



## PE Long Term Plan 25–26

KS2:

<p><b>Y5 Autumn Term</b></p>	<p><b>Multiskills/Invasion Games/Cross Country:</b></p> <p><b>Multiskills:</b> Learn about agility, balance and coordination linked to sport. Use these foundation abilities in a range of games in order to improve them. Understand how they link to sport.</p> <p><b>Netball:</b>  Learn to pass using 3 main types of passes, apply conditioned footwork rule (can't move with the ball) footwork rule, and learn to shoot  Understand the positions and rules of netball</p> <p><b>Cross Country:</b>  Develop long-distance running style and pacing  Understand pacing, set targets, and reflect on personal progress</p> <p><b>Tag Rugby:</b>  Learn to pass, evade a defender, and run with the ball  Understand the rules of tag rugby, shapes of defence and attack</p>	<p><b>Invasion Games and Dance</b></p> <p><b>Football:</b>  Learn to side-foot pass, control, and shoot  Learn to dribble and decide when to dribble or pass  Understand basic football gameplay and rules</p> <p><b>Gymnastics:</b>  Learn different ways of travel and basic rolls  Perform point and patch balances and link skills in routines  Understand how to link movements in gymnastics routines and what can improve how routines look.</p>
<p><b>Y5 Spring Term</b></p> <p><b>(2025 moved forwards to Autumn 2 due to safety of outdoor spaces and pupil welfare in cold</b></p>	<p><b>Invasion Games and Gymnastics</b></p> <p><b>Basketball:</b>  Learn to control and dribble the basketball (stationary and in motion)  Learn to shoot, and decide when to dribble or pass  Understand double dribble and travelling rules</p> <p><b>Dance:</b>  Learn the 5 parts of dance: travel, turn, gesture, stillness, and</p>	<p><b>Outdoor adventure and Net and Wall sports.</b></p> <p><b>Badminton:</b>  Learn how to hold a racket and stand in a ready position  Develop basic racket skills: backhand serve, hitting the shuttle, and overhead techniques  Understand basic badminton techniques like serving and rallying</p> <p><b>OAA:</b>  Understand what orienteering is  Learn to use a map</p>

<p><b>weather. Will revisit previous topics in Spring term)</b></p>	<p>jump</p> <p>Link dance movements into routines and adapt to a theme</p> <p>Understand how to make dance movements more dynamic by changing height, speed, and direction</p>	<p>Identify and find objects on a map</p> <p>Use our map skills to complete varied activities</p>
<p><b>Y5 Summer Term</b></p>	<p><b>Athletics and Striking and Fielding</b></p> <p><b>Athletics:</b></p> <p>Learn basic throwing techniques for shot, discus, and javelin</p> <p>Learn sprint and long-distance running techniques</p> <p>Practice standing long jump</p> <p>Understand basic health and safety rules for throwing events</p> <p>Learn the importance of technique in sprinting and jumping</p> <p><b>Cricket:</b></p> <p>Learn to hold a cricket bat and practice batting stance</p> <p>Develop catching, throwing, and overarm/underarm throws</p> <p>Participate in conditioned games</p> <p>Understand the rules and gameplay of non-stop cricket</p>	<p><b>Striking and fielding and Net and Wall</b></p> <p><b>Rounders:</b></p> <p>Learn the batting stance and rules of bowling</p> <p>Practice catching, throwing, and hitting in conditioned games</p> <p>Learn the rules of rounders and understand how to play in a team</p> <p><b>Tennis:</b></p> <p>Learn to hold the racket and hit the ball</p> <p>Understand the importance of coordination and rallying</p> <p>Learn basic rules</p>
<p><b>Y6 Autumn Term</b></p>	<p><b>Multiskills/Invasion Games/Cross Country:</b></p> <p><b>Multiskills:</b></p> <p>Build on previous knowledge regarding agility, balance and coordination linked to sport. This year we will use ultimate frisbee as the vehicle to practice the skills under game situation.</p> <p>Understand how they link to a specific sport.</p> <p><b>Netball:</b></p> <p>Mastering 3 main types of passes</p> <p>Applying the footwork rule correctly</p> <p>Developing correct shooting technique to ensure we are getting more power</p>	<p><b>Invasion Games and Dance</b></p> <p><b>Football:</b></p> <p>Learn to pass and move into space</p> <p>Increase confidence in dealing with the ball under pressure</p> <p>Basic techniques to evade a defender</p> <p>Small sided conditioned games</p> <p><b>Dance:</b></p> <p>Learning to dance to a set theme as a class</p> <p>Using our knowledge of counting the beat to go alongside a</p>

