

## Physical Education Long Term Plan– September 2025/2026

	<b>AUTUMN 1</b> 7 weeks +3 days	<b>AUTUMN 2</b> 7 weeks	<b>SPRING 1</b> 6 weeks	<b>SPRING 2</b> 5 weeks	<b>SUMMER 1</b> 6 weeks	<b>SUMMER 2</b> 7 weeks
<b>NURSERY</b>	<p><b>Groups running on a Wed/Fri to complete Team building games on the first 3 days.</b></p> <p><b>Introduction to PE Unit 1</b></p> <p>Wk 1-L1-building expectations with the class/setting boundaries- small game/ activity</p> <p>Wk 2-L2 Theme: witches and wizards To move safely and sensibly in a space with consideration of others.</p> <p>Wk 3-L3 Theme: pirates To develop moving safely and stopping with control.</p> <p>Wk 4-L4 Theme: mythical creatures To use equipment safely and</p>	<p><b>Gymnastics Unit 1</b></p> <p>Wk 1-L1-Theme: rainforest animals To copy and create shapes with your body.</p> <p>Wk 2-L2 Theme: woodland animals To be able to create shapes whilst on apparatus.</p> <p>Wk 3-L3 Theme: lakeland animals To develop balancing and taking weight on different body parts.</p> <p>Wk 4-L4 Theme: desert animals To develop jumping and landing safely.</p> <p>Wk 5-L5 Theme: sea animals To develop rocking and rolling.</p> <p>Wk 6-L6 Theme: pet animals</p>	<p><b>Fundamentals Unit 1</b></p> <p>Wk 1-L1 To develop balancing whilst stationary and on the move.</p> <p>Wk 2-L2 To develop running and stopping.</p> <p>Wk 3-L3 To develop changing direction.</p> <p>Wk 4-L4 To develop jumping and landing.</p> <p>Wk 5-L5 To develop hopping and landing with control.</p> <p>Wk 6-L6 To explore different ways to travel</p>	<p><b>Ball Skills: Unit 1</b></p> <p>Wk 1-L1 To develop rolling a ball to a target.</p> <p>Wk 2-L2 To develop stopping a rolling ball.</p> <p>Wk 3-L3 To develop accuracy when throwing to a target.</p> <p>Wk 4-L4 To develop bouncing and catching a ball.</p> <p>Wk 5-L5 To develop dribbling a ball with your feet.</p> <p><b>Complete last lesson the first week of Summer 1</b></p> <p>Wk 6-L6 To develop kicking a ball.</p>	<p><b>Games Unit 1</b></p> <p>Wk 1-L1To work safely and develop running and stopping.</p> <p>Wk 2-L2 To develop throwing and learn how to keep score.</p> <p>Wk 3-L3To play games showing an understanding of the different roles within it.</p> <p>Wk 4-L4To follow instructions and move safely when playing tagging games.</p> <p>Wk 5-L5To work cooperatively and learn to take turns</p> <p><b>Complete last lesson the first week of Summer 2</b></p> <p>Wk 6-L6To work with others to play team games</p> <p>-----</p>	<p><b>Dance Unit 1</b></p> <p>Wk 1-L1 Theme: head, shoulders, knees and toes To explore different body parts and how they move.</p> <p>Wk 2-L2 Theme: head, shoulders, knees and toes To explore different body parts and how they move and remember and repeat actions.</p> <p>Wk 3-L3 Theme: transport To express and communicate ideas through movement exploring directions and levels.</p> <p>Wk 4-L4 Theme: transport To create movements and adapt and perform simple dance patterns.</p>

