

**Long Term Framework for PE**

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Whole school opportunities and experiences						
Nursery	To be able to stop on a signal or command	<b>Ball Skills</b> Start to develop catching skills by closing 2 hands on a slow moving objects e.g. balloons, scarves	<b>I wonder how things change. Movement</b> Understands that you need to be on the balls of your feet when running. (PE)	<b>I wonder how things change. Movement on equipment</b> Can access equipment safely, through balancing and pulling themselves up	<b>I wonder what happen next. Games</b> Start taking part in some group activities which they make up for themselves, or in teams	<b>I wonder what happen next. Dance</b> Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm
Reception	<b>Ball skills</b> Be aware of people around them	<b>Ball skills</b> Explore a range of ball skills including: throwing, catching, kicking, passing, batting and aiming	<b>I wonder how things change. Movement</b> Can movement in different ways e.g. can slither, roll, crawl, walk, run, jump, skip and hop (PE)	<b>I wonder how things change. Movement on equipment</b> Confidently use a range of large and small apparatus indoors and outside, alone and in a group	<b>I wonder what happen next. Games</b> Understands how to change speed and direction to catch somebody	<b>I wonder what happen next. Dance</b> Understand how to portray different emotions (slow for sad, fast for happy etc) Can do actions in beat to music
Year 1	<b>Games Throwing &amp; Catching Striking &amp; Fielding</b> Understands that an underarm throw is for shorter distances and an overarm throw is for longer distances.	<b>Gymnastics</b> Understands the difference between a log roll, egg roll and teddy bear roll. Understands what a straight jump is.	<b>Dance</b> Understands that a motif is putting dance moves together.	<b>Outdoor adventurous activities/challenges Orienteering</b> Can find locations in the school grounds	<b>Games Attacking and defending</b> Understands how to move into space when attacking and how to mark a player when defending.	<b>Games Net &amp; wall</b> Understands how to move a large ball around your body and how to control it with their partner.
Year 2	<b>Games Throwing &amp; Catching Striking &amp; Fielding</b> Understands how a non-throwing arm can be used for aiming.  Understands how to move into space when passing and receiving the ball and how to stop a player from scoring.	<b>Gymnastics</b> Understands that a springboard is used to make a jump higher.	<b>Dance</b> Understands that dancing includes face emotions, leg and arm movements and a fall to the floor.	<b>Outdoor adventurous activities/challenges Orienteering</b> Can use a simple map to find locations within the school grounds	<b>Games Attacking and defending</b> Understands how to move into space when passing and receiving the ball and how to stop a player from scoring.	<b>Games Net &amp; wall</b> Understands how to travel with a large ball at your feet and how to control it with their partner to ensure they score a goal (consecutive passes).  Mastered how to change pace, speed and direction.
Year 3	<b>Outdoor adventurous activities/challenges Orienteering</b> Understands that arrows on a map are used to show a change in direction (left, right, forwards, backwards).	<b>Gymnastics</b> Understands what a standing roll and a tucked backwards roll are. Understands what a straddle jump is.	<b>Dance</b> Understands that improvisation is movement created on the spot.	<b>Attacking and defending Netball</b> Understands the 4 different passes and when to use them. They can name them and demonstrate them.  Understands how they cannot move their landing foot in netball, but only pivot with their other foot	<b>Striking &amp; fielding Benchball</b> Understands when to alternate between the 4 different passes for accuracy and strength.	<b>Games Net &amp; wall</b> Understands how to use their Netball and Bench Ball skills in a game.
Year 4	<b>Outdoor adventurous activities/challenges Orienteering</b> Understands that a key can be used to find individual points on a map(sign for tree,building path etc)	<b>Gymnastics</b> Understands what a forward straddle roll and a backwards straddle roll are.	<b>Dance</b> Understands that dynamics means speed/strength/height.  Understands that tempo means speed.	<b>Attacking and defending Dodgeball</b> Understand how to dodge when defending- important to be on toes, moving, react.	<b>Striking &amp; fielding Tennis</b> Understands how to use the handshake racket grip when holding a tennis racket.	<b>Games Net &amp; wall</b> Understands how to use their Tennis and Dodgeball skills in a game.

			Understands that rhythm is matching movements to the music.	Understands how to catch a ball when defending- palms up, knees bent.	Understands the forehand stroke moves the racket from low to high.	
Year 5	<b>Outdoor adventurous activities/challenges</b> <b>Orienteering</b> Understands that a map must be rotated to follow a simple course (rotate the map so that the school is always in the same place).	<b>Gymnastics</b> Understands what a stag jump is. Understands what a split leap is.	<b>Dance</b> Understands that emotions can be used when improvising.	<b>Attacking and defending Rugby</b> Understands how to use the 'W' shape with hands when holding a rugby ball.  Understands that you throw behind you only.	<b>Striking &amp; fielding Kwik cricket</b> Understands how to throw a fast overarm ball by moving your weight from backwards to forwards.  Understands that you must stand sideways when batting a ball.	<b>Games Net &amp; wall</b> Understands how to use their Rugby and Kwik Cricket skills in a game.
Year 6	<b>Outdoor adventurous activities/challenges</b> <b>Orienteering</b> Understands that a map must be rotated to follow a simple course (rotate the map so that the school is always in the same place) in a competitive team game.	<b>Gymnastics</b> Understands what a stag leap is.	<b>Dance</b> Understands that different dances are from different cultures (Samba- Brazil, Haka- New Zealand, Flamenco- Spain, Bollywood- Indian and Charleston- USA).	<b>Attacking and defending Basketball</b> Understands how to dribble a ball- use finger pads rather than palms and push ball towards the floor.  Understands how to shoot- square feet, bring ball to chest height, slight bend in knees, spread fingers across ball, supporting hand on side and dominant hand behind the ball, extend body and follow through with arms.	<b>Striking &amp; fielding Hockey</b> Understands the correct grip is one hand on the middle of the stick (power) and one hand on the handle (movement).  Understands how to turn the stick when dragging the ball from left to right.	<b>Games Net &amp; wall</b> Understands how to use their Basketball and Hockey skills in a game.