th	
technique)	-Children learn to	class rallies with		-Throwing different	
-Passing and	pull the tags and	coach)	Objectives by the	objects using their	
controlling skills	0		end of the half		



	T	T 6 1	Τ.	
(inside foot to pass	learn what they	-Balancing objects	term	overarm and
and inside foot and	must do when they	on the racket		underarm techniques
sole of their foot to	do pull the		-Children learn why	
control the ball)	opposition players	-Learn to hit a ball	we need to exercise	-Relays
-Tackling skills in	tag off	while the ball	and stay active	-communication
getting the ball off	300	bouncing		skilla
the opposition	-Play competitive		-Learn what happen	SRUE
-Shooting using	games without	-Team work	to their body when	-team work
incide foot	worrying about	-Communication	they exercise (heart	
-Turns like Drag	forward passes and	Continua accassor	beats faster, breath	-Competitive races
back, inside and	knock on, children		faster and we get	
outside hook turns			sweaty)	
and stop turns	just play		3 50.09)	
-Skills like Matthew	-Running at		-Move in a variety	
dribble and scissors	different speeds		of different	
-Playing matches	390 S. S. S. SP S S S		movements (i.e.	
-Team work	-Different		Running, jumping	
-Communication	Movements like		and hopping) and	
	sideways forward		exercises (i.e.star	
	and backwards		`	
	a 33 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3		jumps, frog jumps	
	-Communication		and mountain	
			climbs)	
	-Team work		Thurston a shell a	
	-Basic Tactics		-Throwing skills	
	-Dusic Tactics		-Take part in relays	
			and learn to line up	
			· ·	
			and go I at a time	
			-Using benches to	
			exercises (ie	
			0,00,000 (00	



				stepping, squats, lunges) -Communication skills -Team, work,		
				- ream work		
УR3&4	Lesson I	Lesson I	Lesson I	Lesson I	Lesson I	Lesson I
/ N3&4	Swimming	HRF	Hockey/uni Hoc	Gymnastics	Cricket	Sports day practice
	Swararang	Health-Related	1 lockey/unii 1 loc	agnitusus	Crucker	Sports any practice
	Supervising lesson	Fitness		Objectives by the	Objectives by the	Objectives by the
			Objectives by the	end of the half	end of the half	end of the half
	Lesson 2	Objectives by the	end of the half	term	term	term
	Invasion Games	end of the half	term			
	Involves attack vs	term		-Can stand and sit	-Running	-Running
	defence Tagging		-Grip and hold of	like a gymnast	-Catching and	-Balancing
	games	-Children learn why	the stick	-Can start and	fielding skills (ie Z	-Obstacle races
		we need to exercise	-Use both side of	Finish like a male or	shape for fielding the	-Skipping
	Objectives by the	and stay active	the stick	female gymnast	ball along the floor.	-Relays
	end of the half		-Passing the ball	-Can travelling and	Hands little finger to	-Competitive
	term	-Learn what happen	with control and	move using a	little finger reading	competition
	-Running, turning,	to their body when	accuracy	variety of moves	book hands and	-Team work
	changing direction	they exercise (heart	-Controlling the ball	-Know how long to	bring the ball into	-Communication
	and tagging	beats faster, breath	with the head of the	hold a balance for (3	the side of the body	-Self evaluation of
	-Finding space	faster and we get	stick	seconds)	catching the ball	own and team
	-Creating space	sweaty)	-Dribble the ball	-Know about body	above the head from	performace
	-communication	J , , , ,	with some control at	Tension	a high ball by	
	skilla -	-Learn how big	different speeds and	-Balance on small	cupping your hands	
	-Team work	your heart is (Size	directions	and large body parts	by interlocking your	
	-Competitive games		-Tackling (keeping	-explore the areas	thumbs and taking	Lesson 2



-lactics (lalk about
being brave to cross
the line, how can
you get your team
mate back in, how
are you going to
win, when your in a
position to overload
can you use that to
your advantage)
-Self evaluation on
performance what
did they do well this
time compared to
last time

of your fist)

