

Diamond Academy PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p>Health Related Fitness Agility, Balance and Co-ordination.</p> <ol style="list-style-type: none"> 1) Individual balances 2) Paired balances 3) Balances on objects (including beam and boxes) 4) Combination routine with a group/pair. 5) Throwing and catching (individually and paired) 6) Changing pace and position 	<p>Invasion games – Football Coordination – ball skills, team work, attacking/defending tactics.</p> <ol style="list-style-type: none"> 1) Passing (static) 2) Dribbling individually. 3) Tackling (while static and one the move) 4) Shooting and accuracy. 5) Combination moves (passing, dribbling and shooting) 6) Game play. 	<p>Gymnastics and Dance Flight, Balance, Rotation, interpreting music into movement, flexibility and movement control.</p> <ol style="list-style-type: none"> 1) Individual balances 2) Paired balances/counter balances 3) Jumps 4) Jumps off objects (eg boxes) 5) Movement with music – interpreting sound. 6) Combination routines. 	<p>Net/Wall Games – Tennis Hand-eye coordination, individual, honesty/sportsmanship, backhand/forehand.</p> <ol style="list-style-type: none"> 1) Holding equipment and balancing balls (hand eye coordination). 2) Striking the ball (forehand) 3) Hitting to a partner and within an area. 4) Hitting over a net 5) Rules of the game and game area. 6) Game play. 	<p>Athletics - Throwing -Jumping – Running</p> <ol style="list-style-type: none"> 1) Distance running and pacing. 2) Sprinting 3) Long jump 4) Throwing (javelin) 5) Throwing (shot putt) 6) Mini Olympics 	<p>Field games Rounders Striking, fielding, batting, tactics.</p> <ol style="list-style-type: none"> 1) Throwing and catching (close range) 2) Throwing and catching (long range) 3) Striking the ball 4) Running around the bases (tactics and positional play). 5) Game Play 6) Game Play.
Year 4	<p>Invasion Games – Hockey Coordination, attacking/defending strategies, team work.</p> <ol style="list-style-type: none"> 1) Passing (static) 2) Dribbling individually. 3) Shooting and accuracy. 4) Combination moves (passing, dribbling and shooting) 5) Tackling (while static and one the move) and basic rules 6) Game play. 	<p>Health related fitness – circuits.</p> <ol style="list-style-type: none"> 1) What is a circuit and the components of fitness? 2) Circuit – cardio and core. 3) Circuit – muscular strength. 4) Circuit – muscular endurance. 5) Design your own circuit. 6) Critiques of circuits and improvements to be made after being tested by another group. 	<p>Gymnastics/Dance Flight, balance, rotation, rolls, travel, movement with music, movement control.</p> <ol style="list-style-type: none"> 1) Individual, paired and counter balances 2) Jumps 3) Dismounts off objects (eg boxes) 4) Movement with music – including ways to travel 5) Rolls 6) Combination Routines 	<p>Net/Wall Games –Badminton. Hand-eye coordination, individual, honesty/sportsmanship, backhand/forehand, attacking and defensive hits.</p> <ol style="list-style-type: none"> 1) Holding equipment and balancing balls (hand eye coordination). 2) Striking the shuttle (forehand) 3) Hitting to a partner and beginning a rally. 4) Hitting over a net. 5) Rules of the game and game area. 6) Game play. 	<p>Athletics - Throwing -Jumping – Running</p> <ol style="list-style-type: none"> 1) Distance running and pacing. 2) Sprinting 3) Long jump 4) Throwing (javelin) 5) Throwing (shot putt) 6) Mini Olympics 	<p>Field games Cricket Striking, fielding, batting, offensive and defensive plays, tactics.</p> <ol style="list-style-type: none"> 1) Throwing and catching (overhead and low balls) 2) Targeting the wickets 3) Throwing to a batter (defensive drive) 4) Attacking drive 5) Long barrier and short barrier (fielding) 6) Game play
