

Long Term Plan for PE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	<p>Body management <i>What is a small shape, what is a tall shape?</i></p> <p>Cooperate and solve problems <i>Why do we need to listen to others when we work together?</i></p>	<p>Gymnastics <i>How can you balance?</i></p> <p>Manipulation and coordination <i>What do we need to do to roll accurately?</i></p>	<p>Gymnastics <i>When should you perform a linking movement?</i></p> <p>Manipulation and coordination <i>What does 'opposition' mean when you're playing a game?</i></p>	<p>Body management <i>Can you name 2 types of jump?</i></p> <p>Cooperate and solve problems <i>What skills did you use during the obstacle course?</i></p>	<p>Fitness <i>In a short distance race, would you run as fast as you can or pace yourself?</i></p> <p>Speed agility travel <i>How can we show the same movement fast and slow?</i></p>	<p>Speed agility travel <i>Why do we swing our arms when we jump?</i></p> <p>Fitness <i>What can you do with your arms to help you run faster?</i></p>
Year 1	<p>Attack, defend, shoot <i>What skills can you use to defend?</i></p> <p>Hit, catch, run <i>How do you track and retrieve a rolling ball?</i></p>	<p>Send and return <i>Where do you need to be to return a ball?</i></p> <p>Run, jump throw <i>How do you know when you have completed a good run?</i></p>	<p>Gymnastics <i>Why is it good to have body tension when rolling?</i></p> <p>Dance <i>How can we use mirror technique in partner work?</i></p>	<p>Attack, defend, shoot <i>Where should we move to defend if the attacker moves to the outside?</i></p> <p>Hit, catch, run <i>Why should you try to hit into a space?</i></p>	<p>Send and return <i>What is the role of the umpire?</i></p> <p>Run, jump throw <i>What is stamina?</i></p>	<p>Gymnastics <i>What are h and y balances?</i></p> <p>Outdoor adventurous activities <i>What are the important steps to follow when completing a trail?</i></p>
Year 2	<p>Send and return <i>What is a boundary?</i></p> <p>Run, jump throw <i>What is a static and dynamic balance?</i></p>	<p>Gymnastics <i>Can you list 3 elements of a sequence?</i></p> <p>Dance <i>What are the mood and feelings you get from this dance?</i></p>	<p>Attack, defend, shoot <i>How did you progress forwards up the pitch?</i></p> <p>Hit, catch, run <i>Why would you aim to the middle of a person when bowling underarm?</i></p>	<p>Send and return <i>When the ball went where you wanted it to, what had you done?</i></p> <p>Run, jump throw <i>Why is it important to practice when we learn something new?</i></p>	<p>Gymnastics <i>Are the transitions smooth and continuous?</i></p> <p>Outdoor adventurous activities <i>How did we follow the movement pattern?</i></p>	<p>Attack, defend, shoot <i>What is intercepting?</i></p> <p>Hit, catch, run <i>Why is it important to have two hats on the bat rather</i></p>

Year 3	<p>Tag rugby <i>If we get tagged a lot as a team, how does that affect our score?</i></p> <p>Handball <i>Why is it important to stay in space on the pitch?</i></p>	<p>Outdoor adventurous activities <i>What does scale mean?</i></p> <p>Netball <i>How do you know whose side-line ball it is when it goes out?</i></p>	<p>Cricket <i>Why do we use the long barrier to stop ground balls?</i></p> <p>Football <i>What is meant by intercept?</i></p>	<p>Tennis <i>Why should you try to hit to both sides of your partner?</i></p> <p>Dance <i>How did you use level and direction?</i></p>	<p>Football <i>Why do we cushion the ball?</i></p> <p>Gymnastics <i>How do I get my legs straight in a roll?</i></p>	<p>Athletics <i>Which type of skipping was the most difficult?</i></p> <p>Fitness, cross country, circuits and sprints <i>What is the difference between a long distance run and a sprint?</i></p>
Year 4	<p>Basketball <i>Can you give an example of when someone would commit a travel offense?</i></p> <p>Outdoor adventurous activities <i>What is an intercardinal point?</i></p>	<p>Gymnastics <i>Did you use different pathways in your sequence?</i></p> <p>Handball <i>How do you start the game?</i></p>	<p>Hockey <i>How can we create more power to make slap hit go further?</i></p> <p>Dance <i>Describe an effective use of focus and facial?</i></p>	<p>Football <i>When is the right time to dribble?</i></p> <p>Tag rugby <i>How can different lengths of passes help the team?</i></p>	<p>Tennis <i>What tactics did you use?</i></p> <p>Rounders <i>How can we decrease the time the batter has to run between zones?</i></p>	<p>Athletics <i>How does using your legs help you throw further?</i></p> <p>Gymnastics <i>How do we safely transition from front to side?</i></p>

Year 5	Tag rugby <i>Why do we want the person with the ball to have space?</i> Handball <i>When is a 7-metre throw awarded?</i>	Outdoor adventurous activities <i>Why is it harder to complete tasks against the clock?</i> Netball <i>What is meant by gameplay?</i>	Rounders <i>How can we stop batters running to lots of zones?</i> Tennis <i>What positions can you stand in as a doubles partner?</i>	Cricket <i>Why is intercepting the ball useful?</i> Dance <i>What is a freeze frame?</i>	Football <i>Why is it important to stay on your feet for a tackle?</i> Gymnastics <i>Name 2 compositional ideas you could use.</i>	Athletics <i>How do you know when to release the object?</i> Fitness, cross country, circuits and sprints <i>What effect does a sprint have on your heart rate?</i>
Year 6	Basketball <i>Why is a bounce pass effective in beating a defender?</i> Outdoor adventurous activities <i>What are the key uses of a reef knot?</i>	Gymnastics <i>How can you use a hoop, ball and beanbag in your sequence?</i> Handball <i>How can dribbling help your team progress forward?</i>	Hockey <i>Where should you place yourself on the pitch for marking?</i> Dance <i>Why do movements and gestures need to be powerful and strong?</i>	Football <i>What is the role of covering a defender?</i> Tag rugby <i>What skill can help us change our tactics quickly?</i>	Tennis <i>What would the score be if you had won 2 points?</i> Rounders <i>Why do we not want the ball going high if we are a batter?</i>	Athletics <i>Which event have you excelled at and why?</i> Gymnastics <i>Which were your favourite elements?</i>