

Fitt4kids Shotton Primary School - medium to long term PE plan 2024-2025

Cycle B

Year groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr1&Yr2	<p>Lesson 1</p> <p>Fundamental skills Throwing Catching Rolling Implementing these skills in team games</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - To know the techniques of being able to catch small (beanbags and tennis balls) and large objects (Football) - know the techniques of rolling a ball to certain object (small, big and moving) objects - Learn overarm and underarm techniques to throw at targets and learn where you might use the different throwing 	<p>Lesson 1</p> <p>Netball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Passing, Chest pass, bounce pass and overhead pass with some accuracy and power - Catching skills - Learn to pivot on their back foot (or at least one foot to start with) - Shooting (Children can't use the backboard like in basketball they have to try and shoot it directly into the hoop with some accuracy) - Defending skill (intercepting and blocking) - Team work 	<p>Lesson 1</p> <p>Invasion Games Involves attack vs defence Throwing games ie Benchball, hoop ball, zone ball, mat ball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Running, turning, changing directions - Throwing skills (under arm and overarm) - Catching skills - Finding space - Creating space - communication skills - Team work - Competitive games - Tactics (i.e. Talk about when attacking, spreading out, pass to a team mate in space, what 	<p>Lesson 1</p> <p>Gymnastics</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Can stand and sit like a gymnast - Can travelling and move using a variety of moves - Know how long to hold a balance for (3 seconds) - Know about body Tension - Balance on small and large body parts - explore the areas given - Can perform star jumps, tuck, pike and straddle jumps with better form - Can perform log and teddy bear rolls and forward roll to a basic level 	<p>Lesson 1</p> <p>Rounders</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Running - Catching and fielding skills (ie Z shape for fielding the ball along the floor: Hands little finger to little finger reading book hands and bring the ball into the side of the body) - Stumping and running about opposition players - Throwing skills (under arm and over arm) - Batting skills (How to hold the bat) - Hit a moving ball (tennis ball or big ball being 	<p>Lesson 1</p> <p>Sports day practice</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Running - Balancing - Skipping - Relays - Dressing up - Competitive competition - Team work - Communication <p>Lesson 2</p> <p>Fielding games</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Catching skills - Throwing skills - Running - Kicking - Striking balls using

	<p>techniques</p> <ul style="list-style-type: none"> -Once skill sets have been learnt children are using throwing, catching and rolling in team games -Team work -Communication -basic Tactics -Competitive games <p>Lesson 2</p> <p>Basketball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Bouncing/ dribbling the ball with 2 hands and 1 hand with some control -Dribble the ball with 1 hand at a time with some control -Chest pass and 	<ul style="list-style-type: none"> -communication -Play Competitive games End zone type games (No positions but players can score in different zone using their passing, moving and pivot skills) -Tactics (like how can we get team mates back in, how can we get the other teams out) <p>Lesson 2</p> <p>Hockey</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Grip and hold of the hockey stick -Use both side of the stick -Passing the ball with some control and accuracy 	<p>distance should we be passing (short or long), when defending mark the opposition, block the person with the ball)</p> <p>Lesson 2</p> <p>Badminton</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -How to hold(grip) the racket -How to hold the shuttlecock -Catching skills -Throwing skills (over arm and under arm) -Under arm Forehand and back hand shots with 	<ul style="list-style-type: none"> -Can perform a routine using small, large body parts, jumps and rolls individually and in pairs -Can use equipment like benches to travel across doing different movements and jumps, rectangular tables to form balances and jumps, skipping ropes to balance with, hoops to jump in and out -Team work -Communication <p>Lesson 2</p> <p>Dance</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Different ways of travelling Hopping, 	<p>thrown under arm by coach)</p> <ul style="list-style-type: none"> -Practise under arm bowling in pairs -Competitive games -Team Work <p>Lesson 2</p> <p>Athletics</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Running at different speeds (in straight line and circles, clock wise and anti clockwise) -standing long Jumps -Hopping (Standing triple jump) -Throwing different 	<p>bats and rackets off tee</p> <ul style="list-style-type: none"> -Playing our own Fitt4kids fielding games -Team work -Communication -Basic tactics