	<p>Learning the 7 positions of netball</p> <p>Applying skills and rules in a game context</p> <p><b>Cross Country:</b></p> <p>Long-distance running technique and pacing</p> <p>Setting personal targets and goals</p> <p>Understanding the importance of personal progression</p> <p><b>Tag Rugby:</b></p> <p>Passing, running with the ball, and sidestepping</p> <p>Understanding the rules of tag rugby</p> <p>Learning defensive and attacking shapes in relation to where we might place our players in relation to their speed</p>	<p>choreographed class routine</p> <p>Understand the importance of body shapes and movements in a themed dance</p> <p><b>Gymnastics:</b></p> <p>Learn basic flight techniques</p> <p>Use partners to balance and put together our own routines</p> <p>Using previous knowledge to then link new balances in a routine</p> <p>Key terminology in gymnastics</p>
<p><b>Y6 Spring Term</b></p> <p><b>(2025 moved forwards to Autumn 2 due to safety of outdoor spaces and pupil welfare in cold weather. Will revisit previous topics in Spring term)</b></p>	<p><b>Invasion Games and Gymnastics</b></p> <p><b>Basketball:</b></p> <p>Learn advanced dribbling techniques</p> <p>Recap shooting and ensuring we shoot with power</p> <p>Look at techniques used when evading an opponent</p> <p>Learn defending techniques</p>	<p><b>Outdoor adventure and Net and Wall sports.</b></p> <p><b>Badminton:</b></p> <p>Learn the forehand serve</p> <p>Learn to improve overhead power</p> <p>Greater intent to place the shuttle to win a point</p> <p>Understand relative advantages of different serves</p> <p><b>Orienteering:</b></p> <p>Learn to use orienteering in team games</p> <p>Begin to design routes of markers</p> <p>Use logic and Oracy alongside orienteering skills</p> <p>Understand the importance of teamwork</p> <p>Understand why we may need to plan a route</p>
<p><b>Y6 Summer Term</b></p>	<p><b>Athletics and Striking and Fielding</b></p> <p><b>Athletics:</b></p> <p>Learn what Quad kids is</p> <p>Focus on the 4 activities used within that – Standing long jump, howler throw, 75m and 600m</p>	<p><b>Striking and fielding and Net and Wall</b></p> <p><b>Tennis:</b></p> <p>Learn the forehand and backhand volley</p> <p>Understand what a volley is and why we would use it</p>

	<p>Learn to measure time and distance</p> <p>Health &amp; safety in throwing events, sprint techniques, long jump techniques</p> <p><b>Cricket:</b></p> <p>Batting to certain areas, catching, throwing - overarm and underarm, bowling, fielding, conditioned games</p> <p>Understand further rules and when we would use certain throws.</p>	<p>Attempt the approach volley</p> <p>Understand the differences in volley and why they are different</p> <p><b>Rounders:</b></p> <p>Learn that we can aim when batting</p> <p>Attempt to hit the ball to different places</p> <p>Increase knowledge and awareness over fielding and communication in the field</p>
--	--	---

**KS3:**

<p><b>Y7 Autumn Term</b></p>	<p><b>Invasion Games/Kinball/Cross Country:</b></p> <p><b>Rugby:</b></p> <p>Basic Tackling, Passing under pressure, Presenting the ball, Understanding rucks, Conditioned games</p> <p>Contact in practice, Game safety</p> <p><b>Kinball:</b></p> <p>Using the kinball safely, Controlling the kinball, Kicking, Setting</p> <p>Safe use of kinball, Basics of kinball gameplay</p> <p><b>Netball:</b></p> <p>Passing to maintain possession, Footwork (2-foot landing), Shooting under pressure, Attacking and defending, Umpiring</p> <p>Advanced techniques for a full game Understanding positions,</p> <p><b>Cross Country:</b></p> <p>Long-distance running style, Pacing, Setting targets, Personal progress</p> <p>Personal improvement using the "Cash cross country" system, Pacing for longer distances</p>	<p><b>Net and Wall and Invasion Games</b></p> <p><b>Volleyball:</b></p> <p>Set shot, Dig, Serve, Rallying, Playing competitive points, Rotating</p> <p>Rules of volleyball, Rotations, Competitive gameplay</p> <p><b>Handball:</b></p> <p>Passing, conditioned Dribbling, Shooting, Defensive positioning, Small-sided games</p> <p>Rules of handball</p> <p><b>Football:</b></p> <p>To continue to learn and refine the key skills relating to the game of football</p> <p>Learn technique of longer passing</p> <p>Advanced shooting techniques</p> <p>Positions of play - specific</p> <p>Tactics/strategies</p> <p>How to outwit an opponent and where this happens most</p> <p>Greater understanding of spatial awareness</p>
--------------------------------------	---	---