- Move in a variety of different movements (i.e. Running, jumping and hopping) and exercises (i.e.star jumps, frog jumps and mountain climbs)
- -Throwing skills
- -Take part in relays and learn to line up and go I at a time
- -Using benches to exercises (ie stepping, squats, lunges)
- -Communication skills
- -Team work Lesson 2

Football

Objectives by the

the stick low)

- -Play small sided games
- -Competitive games
- -Team work
- -Communication skills
- -self evaluation

Lesson 2 Tennis

Objectives by the end of the half term

- -How to hold(grip) the racket
- -Catching skills
- -Throwing skills
 (over arm throw and
 also a forehand and
 backhand throws sochildren use the
 technique of these 2
 shots before moving
 on to using the

given

- -Can perform star jumps, tuck, pike and straddle jumps with better form
- -Can perform log and teddy bear rolls and forward roll with more control
- -Can perform a routine using small, r large body parts, jumps and rolls individually, pairs

and group

- -Can use equipment like benches to travel across doing different movements and jumps; rectangular tables to form balances and jumps; Wall bars to climb; balance and jump from skipping ropes to balance with, hoops to jump in and out
- -Team work
- -Communication

the ball to the side of the head)

- -Throwing skills (under arm and over arm)
- -Batting skills (How to hold the bat) -Front drive shot off
- a cone/Tee and moving ball -Bowling Grib for
- seem
- -Bowling overarm technique (from a standing start to a walking start with control aiming at a target)
- -Competitive games
- -Team Work
- -Self evolution of own and team performance

Lesson 2

Athletics

Objectives by the end of the half

Fielding games

Objectives by the end of the half term

- -Catching skills
- -Throwing skills
- -Running
- -Kicking
- -Striking balls using bats and rackets off tee
- -Playing Rounders games
- -Playing our own Fitt4kids fielding games
- -Team work
- -Communication
- tactics (where to stand when fielding, where should I aim when I'm hitting the ball, what type of throw should I do)



	end of the half term - Dribbling skills (inside foot, outside foot and laces and whats the best technique) - Passing and controlling skills (inside foot to pass and inside foot and sole of their foot to control the ball) - Passing with control and thinking about the weight of pass: - controlling the ball with a better first touch (think about locking the ankle and think about how hard in inpacked should be, to soft the ball gets stuck to hard the ball bounces off) - Children will be encouraged to use both feet	rackets) -Forehand (I hand) and back hand (2 hand) shots with the ball on the floor with control (This way children are using the 2 shots in a controlled way and being able to have rallies with friends ie IVI, 2V2 or whole class rallies with coach) -Balancing objects on the racket -Learn to hit a ball with forehand and backhand shots while the ball bouncing in pairs, against the wall or by themselves -Team work -Communication	-Self evaluation on performance Lesson 2 Dodgeball Objectives by the end of the half term -Using their throwing skills (under arm and over arm throws) -Rolling skills -Dodging and other forms of different movements like running and jumping -Balancing (when playing plank dodgeball) -Team work -communication -Play Competitive games -Tactics (like how	-Running at different speeds (in straight line and circles, clock wise and anti clockwise) -Running at different length (short or long) with control -standing long Jumps -Running long jump -Hopping (Standing triple jump) -Running triple jump -Throwing different objects using their overarm and underarm techniques with control and distance -Relays (learn how	
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-Tacking skills in getting the ball off the opposition in pairs - Shooting using inside foot (think about where in the goal should they be aiming when shooting) - Turns like Drag back inside and outside hook turns and stop turns - Skills like Matthew dribble and scissors - Playing small sided games - Team work - Communication - Tactice (spreading out in finding space positions/areas children can play in)	,				
the opposition in pairs pairs -Shooting using inside foot (think about where in the goal should they be aiming when shooting) -Turns like Drag back inside and outside hook turns and stop turns -Skills like Matthew dribble and scissors -Playing small sided games -Team work -Communication can we get the other teams out can you catch the ball to get the opposition players out rather than trying to hit them with a ball) -competitive races -Self evaluation on own and team performance -Self evaluation on own and team performance -Sills like Matthew dribble and scissors -Playing small sided games -Team work -Communication -team work -competitive races -Self evaluation on own and team performance			U U	Ŭ	!
pairs - Shooting using inside foot (think about where in the goal should they be aiming when shooting) - Turns like Drag back inside and outside hook turns and stop turns - Skille like Matthew dribble and scissors - Playing small sided games - Team work - Communication on own and team performance - Playing small sided games - Tactics (spreading out in finding space, positions/areas children can play in)			performance	mates back in, how	changeover in 2
-Shooting using inside foot (think about where in the goal should they be aiming when shooting) - Turns like Drag back inside and outside hook turns and stop turns - Skills like Matthew dribble and sciesors - Playing small sided games - Team work - Communication - Tactics (spreading out in finding space, positions/areas children can play in) - Catch the ball to get the opposition skills - the opposition players out rather than trying to hit them with a ball) - Self evaluation on own and team performance - Self evaluation on own and team performance - Self evaluation on own and team performance - Team work - Communication - Tactics (spreading out in finding space, positions/areas children can play in)				can we get the other	different races)
-Competitive games -Self-evaluation on own and team performance		the opposition in pairs -Shooting using inside foot (think about where in the goal should they be aiming when shooting) -Turns like Drag back, inside and outside hook turns and stop turns -Skills like Matthew dribble and scissors -Playing small sided games -Team work -Communication -Tactics (spreading out in finding space, positions/areas children can play in) -Competitive games -Self-evaluation on own and team		can we get the other teams out, can you catch the ball to get the opposition players out rather than trying to hit them with a ball) -Self evaluation on own and team	different races) -communication skills -team work -Competitive races -Self evaluation on own and team



