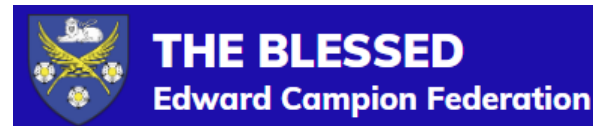
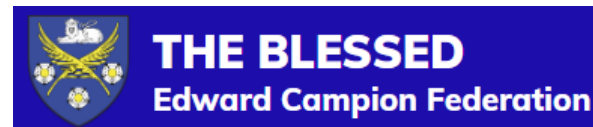


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		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS		Use of space. Rules & Expectations.	Dance	Gym	Circuits	Games	Sports Day
Year 1	Session 1	Games – Football	General - Fitness	Dance - indoors	Games – Netball and Basketball	General – Athletics	Striking and fielding games – Rounders & Cricket
	Session 2	Games – Dodgeball	General – Yoga / Meditation	Gymnastics – floor + apparatus	Games - Tennis	General – Handball	Striking and fielding games – Rounders & Cricket
	Forest School	Outdoor and Adventure	Outdoor and Adventure	Outdoor and Adventure	Outdoor and Adventure	Outdoor and Adventure	Outdoor and Adventure
Year 2	Session 1	Games – Football	General - Fitness	Dance - indoors	Games – Netball and Basketball	General – Athletics	Striking and fielding games – Rounders & Cricket
	Session 2	Games – Dodgeball	General – Yoga / Meditation	Gymnastics – floor + apparatus	Games - Tennis	General – Handball	Striking and fielding games – Rounders & Cricket
	Forest School	Outdoor and Adventure	Outdoor and Adventure	Outdoor and Adventure	Outdoor and Adventure	Outdoor and Adventure	Outdoor and Adventure
Year 3	Session 1	Games – Football	General - Fitness	Dance - indoors	Games – Netball and Basketball	Outdoor and Adventure Swimming	Outdoor and Adventure Swimming
	Session 2	Games – Dodgeball / Orienteering	General – Yoga / Meditation	Gymnastics – floor + apparatus	Games – Tennis	General – Handball	Striking and fielding games – Rounders & Cricket
Year 4	Session 1	Games – Football	General - Fitness	Dance - indoors	Games – Netball and Basketball	Outdoor and Adventure Swimming	Outdoor and Adventure Swimming
	Session 2	Games – Dodgeball / Orienteering	General – Yoga / Meditation	Gymnastics – floor + apparatus	Games – Tennis	General – Handball	Striking and fielding games – Rounders & Cricket
Year 5	Session 1	Games – Football	General - Fitness	Dance - indoors	Games – Netball and Basketball	General - Athletics	Striking and fielding games – Rounders & Cricket
	Session 2	Games – Dodgeball / Orienteering	General – Yoga / Meditation	Gymnastics – floor + apparatus	Games – Tennis	Games - Handball	Striking and fielding games – Rounders & Cricket

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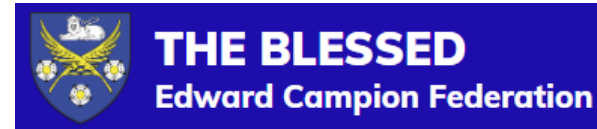


Year 6	Session 1	Games – Football	General - Fitness	Dance - indoors	Games – Netball and Basketball	General - Athletics	Striking and fielding games – Rounders & Cricket / Y6 play
	Session 2	Games – Dodgeball / Orienteering (completed at Arthog)	General – Yoga / Meditation	Gymnastics – floor + apparatus	Games – Tennis	Outdoor and Adventure – Jogging and walking for well-being TBC	Striking and fielding games – Rounders & Cricket

