



PE – Long Term Plan (Outdoor)



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<u>PE Fundamentals – Throwing and Catching</u> <i>Developing basic ball handling skills when rolling, bouncing, throwing and catching.</i> Key Vocabulary: roll, distance, underarm, catch, track, bounce, receive	<u>Invasion Games</u> <i>Exploring different ways to travel with and without a ball.</i> Key Vocabulary: movement, travel, sidestep, direction, distance, pass	<u>PE Fundamentals – Attacking and Defending</u> <i>Exploring how to pass a ball and dodge defenders as well as marking players and defending space.</i> Key Vocabulary: space, defender, attacker, mark, intercept, pass, receive, direction, dodge	<u>PE Fundamentals – Bat and Ball</u> <i>Using tennis rackets and cricket bats correctly to strike a target with balls and beanbags.</i> Key Vocabulary: grip, racket, bat, control, balance, throw, catch, target, roll	<u>PE Fundamentals – Running and Jumping</u> <i>Exploring how to travel at different speeds by walking, jogging, running and sprinting.</i> Key Vocabulary: speed, sprint, direction, push, jump, pivot, lines, propel, balance	<u>Athletics – Sports Day</u> <i>Taking part in a variety of activities designed to support participation in various Sports Day events.</i> Key vocabulary: sprint, direction, balance, position, jump, underarm, overarm, agility, hurdles
Year 2	<u>PE Fundamentals – Throwing and Catching</u> <i>Throwing, underarm for accuracy and overarm for distance, as well as catching objects correctly.</i> Key Vocabulary: roll, stop, throw, underarm, accuracy, target, overarm, distance, techniques, position, bounce	<u>Invasion Games</u> <i>Exploring how to dribble with a football, to pass and receive a ball and to use space effectively in games.</i> Key Vocabulary: dribble, attack, defend, score, teamwork, receive, opposition, pass, aim, target, throw, catch, kick	<u>PE Fundamentals – Attacking and Defending</u> <i>Understanding skills and tactics associated with attacking and defending.</i> Key Vocabulary: skill, tactic, attack, defend, space, mark, direction, movement, speed, eye-contact, rules, teamwork, communication	<u>PE Fundamentals – Bat and Ball</u> <i>Develop striking skills from hitting a stationary ball to one that has been thrown.</i> Key Vocabulary: racket, bat, strike, stationary, thrown, tactics, target, underarm, compete, direction	<u>Target Games</u> <i>Exploring how to send a ball in different ways towards both stationary and moving targets.</i> Key Vocabulary: ball, stationary, target, rolling, underarm, overarm, kicking, aim, precision, accuracy, tactics, teamwork	<u>Athletics – Animal Olympics</u> <i>Exploring the Olympic Values and focusing on athletic skills such as running, jumping and throwing.</i> Key Vocabulary: run, jump, throw, values, speed, direction, height, distance, underarm, accuracy, pace

Year 3	<u>Outdoor and Adventurous Activities (OAA)</u> <i>Introducing the fundamental principles of OAA, including teamwork, problem-solving and orienteering.</i> Key Vocabulary: OAA, teamwork, problem-solving, directions, symbols, key, orienteering, collaboration, communication Links: Map Reading (Geography)	<u>Invasion Games</u> <i>Exploring the importance of keeping possession and teamwork in invasion games.</i> Key Vocabulary: possession, teamwork, pass, receive, travel, attacking, defending, marking, dodging, intercepting, rules	<u>Invasion Games - Football</u> <i>Exploring the principles of attacking and defending in football and developing dribbling and passing skills.</i> Key Vocabulary: dribble, pass, receive, attack, defend, space, block, mark, tackle, shoot, accuracy	<u>Net and Wall Games - Fundamentals</u> <i>Exploring how to control a ball with a racket and learning forehand and backhand hits.</i> Key Vocabulary: net, wall, footwork, grip, racket, balance, bounce, forehand, backhand, space, position	<u>Striking and Fielding Games - Fundamentals</u> <i>Learning how to catch and throw across difference distances with accuracy.</i> Key Vocabulary: strike, field, catch, throw, accuracy, co-operation, teamwork, tactics	<u>Athletics</u> <i>Developing an effective sprint technique and executing the standing long jump.</i> Key Vocabulary: run, jump, throw, sprint, obstacles, overarm, underarm, distance, accuracy, shot-put, long jump
Year 4	<u>Outdoor and Adventurous Activities (OAA)</u> <i>Developing teamwork skills through scavenger hunts, blindfolded challenges and map reading exercises.</i> Key Vocabulary: OAA, teamwork, problem-solving, communication, orienteering, blindfold, map, course. Links: Map Reading (Geography)	<u>Invasion Games</u> <i>Developing attacking and defending skills, such as fake dodging, interception and goalkeeping.</i> Key Vocabulary: dodge, dribble, pass, mark, opponent, attack, defend, intercept, goalkeeper, teamwork, strategy Links: Invasion (History)	<u>Invasion Games – Tag Rugby</u> <i>Exploring how to throw and catch a rugby ball correctly and learning how to tag opponents safely.</i> Key Vocabulary: catch, throw, tag, sidestep, tactics, pass, intercept, offside	<u>Net and Wall Games - Badminton</u> <i>Developing racket skills and footwork with a specific focus on badminton.</i> Key Vocabulary: net, wall, racket, footwork, attack, defence, shot, court, shuttlecock, forehand, backhand, rally	<u>Striking and Fielding Games - Cricket</u> <i>Developing fundamental skills of batting, bowling and fielding in Kwik Cricket.</i> Key Vocabulary: bat, bowl, strike, overarm, field, catch, wicket, target, stance, stumps	<u>Athletics</u> <i>Working together as part of a relay team and exploring the technique for throwing a javelin.</i> Key Vocabulary: run, jump, throw, sprint, relay, baton, javelin, triple jump, pentathlon