УR5&6	<mark>Lesson I</mark>	Lesson I	Lesson I	<mark>Lesson I</mark>	Lesson I	Lesson I
	Invasion Games	Swimming	Hockey/uni Hoc	Gymnastics	Cricket	Sports day practice
	Involves attack vs					
	defence Tagging	Supervising lesson	Objectives by the	Objectives by the	Objectives by the	Objectives by the
	games		end of the half	end of the half	end of the half	end of the half
			term	term	term	term
	Objectives by the	Lesson 2				
	end of the half	HRF	-Grip and hold of	-Can stand and sit	-Running	-Running
	term	Health-Related	the stick	like a gymnast	-Catching and	-Balancing
	-Running, turning,	Fitness	-Use both side of	-Can start and	fielding skills (ie Z	-Skipping
	changing direction		the stick	Finish like a male or	shape for fielding the	-Relays
	and tagging	Objectives by the	-Passing the ball	female gymnast	ball along the floor.	-Obstacle races
	-Finding space	end of the half	with more control	-Can travelling and	Hands little finger to	-Competitive
	-Creating space	term	and accuracy	move using a	little finger reading	competition
	-communication		-Controlling the ball	variety of moves	book hands and	-Team work
	skille	-Children learn why	with the head of the	-Know how long to	bring the ball into	-Communication
	-Team work	we need to exercise	stick	hold a balance for (3	the side of the body	-Self evaluation of
	-Competitive games	and stay active	-Dribble the ball	seconds)	catching the ball	own and team
	-Tactics (Talk about	Ŭ	with control at	-Know about body	above the head from	performance
	being brave to cross	-Learn what happen	different speeds and	Tension	a high ball by	
	the line, how can	to their body when	directions	-Balance on small	cupping your hands	
	you get your team	they exercise (heart	-Tackling (keeping	and large body parts	by interlocking your	
	mate back in, how	beats faster, breath	the stick low)	-explore the areas	thumbs and taking	
	are you going to	faster and why and	-Play small sided	given	the ball to the side	
	win, when your in a	we get sweaty-why	games	-Can perform star	of the head)	Lesson 2
	position to overload	we sweat)	-Competitive games	jumps, tuck, pike and	-Backing up when	Fielding games
	can you use that to	,	-Team work	straddle jumps with	fielding (work in	
	your advantage,	-Learn how big	-Communication	better form	pairs)	Objectives by the
	attack the space)	your heart is (Size	skills	-Can perform log		end of the half
	-Self evaluation on	of your fist)	-self evaluation of	and teddy bear rolls	-Throwing skills	term
	own and team		own and team	and forward roll	(under arm and over	



