

**PE Long Term Scheme of Work**  
**Sports Specific**  
**2024-2026**  
**Phases 2-5**

<b>Autumn Term</b>	
 <p>To run with the ball showing basic control.  To use a turning technique to change direction. (Turn away from an opponent)  To practice a range of dribbling techniques under no pressure. (Beat an opponent during a 1v1 situation using a dribbling technique).  To pass the ball with accuracy. (To pass the ball and move into space).  To develop attacking and defending principles. (1v1's, 2 v1's, 2 v 2's and 3 v 2's).  To shoot with accuracy. (Shoot with a stationary ball, moving ball and whilst running with the ball).  To apply the skills learnt, in a range of topic games.</p>	 <p>To develop throwing and catching with control.  To develop dodging skills to lose a defender during a 1v1 situation.  To pass the ball sideways and backwards.  To develop drawing defence and understanding when to pass.  To score a try in a range of 1v1, 2v2, 2v1, 3v2 situations.  To be able to work as a defending unit to prevent attackers from scoring.  To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.</p>
 <p>To run with the ball showing basic control (Basketball)  To change direction at speed (with and without the ball).  To use speed to avoid an opponent in a range of 1v1 situations.  To practice a chest and bounce pass.  To develop attacking and defending principles. (1v1's, 2 v1's, 2 v 2's and 3 v 2's).  To shoot with accuracy. (Shoot with a stationary ball, moving ball and whilst running with the ball).  To apply the skills learnt, in a range of topic games.</p>	 <p>To hold the hockey stick correctly. To show basic control.  To run with the ball in straight lines.  To move fluently, changing direction and speed easily and avoiding collisions.  To beat an opponent during a 1v1 situation.  To pass a ball accurately into a target goal  To shoot with accuracy  To choose and use skills effectively in a game situation.</p>

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<b>Spring Term</b>	
 <p>To work co-operatively to solve group/ paired challenges.  To explore different methods of communication (verbal/non-verbal) and decide which is most effective for you.  To demonstrate a willingness to trust others and accept support.  To give clear and concise instructions.  To design and create a route for others to follow.</p>	 <p>To develop a hand feed. To hold the racket correctly.  To develop my serving technique.  To practise an overhead clear  To be able to play a smash shot.  To demonstrate a back hand shot  To be able to use a range of shots to move your opponent  To practise skills in a game of badminton.</p>
 <p>To punch correctly and safely.  To use a range of different punching techniques.  To co-ordinate a set sequence of jabs and punches.  To use pads and protective equipment properly during boxercise.  To use equipment appropriately and correctly during boxercise.  To use a combination of punches.  To use skills learnt during a range of topic games</p>	 <p>To copy, remember and repeat simple skills with control and co-ordination.  To perform a variety of actions with increasing control and repeat accurately sequences of gymnastic actions.  To move smoothly and in a controlled way from one position of stillness to another.  To dismount in a variety of ways from a piece of apparatus.  To choose, use and vary simple compositional ideas to create and perform a sequence.  To adapt the sequence to include apparatus or a partner.  To devise, repeat and perform a short sequence in which there is a clear beginning, middle and end.</p>

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<b>Summer Term</b>	
 <p>To develop throwing and catching skills      To develop bowling technique      To practice batting using a range of equipment      To identify different positions in cricket and the roles of those positions.      To develop fielding as a team      To be able to play simple cricket games, To apply some rules to games      To be able to play a game and apply batting/fielding tactics.</p>	 <p>To hold the racket correctly, To start a rally.      To practise a range of serving techniques.      To demonstrate a forehand shot.      To perform a backhand shot.      To demonstrate a drop shot.      To be able to play a smash shot.      To practise skills in a game of tennis.</p>
 <p>To demonstrate agility &amp; speed.      To jump for height &amp; distance with control &amp; balance.      To throw with speed &amp; power &amp; apply appropriate force.      To use running, jumping &amp; throwing work stations. Children investigate in small group's different ways of performing these activities.      To use a variety of equipment, ways of measuring &amp; timing, comparing the effectiveness of different styles of runs, jumps &amp; throws.      To sustain pace over short &amp; longer distances such as running 100m &amp; running for 2 minutes.      To be able to run as part of a relay team working at their maximum speed.</p>	 <p>To develop throwing and catching skills      To develop bowling technique      To practice batting using a range of equipment      To identify different positions in rounder's and the roles of those positions.      To develop fielding as a team      To be able to play simple rounder's games, To apply some rules to games      To be able to play a game and apply batting/fielding tactics.</p>