Year 5	<u>Outdoor and Adventurous Activities (OAA)</u> <i>Developing the fundamental OAA skills of agility, endurance, navigation and map reading.</i> Key Vocabulary: orienteering, agility, endurance, navigation, map, teamwork, collaboration, communication, course Links: Map Reading (Geography)	<u>Invasion Games</u> <i>Developing essential skills of dribbling, passing and keeping possession and exploring attacking and defending tactics.</i> Key Vocabulary: dribble, pass, possession, attack, defend, two-touch pass, tackle, mark, control, accuracy, space, tactics, rules	<u>Invasion Games - Basketball</u> <i>Exploring how to dribble and pass the ball correctly within the context of basketball.</i> Key Vocabulary: offensive, defensive, dribble, pass, man-to-man marking, defender, pivot, rules, tactics	<u>Net and Wall Games - Tennis</u> <i>Developing striking and hitting skills by learning how to hit different groundstrokes in tennis.</i> Key Vocabulary: net, wall, strike, hit, stroke, serve, volley, forehand, backhand, rally, racket	<u>Striking and Fielding Games - Rounders</u> <i>Exploring correct techniques for throwing, catching, bowling and batting within the game of rounders.</i> Key Vocabulary: throw, catch, bat, bowl, field, position, base, tactics, technique, overarm, underarm	<u>Athletics</u> <i>Running for speed and endurance and learning the technique for throwing a discus.</i> Key Vocabulary: run, jump, throw, speed, endurance, discus, javelin, shot-put, sprint, co-ordination, control, stamina, power, distance
Year 6	<u>Outdoor and Adventurous Activities (OAA)</u> <i>Solving a range of problems using skills of collaboration, perseverance and leadership.</i> Key Vocabulary: problem-solving, collaboration, communication, perseverance, leadership, team-building, map, orienteering course	<u>Invasion Games</u> <i>Inventing, playing and evaluating invasion games to include elements of attacking and defending.</i> Key Vocabulary: dribble, pass, possession, attack, shoot, direction, defend, shadow, tackle, score, leadership	<u>Invasion Games - Netball</u> <i>Exploring how to pass and catch a ball, as well as the skill of pivoting in a game of netball.</i> Key Vocabulary: pass, catch, mark, dodge, pivot, chest pass, shoulder pass, bounce pass, overhead pass.	<u>Net and Wall Games – Volleyball</u> <i>Exploring the fundamental skills of digging, serving, setting and spiking within the game of volleyball.</i> Key Vocabulary: attack, defend, dig, serve, set, spike, court, net, underarm, direction, target, accuracy Pupils will also develop their leadership skills in PE in the second half of this term.	<u>Striking and Fielding Games</u> <i>Developing skills of throwing, catching and batting across different distances with accuracy.</i> Key Vocabulary: cricket, rounders, longball, catch, throw, bat, bowl, field, co-operation, teamwork, tactics Pupils will also be learning dance routines linked to their end of year production.	<u>Athletics</u> <i>Attempting to achieving a personal best across a range of track and field events.</i> Key Vocabulary: run, jump, throw, speed, endurance, relay, baton, hurdles, personal best, long jump, triple jump, measure Links: Measurements (Maths) Pupils will also undertake other OAA activities during their PGL residential in July.