

Long Term Curriculum Coverage

Class	Subject
Oak	PE



Autumn 1	Autumn 2
<p style="text-align: center;">Hockey</p> <p>Chn will;</p> <p>Be able to pass, receive and travel with the ball with some control and accuracy;</p> <ul style="list-style-type: none"> • know how to win the ball back by tackling and intercepting; • begin to use and create space to pass and receive the ball; • know what they and their team needs to do to keep possession and contribute to this occasionally; • identify some areas that could be improved in games 	<p style="text-align: center;">Invasion Games (Year 5)</p> <p>Chn will;</p> <p>Be able to give some reasons for warming up and cooling down;</p> <ul style="list-style-type: none"> • pass, receive and dribble with a ball in different ways with some control and accuracy; • begin to find and use space in a game; • apply a few skills and techniques with some consistency; • know about some tactics for attacking and with support, begin to apply them in a game situation, such as when to pass and when to dribble; • know about some tactics for defending and with support, begin to apply them in a game situation, such as man-to-man marking and when to tackle; • know what they and their team needs to do to keep possession and contribute to this occasionally; • follow rules in simple invasion games; • evaluate their own and others' performance with support.
Spring 1	Spring 2
<p style="text-align: center;">Basketball</p> <p>Children will;</p> <p>Dribble with the ball using some elements of the correct technique;</p> <ul style="list-style-type: none"> • occasionally look up when dribbling with the ball; • use elements of the correct technique to pass the ball over a range of distances; • sometimes combine dribbling and passing at a walking pace; • sometimes move around the court using an effective technique without a ball but find it more challenging when a ball is introduced; • know the rules for pivoting and sometimes perform this skill, using the correct footwork; 	<p style="text-align: center;">Gymnastics</p> <p>Children will;</p> <p>Describe the new movements learnt in the unit;</p> <ul style="list-style-type: none"> • perform recognisable movements, e.g. a pike backward roll that looks like a pike backward roll; • describe how their performance has improved over the lesson; • link a series of different movements together to form a short routine; • practise and refine their own movements independently, showing awareness of others around them.

<ul style="list-style-type: none"> • occasionally combine more than one skill, such as dribbling and pivoting, at a walking pace; • use at least one technique while dribbling to protect the ball from a defender to keep possession; • know what to do when an opposition player is in possession of the ball and sometimes adopt elements of the defensive stance when marking; • know how to man-to-man mark and sometimes do this with success; • attempt to get free from a defender, sometimes with success; • understand and sometimes use attacking and defending skills and tactics to contribute towards the success of their team; • understand what being part of a team involves; • evaluate their own performance, with support 	
Summer 1	Summer 2
<p style="text-align: center;">Invasion Games (Year 6)</p> <p>Children will; Help lead and take part in warm-ups and cool-downs safely;</p> <ul style="list-style-type: none"> • move with the ball using the correct technique in one or more invasion games with increasing speed and control, including changing direction; • pass and receive the ball using the correct technique in one or more invasion games with some control and accuracy; • begin linking together different skills in a game with some fluency and success; • begin demonstrating an awareness of space in a game; • create rules to play a new game successfully, with support; • follow more complex rules to play a new game, with support; • demonstrate knowledge of and begin to use some skills and techniques for attacking and defending in a game situation, with some success; evaluate their own and others' work and suggest improvements. 	<p style="text-align: center;">Athletics</p> <p>Children will:</p> <p>Improve reaction speed through repetition;</p> <ul style="list-style-type: none"> • use elements of the correct technique for the underarm throw, with some success; • demonstrate elements of an effective sprinting technique; • know how to pass and receive a baton using the downsweep, and use this technique with some success in a relay race; • demonstrate a degree of endurance and stamina to be able to run for longer distances; • understand how to pace themselves and can sometimes do this in a race, including speeding up at the end; • sometimes use their preferred leg to lead with over the obstacles; • demonstrate some coordination and fluency when hurdling but generally lack speed; • demonstrate some elements of the different jumping techniques and work hard to improve on their personal best; • lead jumping activities with the support of their peers; • demonstrate some elements of the overhead heave throw technique and work hard to improve on their personal best; • use different throwing techniques for distance and accuracy.

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