performance what	-Learn why its	performance	with control	arm)	-Catching skills
did they do well this	important to stretch		-Can perform a	-Batting skills (How	-Throwing skills
time compared to	before and after		routine using small,	to hold the bat)	-Running
last time	exercise especially		large body parts,	-Front drive shot off	-Kicking
	when your older	Lesson 2	jumps and rolls	a cone/Tee and	-Striking balls using
	(you lose flexibility	Tennis	individually, pairs	moving ballı	bats off tee and from
	when you get older		and group	-Pull shot	a bowled ball
	0 0	Objectives by the	-Can perform	-Bowling Grib for	-Playing Rounders
Lesson 2	so your more likely	end of the half	counter balance and	seem	games
Tag Rugby	to pull a muscle.	term	counter tension in	-Bowling overarm	-Playing our own
	Also help recovery)		pairs and groups	technique (from a	Fitt4kids fielding
Objectives by the	-Know the difference	-How to hold(grip)	-Can use equipment	standing start to a	games
end of the half	between dynamic	the racket	like benches to travel	walking start and a	-Team work
term	and static stretches		across doing	running start with	-Communication
	arm same sirecties	-Catching skills	different movements	speed and control	- tactics (where to
1 1 1	-Move in a variety	-Throwing skills	and jumps,	aiming at a target)	stand when fielding,
-Learn to pass the	of different	(over arm throw and	rectangular tables	-Competitive games	where should I aim
ball with 2 hands	movements (i.e.	also a forehand and	to form balances and	-Team Work	when I'm hitting the
underarm to a	Running, jumping	backhand throws so	jumps, Wall bars to	C - C C	ball, what type of
teammate with speed	and hopping) and		climb, balance and	-Self evolution of own and team	throw should I do)
and control	exercises (i.e.star	children use the	jump from skipping		
-Learn how to do	`	technique of these 2	ropes to balance	performance	
	jumps, frog jumps	shots before moving	with, hoops to jump		
the spin pass	and mountain	on to using the	in and out	Lesson 2	
-Catch the ball	climbs)	rackets)	-Team work		
2 235, 0 0, 05 2500	-Maintain better	F	-Communication	Athletics	
-How to hold the	form when doing the	- Forehand and	skille		
ball when running	, ,	backhand shots	-Self evaluation on	Ob:+: b+b	
•	exercises	while, the, hall.	over and team	Objectives by the	

bouncing in pairs,

own and team

performance

while the ball

Objectives by the end of the half

term

-How to score and

exercises



what its called (Try)	-Throwing skills	against the wall or	Lesson 2	
-Learn the	-Take part in relays	by themselves in control and accuracy	Dodgeball	-Running at
-Learn the difference of playing contact rugby and tag rugby -Children learn to pull the tags and learn what they must do when they do pull the opposition players tag off -Play competitive games with the rules of forward pass,	-Take part in relays and learn to line up and go I at a time -Using benches to exercises (ie stepping, squats, lunges) -Communication skills -Team work -Self evaluation of own performance	U	Dodgeball Objectives by the end of the half term -Using their throwing skills (under arm and over arm throws) with more control power and at different distances short or long -Rolling skills -Dodging and other	-Running at different speeds (in straight line and circles, clock wise and anti clockwise) -Running at different length (short or long) with controlstanding long Jumps -Running long jump
knock on and you must score a try within 5 tags else the ball changes over -Running at different speeds -Different Movements like sideways forward			forms of different movements like running and jumping -Balancing (when playing plank dodgeball) -Team work -communication -Play Competitive games -Tactics (like how can we get team	-Hopping (Standing triple jump) -Running triple jump -Throwing different objects using their overarm and underarm techniques with better control and distance



and backwards -Communication	mates back in, how -Relays (learn how can we get the other to pass a baton	
-Communication	' '	
-Communication		
	teams out, can you changeover in 2	
-Team work	catch the ball to get different style races)	
- Tactics (support a team mate when trying to score a try; overload the opposition in wide areas) - Self evaluation of own and team performance	the opposition players out rather than trying to hit them with a ball) -Self evaluation on own and team performance -Competitive races -Self evaluation on own (how can I improve my time, how can I improve the distance of my throw)and team performance	