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	<p>bounce pass passing in pairs and groups with some control of accuracy</p> <ul style="list-style-type: none"> -Catching skills -Throwing skills -Basic defending skills: Blocking, marking and intercepting -Shooting with some accuracy and use the backboard -Know the difference between a 3 pointer (outside the D when shooting) or 2 points shooting inside the D -Playing matches -Team work -Communication 	<ul style="list-style-type: none"> -Controlling the ball with the head of the stick -Dribble the ball with some control at different speeds and directions -Tackling (keeping the stick low) -Play small sided games -Competitive games -Team work -Communication skills -self evaluation 	<p>some control</p> <ul style="list-style-type: none"> -Balancing objects on the racket -Forming basic rallies with a partner over a bench -Team work -Communication 	<p>Skipping, jumping, forward, backwards and sideways</p> <ul style="list-style-type: none"> -Can move in an array of motions Fast, slow, turning and pointing -Can copy routine by following coach -Can perform a basic routine in pairs -Can perform a basic routine in small groups -Imagination skills -Can dance in space 	<p>objects using their overarm and underarm techniques</p> <ul style="list-style-type: none"> -Relays -communication skills -team work -Competitive races 	
YR3&4	<p>Lesson 1 Swimming</p> <p>Supervising lesson</p> <p>Lesson 2 Invasion Games Involves attack vs</p>	<p>Lesson 1 Volleyball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Learn how to do a DIG(both hands 	<p>Lesson 1 Netball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Passing Chest pass, 	<p>Lesson 1 Dance</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Different ways of 	<p>Lesson 1 Rounders</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Running 	<p>Lesson 1 Sports day practice</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Running

	<p>defence Throwing games ie Benchball, hoop ball, zone ball, mat ball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Running, turning, changing directions. -Throwing skills (under arm and overarm) -Catching skills -Finding space -Creating space -communication skills -Team work -Competitive games -Tactics (ie. Talk about when attacking, spreading out, pass to a team mate in space, what distance should we be passing (short or long), when defending mark the opposition, block the 	<p>together and hit the ball on their forehands) and SET (push the ball up with 2 hands) shots individually and in pairs with some control over cones, benches and a net.</p> <ul style="list-style-type: none"> - Think about how hard and high they need to hit the ball - Catching skills - Communication skills - competitive Games (not worrying about the maximum of 3 hits rule and the ball cant bounce. Children are allowed 1 bounce each side to score the ball must bounce twice to allow longer rallies and more team 	<p>bounce pass and overhead pass with accuracy, power and control</p> <ul style="list-style-type: none"> -Catching skills -Learn to pivot on their back foot -Shooting (Children cant use the backboard like in basketball they have to try and shoot it directly into the hoop with some accuracy and control) -Defending skill (intercepting, Marking and blocking) -Team work -communication -Play Competitive games with positions -Learn positions of normal 7 a side and high 5 and learn where they can and cant go -Tactics -Self and team evaluation 	<p>travelling, Hopping, Skipping, jumping, forward, backwards and sideways</p> <ul style="list-style-type: none"> - Can move in an array of motions Fast, slow, turning and pointing - Can copy routine by following coach - Can perform heel toe dance routine - Can perform longer routines in pairs - - Can perform longer routines in small groups - Can use bibs/scarf as part of a performance - Imagination skills - Can dance in space - Team work - Communication skills - Self evaluation on performance 	<ul style="list-style-type: none"> -Catching and fielding skills (ie Z shape for fielding the ball along the floor. Hands little finger to little finger reading book hands and bring the ball into the side of the body) - Stumping and running about opposition players - Know the scoring system of half and full rounder and which bases they are - Throwing skills (under arm and over arm) - Batting skills (How to hold the bat) Hit a moving ball(tennis ball thrown under arm by coach or opposition team player) - Practise under arm bowling in pairs with control and accuracy 	<ul style="list-style-type: none"> -Balancing -Obstacle races - Skipping -Relays -Competitive competition -Team work -Communication -Self evaluation of own and team performance <p>Lesson 2 Fielding games</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -Catching skills -Throwing skills -Running -Kicking -Striking balls using bats and rackets off tee -Playing Rounders games -Playing our own