# Colham – Manor

Primary School

*Aspire, Achieve, Thrive*

	<p>responsibly.</p> <p>Wk 5-L 5 Theme: to the castle To use different travelling actions whilst following a path.</p> <p>Wk 6-L6 Theme: superheroes To work with others cooperatively and play as a group.</p> <p>Wk 7Theme: monsters To follow, copy and lead a partner.</p>	<p>To copy and create short sequences by linking actions together.</p> <p>Wk 7-L7-Gymnastics unit 2 lesson 1</p>				<p>Wk 5-L5 Theme: morning routine To copy and repeat actions showing confidence and imagination.</p> <p>Wk 6-L6 Theme: my journey to school To move with control and coordination, linking, copying and repeating actions.</p>
	<b>AUTUMN 1</b> 7 weeks +3 days	<b>AUTUMN 2</b> 7 weeks	<b>SPRING 1</b> 6 weeks	<b>SPRING 2</b> 5 weeks	<b>SUMMER 1</b> 6 weeks	<b>SUMMER 2</b> 7 weeks
<b>RECEPTION</b>	<p><b>All reception classes to complete team building games on the first 3 days.</b></p> <p><u>Introduction to PE Unit 2</u></p> <p>Wk 1- L1-building expectations with the class/setting boundaries- small game/ activity</p> <p>W2-L2 Theme: people who help us To move around</p>	<p><u>Gymnastics Unit 2</u></p> <p>WK 1-L1 Theme: Jack and the Beanstalk To create short sequences using shapes, balances and travelling actions.</p> <p>WK 2- L2 Theme: Jack and the Beanstalk To develop balancing and safely using apparatus.</p> <p>WK 3-L3 Theme: Jack and the Beanstalk</p>	<p><u>Fundamentals Unit 2</u></p> <p>WK 1-L1 To develop balancing.(RS WILL complete this lesson in Au. 2 wk 7 due to INSET)</p> <p>WK 2- L2 To develop running and stopping.</p> <p>WK 2-L3 To develop changing direction.</p> <p>WK 3-L4 To develop jumping.</p> <p>WK 4- L5 To develop</p>	<p><u>Ball skills Unit 2</u></p> <p>WK 1-L1 To develop rolling and tracking a ball.</p> <p>WK 2-L2 To develop accuracy when throwing to a target.</p> <p>WK 3-L3 To develop dribbling with hands.</p> <p>WK 4-L4 To develop throwing and catching with a partner.</p> <p>WK 5-L5 To develop</p>	<p><u>Games Unit 2</u></p> <p>WK 1-L1 To aim when throwing and practise keeping score.</p> <p>WK 2-L2 To follow instructions and move safely when play tagging games.</p> <p>WK 3-L3 To learn to play against a partner.</p> <p>WK 4-L4 To develop coordination and play by the rules.</p>	<p><u>Dance Unit 2</u></p> <p>WK 1-L1 Theme: at the seaside To copy, repeat and explore actions in response to a theme.</p> <p>WK 2-L2 Theme: under the sea To explore and remember actions considering level, shape and direction.</p> <p>WK 3-L3 Theme: at the fireworks display To explore movement</p>

# Colham – Manor

Primary School

*Aspire, Achieve, Thrive*

	<p>safely in space.</p> <p>Wk 3- L3 Theme: friends and family To follow instructions and stop safely.</p> <p>Wk 4-L4 Theme: houses and homes To stop safely and develop control when using equipment.</p> <p>Wk 5-L5 Theme: morning time To follow instructions and play safely as a group.</p> <p>Wk 6-L6 Theme: at the shops To follow a path and take turns.</p> <p>Wk 7- L7 Theme: dinner time To work co-operatively with a partner.</p> <p>—</p> <p>Wk 8-Post teach- focus on the areas of the unit taught that need additional support</p>	<p>To develop jumping and landing safely from a height.</p> <p>WK 4-L4 Theme: Goldilocks and the Three Bears To develop rocking and rolling.</p> <p>WK 5-L5 Theme: Goldilocks and the Three Bears To explore travelling around, over and through apparatus.</p> <p>WK 6-L6 Theme: Goldilocks and the Three Bears To create sequences using apparatus.</p> <p>—</p> <p>Wk 7-RS <u>Fundamentals Unit 2</u> L1-To develop balancing.(completed here due to INSET day in Spring 1.</p> <p><i>RGT &amp; RD</i> WK 7- Post teach- focus on the areas of the unit taught that need additional support</p>	<p>hopping.</p> <p>WK- L6 To explore different ways to travel using equipment.</p>	<p>dribbling a ball with your feet.</p> <p>Complete last lesson the first week of Summer 1</p> <p>WK 6-L6 To develop kicking a ball to a target</p>	<p>WK 5-L5 To explore striking a ball and keeping score.</p> <p>Complete last lesson the first week of Summer 2</p> <p>WK 6-L6 To work cooperatively as a team.</p>	<p>using a prop with control and co-ordination.</p> <p>WK 4-L4Theme: at the fireworks display To move with control and co-ordination, expressing ideas through movement.</p> <p>WK 5-L5Theme: at the farm To remember and repeat actions moving in time with the music.</p> <p>WK 6-L6 Theme: at the farm To explore actions in response to a theme and begin to use counts.</p>
	<b>AUTUMN 1</b> 7 weeks +3 days	<b>AUTUMN 2</b> 7 weeks	<b>SPRING 1</b> 6 weeks	<b>SPRING 2</b> 5 weeks	<b>SUMMER 1</b> 6 weeks	<b>SUMMER 2</b> 7 weeks