<p><b>Y7 Spring Term</b></p> <p><b>(2025 moved forwards to Autumn 2 due to safety of outdoor spaces and pupil welfare in cold weather. Will revisit previous topics in Spring term)</b></p>	<p><b>Invasion Games and Parkour</b></p> <p><b>Parkour:</b></p> <p>Balances, Jumps, Vaults, Floor movements, Landing and rolling, Decision-making to improve flow, Risk assessment</p> <p>Risk assessment in movements, Flow improvement through decision-making</p> <p><b>Basketball:</b></p> <p>Triple threat position, Jump shot, Rebound, Team defense, Simplified full court games</p> <p>Rules of full court basketball, Applying techniques in game situations</p>	<p><b>Outdoor adventure and Net and Wall sports.</b></p> <p><b>Dance:</b></p> <p>Learn basic technique and control in Capoeira</p> <p>Capoeira-inspired dance movements, Cultural understanding of Capoeira</p> <p>Capoeira principles, Cultural origins and significance of Capoeira</p> <p><b>Badminton:</b></p> <p>Overhead placement improvement</p> <p>Doubles rules</p> <p>Playing against a partner with greater intention on shuttle placement</p> <p>Understand the rules of doubles</p> <p>Basic tactics</p>
<p><b>Y7 Summer Term</b></p>	<p><b>Athletics and Striking and Fielding</b></p> <p><b>Athletics:</b></p> <p>Short-distance running style, Middle-distance running, Long jump with short run-up</p> <p>Throwing junior javelin, shot, and discus in a static position, Accurate measuring and competition rules</p> <p>Safe use of real throwing equipment, Techniques for improved performance, Understanding competition rules</p> <p><b>Cricket:</b></p> <p>Attempt different type of shot</p> <p>Bowling to specific areas,</p> <p>Quick fielding techniques</p> <p>Tactical adjustments to fielding</p>	<p><b>Striking and fielding and Net and Wall</b></p> <p><b>Tennis:</b></p> <p>Improve backhand control</p> <p>Apply singles rules in gameplay</p> <p>Umpire matches effectively</p> <p>Understand basic singles rules</p> <p>Learn how pressure affects performance</p> <p>Develop decision-making in match play</p> <p><b>Rounders:</b></p> <p>Use tactics to influence gameplay</p>

	<p>Learn basic game rules and tactics</p>	<p>Adjust fielding positions strategically</p> <p>Improve shot placement when batting</p> <p>Peer assess for team improvement</p> <p>Recognize team tactics and strategy</p> <p>Understand how fielding adjustments impact the game</p> <p>Apply knowledge to a structured innings match</p>
--	---	--

<p><b>Y8 Autumn Term</b></p>	<p><b>Invasion Games/Kinball/Cross Country:</b></p> <p><b>Rugby:</b></p> <p>Kicking techniques: punt, drop kick, grubber kick</p> <p>Catching under pressure</p> <p>Running at different angles</p> <p>Scrummaging technique</p> <p>Applying full game rules in match play</p> <p>Playing a larger full-contact game</p> <p>Tactical understanding of running lines and game play</p> <p>Full rules of rugby, including scrums and contact play</p> <p>Evaluate and improve peer performance</p> <p><b>Kinball:</b></p> <p>Ball control and teamwork</p> <p>Tactical decision-making</p> <p>Strategic use of the 10-second rule</p> <p>Understanding and applying game rules</p> <p>Developing tactical thinking to increase success</p>	<p><b>Invasion Games and Dance</b></p> <p><b>Handball:</b></p> <p>Evading defenders and maneuvering around defense</p> <p>Performing a jump shot</p> <p>Using defensive strategies in game situations</p> <p>Working as a team to decide and implement tactics</p> <p>Understanding when and how to apply defensive strategies</p> <p>Developing tactical awareness in team play and decision-making</p> <p><b>Volleyball:</b></p> <p>Executing the spike shot</p> <p>Understanding the purpose of a 3-shot rally</p> <p>Learning to block effectively</p> <p>Developing tactics for game situations</p> <p>Peer assessment to support improvement</p>
--------------------------------------	--	--