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	<p>person with the ball)</p> <ul style="list-style-type: none"> -Self-evaluation on performance what did they do well this time compared to last time 	<p>involvement)</p> <ul style="list-style-type: none"> - Team work - Communication skill - Tactics (where should they hit the ball, where could their teammate stand) - Self and team evaluation <p>Lesson 2</p> <p>Tag Rugby</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Learn to pass the ball with 2 hands underarm to a teammate with control and accuracy - Catch the ball - How to hold the ball when running - How to score and 	<p>Lesson 2</p> <p>Badminton</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - How to hold (grip) the racket - How to hold the shuttlecock - Catching skills - Throwing skills (over arm and under arm) - Under arm Forehand and back hand shots with more control - Over head shots with some control - Forming rallies with a partner over a net with some 	<p>Lesson 2</p> <p>Handball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Using their throwing skills (under arm and over arm throws) - Use 1 hand to bounce the ball with control when dribbling - Jumping - Defending (blocking and intercepting) - Children learn the rules of 3 seconds holding the ball, can only take a maximum of 3 steps, you must bounce the ball if you want to take you 3 steps and you can score by throwing the ball with 1 hand outside the attacking zone 	<ul style="list-style-type: none"> - Competitive games - Team Work - Tactics (who going on each base, which base should we throw too ect) - Self evolution of own and team performance <p>Lesson 2</p> <p>Athletics</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - 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 	<p>Fitt4kids fielding games</p> <ul style="list-style-type: none"> - 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)
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		<p>what its called (Try)</p> <ul style="list-style-type: none"> -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 and you must score a try within 5 tags else the ball changes over -Running at different speeds -Different Movements like sideways forward and backwards 	<p>control</p> <ul style="list-style-type: none"> -Forward, backwards and sideway movements -Team work -Communication -Self-evaluation of performance 	<ul style="list-style-type: none"> -Team work -communication -Play Competitive games -Tactics-Do we need to always take the 3 steps <p>Self-evaluation on own and team performance</p>	<p>Jumps</p> <ul style="list-style-type: none"> -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 to pass a baton changeover in 2 different races) -communication skills -team work -Competitive races -Self evaluation on own and team performance 	
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		<ul style="list-style-type: none"> - Communication - Team work - Tactics (support a team mate when trying to score a try) - Self evaluation of own and team performance 				
YR5&6	<p>Lesson 1 Invasion Games Involves attack vs defence Throwing games ie Benchball, hoop ball, zone ball, mat ball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Running, turning, changing directions - Throwing skills (under arm and overarm) - Catching skills - Finding space - Creating space 	<p>Lesson 1 Swimming</p> <p>Supervising lesson</p> <p>Lesson 2 Volleyball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Learn how to do a DIG(both hands together and hit the ball on their forehands) and SET (push the ball up 	<p>Lesson 1 Netball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Passing Chest pass, bounce pass and overhead pass with better accuracy, power and control - Catching skills - Learn to pivot on their back foot with speed - Shooting (Children cant use the backboard like in basketball they have 	<p>Lesson 1 Dance</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Different ways of travelling Hopping, Skipping, jumping, forward, backwards and sideways - Can move in an array of motions Fast, slow, turning and pointing - Can copy routine by following coach - Can perform heel 	<p>Lesson 1 Rounders</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Running - Catching and fielding skills (ie Z shape for fielding the ball along the floor. Hands little finger to little finger reading book hands and bring the ball into the side of the body) - Stumping and running about opposition players 	<p>Lesson 1 Sports day practice</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Running - Balancing - Skipping - Relays - Obstacle races - Competitive competition - Team work - Communication - Self evaluation of own and team performance

	<ul style="list-style-type: none"> - communication skills - Team work - Competitive games - Tactics (i.e. Talk about when attacking, spreading out, pass to a team mate in space, what distance should we be passing (short or long)), when defending mark the opposition, block the person with the ball) - Self- evaluation on performance what did they do well this time compared to last time <p>Lesson 2 Football</p> <p>Objectives by the end of the half term</p>	<p>with 2 hands) and a 1 hand smash shots individually and in pairs with more control and accuracy over cones, benches and a net.