Key Assessment Criteria

A year 1 sports person	A year 2 sports person	A year 3 sports person
<u>Games</u> • I can throw underarm. • I can hit a ball with a bat. • I can move and stop safely. • I can throw and catch with both hands. • I can throw and kick in different ways. <u>Gymnastics</u> • I can make my body curled, tense, stretched and relaxed. • I can control my body when travelling and balancing. • I can copy sequences and repeat them. • I can roll, curl, travel and balance in different ways. <u>Dance</u> • I can move to music. • I can copy dance moves. • I can perform my own dance moves. • I can make up a short dance. • I can move safely in a space. <u>General</u> • I can copy actions. • I can repeat actions and skills. • I can move with control and care. • I can use equipment safely.	<u>Games</u> • I can use hitting, kicking and/or rolling in a game. • I can decide the best space to be in during a game. • I can use one tactic in a game. • I can follow rules. <u>Gymnastics</u> • I can plan and perform a sequence of movements. • I can improve my sequence based on feedback. • I can think of more than one way to create a sequence which follows some 'rules'. • I can work on my own and with a partner. <u>Dance</u> • I can change rhythm, speed, level and direction in my dance. • I can dance with control and coordination. • I can make a sequence by linking sections together. • I can use dance to show a mood or feeling.	<u>Games</u> • I can throw and catch with control. • I am aware of space and use it to support team-mates and to cause problems for the opposition. • I know and use rules fairly. <u>Gymnastics</u> • I can adapt sequences to suit different types of apparatus and criteria. • I can explain how strength and suppleness affect performance. • I can compare and contrast gymnastic sequences. <u>Dance</u> • I can improvise freely and translate ideas from a stimulus into movement. • I can share and create phrases with a partner and small group. • I can repeat, remember and perform phrases. <u>Athletics</u> • I can run at fast, medium and slow speeds; changing speed and direction.

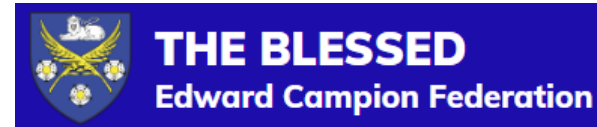
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	<u>General</u> • I can copy and remember actions. • I can talk about what is different from what I did and what someone else did.	• I can take part in a relay, remembering when to run and what to do. <u>Outdoor and adventurous</u> • I can follow a map in a familiar context. • I can use clues to follow a route. • I can follow a route safely.
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A year 4 sports person	A year 5 sports person	A year 6 sports person
<u>Games</u> • I can catch with one hand. • I can throw and catch accurately. • I can hit a ball accurately with control. • I can keep possession of the ball. • I can vary tactics and adapt skills depending on what is happening in a game. <u>Gymnastics</u>	<u>Games</u> • I can gain possession by working a team. • I can pass in different ways. • I can use forehand and backhand with a racket. • I can field. • I can choose a tactic for defending and attacking.	<u>Games</u> • I can play to agreed rules. • I can explain rules. • I can umpire. • I can make a team and communicate plan. • I can lead others in a game situation. <u>Gymnastics</u>

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• I can work in a controlled way. • I can include change of speed and direction. • I can include a range of shapes. • I can work with a partner to create, repeat and improve a sequence with at least three phases. <u>Dance</u> • I can take the lead when working with a partner or group. • I can use dance to communicate an idea. <u>Athletics</u> • I can run over a long distance. • I can sprint over a short distance. • I can throw in different ways. • I can hit a target. • I can jump in different ways. <u>Outdoor and adventurous</u> • I can follow a map in a (more demanding) familiar context. • I can follow a route within a time limit.	• I can use a number of techniques to pass, dribble and shoot. <u>Gymnastics</u> • I can make complex extended sequences. • I can combine action, balance and shape. • I can perform consistently to different audiences. <u>Dance</u> • I can compose my own dances in a creative way. • I can perform to an accompaniment. • My dance shows clarity, fluency, accuracy and consistency. <u>Athletics</u> • I can controlled when taking off and landing. • I can throw with accuracy. • I can combine running and jumping. <u>Outdoor and adventurous</u> • I can follow a map in an unknown location. • I can use clues and a compass to navigate a route. • I can change my route to overcome a problem. • I can use new information to change my route.	• I can combine my own work with that of others. • I can link sequences to specific timings. <u>Dance</u> • I can develop sequences in a specific style. • I can choose my own music and style. <u>Athletics</u> • I can demonstrate stamina. <u>Outdoor and adventurous</u> • I can plan a route and a series of clues for someone else. • I can plan with others taking account of safety and danger.
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