	<p>Learning to officiate and apply game rules effectively</p> <p><b>Netball:</b></p> <p>Using different types of passes effectively</p> <p>Footwork techniques: two-foot landing, quick release</p> <p>Shooting accuracy under pressure</p> <p>Tactical centre pass strategies</p> <p>Attacking and defending: marking players and the ball</p> <p>Understanding roles of all 7 positions</p> <p>Umpiring a game</p> <p>Peer assessment to improve skills</p> <p><b>Cross Country:</b></p> <p>Long-distance running technique</p> <p>Pacing and endurance strategies</p> <p>Setting and tracking personal performance goals</p> <p>Tactical race planning</p> <p>Continuous self-improvement through timed assessments</p> <p>Evaluating peers to support improvement</p>	<p>Applying spike and block techniques during play</p> <p><b>Football:</b></p> <p>Shielding the ball</p> <p>Control and first touch under pressure</p> <p>Use of a 1-2 to move into space</p> <p>Learn to jockey as a defender</p> <p>Larger sided games – 5 v 5, 6 v 6 or 8 v 8</p>
<p><b>Y8 Spring Term</b></p> <p><b>(2025 moved forwards to Autumn 2 due to safety of outdoor spaces and pupil welfare in cold weather.</b></p>	<p><b>Invasion Games and Parkour</b></p> <p><b>Basketball:</b></p> <p>Lay-up technique</p> <p>Shooting from different angles</p> <p>Defending the key area</p> <p>Full-court tactical play</p> <p>Matching player attributes to specific positions</p> <p>Peer assessment for skill improvement</p> <p>Understanding advanced rules (e.g., backcourt violation, full-court play)</p> <p>Developing defensive strategies and key-area control</p>	<p><b>Outdoor adventure and Net and Wall sports.</b></p> <p><b>Badminton:</b></p> <p>Performing the smash shot effectively</p> <p>Playing in doubles: positioning and teamwork</p> <p>Applying rules and strategies in doubles play</p> <p>Umpiring games with an understanding of principles and rules</p> <p>Adjusting strategies for both attack and defense during play</p> <p><b>Orienteering:</b></p> <p>Navigating courses using map reading and orientation skills</p> <p>Identifying markers in sequence and using a stopwatch for time management</p>

<p><b>Will revisit previous topics in Spring term)</b></p>	<p>Tactical decision-making and adapting to game roles</p> <p><b>Parkour:</b> Extended Vaulting techniques (Kong Vault)</p> <p>Designing functional and safe parkour courses</p> <p>Risk assessment and management for movements</p> <p>Using ropes safely in parkour activities</p> <p>Executing higher-difficulty parkour movements with control</p> <p>Planning movement sequences to maximize efficiency and flow</p>	<p>Applying practical use of maps and refining evaluation techniques</p> <p>Developing strategic planning and efficient execution during orienteering tasks</p> <p>Understanding health, biology, and physical activity links through outdoor tasks</p>
<p><b>Y8 Summer Term</b></p>	<p><b>Athletics and Striking and Fielding</b></p> <p><b>Athletics:</b> Use age-appropriate equipment safely and correctly</p> <p>Improve short-distance running technique (focus on start and drive phase)</p> <p>Perform a triple jump with an effective run-up and correct landing technique</p> <p>Advance throwing techniques in shot put, javelin, and discus using movement and competition-standard equipment</p> <p>Understand and apply safety rules and technical mechanics in field events</p> <p><b>Cricket:</b> Bowl with accurate line and length</p> <p>Bat tactically to influence field placements</p> <p>Use strategic bowling to restrict runs or take wickets</p> <p>Apply all learned techniques in competitive or conditioned game situations</p> <p>Understand and apply advanced rules and umpiring principles</p> <p>Peer assess to identify areas for improvement and provide feedback</p>	<p><b>Striking and fielding and Net and Wall</b></p> <p><b>Tennis:</b> Play a full doubles match using rules and strategies</p> <p>Place shots tactically to challenge opponents</p> <p>Umpire a doubles game effectively</p> <p>Try new techniques in progressive game formats</p> <p>Use peer assessment to support and improve performance</p> <p><b>Rounders:</b> Work as a team to outplay opponents tactically</p> <p>Bat strategically based on team and individual strengths</p> <p>Field to limit scoring opportunities using positional awareness</p> <p>Play full matches with structured innings</p> <p>Apply peer assessment to aid team and individual development</p>