</p> <ul style="list-style-type: none"> - Think about how hard and high they need to hit the ball - Catching skills - Communication skills - competitive Games (With a maximum of 3 hits rule .Children are allowed 1 bounce each side to score the ball must bounce twice to allow longer rallies and more team involvement) - Team work - Communication skill - Tactics (where 	<p>to try and shoot it directly into the hoop with better accuracy and control)</p> <ul style="list-style-type: none"> - Defending skill (intercepting, Marking and blocking) - Team work - communication - Play, Competitive games with positions - Learn positions of normal 7 a side and high 5 and learn where they can and cant go - Tactics - Self and team evaluation <p>Lesson 2 Badminton</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - How to hold(grip) the racket 	<p>toe dance routine in a formation</p> <ul style="list-style-type: none"> - Can perform longer routines in pairs - - Can perform longer routines in small groups in formation - Can use bibs/scarf as part of a performance in pairs and groups - Imagination skills - Can dance in space - Team work - Communication skills - Self evaluation on performance <p>Lesson 2 Handball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Using their 	<ul style="list-style-type: none"> - Better understanding of game play - Know the scoring system of half and full rounder and which bases they are - Throwing skills (under arm and over arm) - Batting skills (How to hold the bat) - Hit a moving ball(tennis ball thrown under arm by coach or opposition team player) with more power and control - Under arm bowling in pairs with more accuracy and control - Competitive games - Team Work - Tactics (who going on each base, which base should we throw too, look to hit the ball into the <p>Lesson 2 Fielding games</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> - Catching skills - Throwing skills - Running - Kicking - Striking balls using bats off tee and from a bowled ball - 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)
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	<ul style="list-style-type: none"> -Dribbling skills (inside foot, outside foot and laces and what's the best technique) -Passing and controlling skills (inside foot to pass and inside foot to control the ball) -Passing with accuracy and control and thinking about the weight of pass. -Combination passing -controlling the ball with a better first touch (think about locking the ankle and think about how hard it should be, to soft the ball gets stuck to hard the ball bounces off) -Children will be encouraged to use both feet -Tackling skills in 	<p>should they hit the ball, where could their teammates stand)</p> <ul style="list-style-type: none"> -Self and team evaluation 	<ul style="list-style-type: none"> -How to hold the shuttlecock -Catching skills -Throwing skills (over arm and under arm) -Under arm Forehand and back hand shots with more control and accuracy and power -Over head shots with better control and accuracy -Forming rallies with a partner over a net with more control -Forward, backwards and sideways movements with more speed -Team work -Communication 	<p>throwing skills (under arm and over arm throws)</p> <ul style="list-style-type: none"> -Use 1 hand to bounce the ball with control when dribbling -Jumping and throwing with power and accuracy -Defending (blocking and intercepting) -Children learn the rules of 3 seconds holding the ball, can only take a maximum of 3 steps, you must bounce the ball if you want to take you 3 steps and you can score by jumping and throwing with 1 hand into the attacking zone and also outside the Zone -Team work -communication -Play Competitive games 	<p>spaces ect)</p> <ul style="list-style-type: none"> -Self evolution of own and team performance <p>Lesson 2</p> <p><i>Athletics</i></p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> -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 	
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	<p>getting the ball off the opposition in pairs</p> <ul style="list-style-type: none"> - Anticipation on intercepting a pass - Shooting using inside foot and laces for accuracy and power with control (think about where in the goal should they be aiming when shooting) - Turns like Drag back, inside and outside hook turns and stop turns and where could they use them in a game - Skills like Matthew dribble and scissors and where on the pitch could they use them - Playing small sided games - Team work - Communication - Tactics (spreading out finding space, positions/areas) 		<p>- Self-evaluation of performance</p>	<p>- Tactics-Do we need to always take the 3 steps can we jump into the attacking zone to get closer to the goal to score.</p> <p>Self evaluation on own and team performance</p>	<p>- Running long jump</p> <p>- Hopping (Standing triple jump)</p> <p>- Running triple jump</p> <p>- Throwing different objects using their overarm and underarm techniques with better control and distance</p> <p>- Relays (learn how to pass a baton changeover in 2 different style races)</p> <p>- communication skills</p> <p>- team work</p> <p>- Competitive races</p> <p>- Self evaluation on own (how can I improve my time, how can I improve the distance of my throw)and team</p>	
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	children can play in overload the opposition to create scoring opportunities) - Competitive games - Self-evaluation on own and team performance				performance	
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