Year 5	<p>Invasion games – Netball Co-ordination ball skills, agility, positional play, attacking/defending tactics.</p> <ol style="list-style-type: none"> 1) Passing (chest, bounce and shoulder). 2) Footwork skills – catching and landing. 3) Positional play and players' roles. 4) Shooting 5) Passing and moving tactics. 6) Game play. 	<p>OAA – Orienteering and cross country. Navigation, team work, pacing</p> <ol style="list-style-type: none"> 1) Cross country – pacing 2) Cross country – pacing 3) Orienteering – using a map 4) Orienteering – team work and communication. 5) Orienteering – individual work. 6) Orienteering team competition. 	<p>Invasion games – Football Co-ordination, ball skills, agility, team work, tackling, attacking/defending tactics</p> <ol style="list-style-type: none"> 1) Passing (static) 2) Passing on the move and through balls 3) Dribbling individually (with some additional skills where able) and Tackling (while static and on the move) 4) Shooting (plus defending positions). 5) Combination moves (passing, dribbling and shooting) 6) Game play. 	<p>Gymnastics/dance Balance – Rotation, Travel, rolls, jumps simple inversions.</p> <ol style="list-style-type: none"> 1) Individual, paired and counter balances 2) Jumps and dismounts off objects (eg boxes) 3) Movement with music – including ways to travel 4) Rolls 5) Inversions and supporting others safely (headstand and handstand) 6) Combination Routines 	<p>Net/Wall Games – Tennis Hand-eye coordination, individual, honesty/sportsmanship, backhand/forehand, attacking and defensive strategies.</p> <ol style="list-style-type: none"> 1) Holding equipment and Striking the ball (forehand) 2) Hitting to a partner over a net (forehand) 3) Striking (back hand) 4) Serving 5) Positional play and where to play shots. 6) Game play. 	<p>Athletics - Throwing – Jumping – Running</p> <ol style="list-style-type: none"> 1) Distance running and pacing. 2) Sprinting 3) Long jump 4) Throwing (javelin) 5) Throwing (shot putt) 6) Mini Olympics

<p>Year 6</p>	<p>Invasion games – Tag Rugby/Touch Rugby</p> <p>Co-ordination ball skills and agility</p> <ol style="list-style-type: none"> 1) Handling the ball and backwards passes 2) Basic rules and tactics– including players behind the ball 3) Kicking 4) Holding and running when in possession. 5) Safe tagging/touching 6) Game play. 	<p>OAA – Orienteering and cross country.</p> <p>Navigation, team work, pacing.</p> <ol style="list-style-type: none"> 1) Cross country – pacing 2) Cross country – pacing 3) Orienteering – using a map 4) Orienteering – team work and communication. 5) Orienteering – individual work. 6) Orienteering team competition. 	<p>Gymnastics/dance</p> <p>Balance – Rotation, Travel, Jumps, Inversions</p> <ol style="list-style-type: none"> 1) Individual, paired and counter balances 2) Jumps and dismounts off objects (eg boxes) 3) Combining balances on objects with safe mount and dismount. 4) Rolls 5) Inversions and supporting others safely (headstand, handstand and cartwheel) 6) Combination Routines 	<p>Health related fitness – circuit training</p> <p>Fundamentals of movement, muscle groups and 5 components of physical fitness.</p> <ol style="list-style-type: none"> 1) Identify the components of fitness and exemplify how they could be trained. 2) Children create a cardio or muscular endurance activity then complete as a circuit (using the stations from all pairs or small groups) 3) Children create a muscular strength activity then complete as a circuit (using the stations from all pairs or small groups) 4) Children create a core strength or endurance activity then complete as a circuit (using the stations from all pairs or small groups) 5) Children decide on a component of fitness, how they will train for that area of fitness and create a whole circuit based on this. 6) Children set up their circuits and take part in the fitness training create by another group. 	<p>Field games – Cricket.</p> <p>Striking, fielding, batting, offensive and defensive plays, tactics.</p> <ol style="list-style-type: none"> 1) Throwing and catching (overhead and low balls) 2) Throwing long balls for fielding 3) Targeting the wickets and the batsman. 4) Defensive drive and attacking drive 5) Positional play ad tactics. 6) Game play 	<p>Athletics</p> <p>- Throwing – Jumping – Running</p> <ol style="list-style-type: none"> 1) Distance running and pacing. 2) Sprinting 3) Long jump 4) Throwing (javelin) 5) Throwing (shot putt) 6) Mini Olympics
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Sport or topic Fundamental skills to be covered in a range of ways.