# Colham — Manor

Primary School

*Aspire, Achieve, Thrive*

<p><b>YEAR 1</b></p>	<p><b>1 Parks and 1 Pele to complete team building games in the first 3 days back</b></p> <p><b>Fundamentals</b></p> <p>WK 1-INSET DAYS</p> <p>WK 2-L1 To explore balance, stability and landing safely.</p> <p>WK 3-L2 To explore how the body moves differently when running at different speeds.</p> <p>WK 4-L3 To explore changing direction and dodging.</p> <p>WK 5-L4 To explore jumping, hopping and skipping actions.</p> <p>WK 6-L5 To explore co-ordination and combination jumps.</p> <p>WK 7- L6 To explore combination jumping and skipping in an individual rope.</p>	<p><b>Fitness</b></p> <p>WL 1-L1 To develop knowledge of how exercise can make you feel.</p> <p>WK 2-L2 To develop knowledge about how exercise can make you strong and healthy.</p> <p>WK 3-L3 To develop knowledge about how exercise relates to breathing.</p> <p>WK 4-L4 To develop my understanding of how exercise helps my brain.</p> <p>WK 5-L5 To develop my understanding of how exercise helps my muscles.</p> <p>WK 6-L6 To begin to understand the importance of daily exercise.</p> <p>—</p> <p>WK 7- 1N AND 1P <b>Gymnastics</b> Wk 1-L1 To explore travelling</p>	<p><b>Gymnastics</b></p> <p>WK 1-L1 To explore travelling movements.(1N AND 1P WILL COMPLETE THIS LESSON IN aUT. 2 WK 7 due to INSET)</p> <p>WK 2-L2 To develop quality when performing and linking shapes.</p> <p>WK 3-L3 To develop stability and control when performing balances.</p> <p>WK 4-L4 To develop technique and control when performing shape jumps.</p> <p>WK 5-L5 To develop technique in the barrel, straight and forward roll.</p> <p>WK 6-L6 To link gymnastic actions to create a sequence.</p>	<p><b>Net and Wall games</b></p> <p>Wk 1-L1 To defend space using the ready position.</p> <p>WK 2-L2 To play against an opponent and keep the score.</p> <p>WK 3-L3 To explore hitting with a racket.</p> <p>WK 4-L4 To develop racket and ball skills.</p> <p>WK 5-L5 To develop sending a ball using a racket.</p> <p><b>Complete last lesson the first week of Summer 1</b></p> <p>WK 6-L6 To develop hitting over a net.</p>	<p><b>Athletics</b></p> <p>WK 1-L1 To move at different speeds over varying distances.</p> <p>WK 2-L2 To develop balance.</p> <p>WK 3-L3 To develop changing direction quickly.</p> <p>WK 4-L4 To explore hopping, jumping and leaping for distance.</p> <p>WK 5-L5 To develop throwing for distance.</p> <p><b>Complete last lesson the first week of Summer 2</b></p> <p>WK 6-L6 To develop throwing for accuracy.</p>	<p><b>Striking and Fielding Games</b></p> <p>WK2 -L1 To develop underarm throwing and catching.</p> <p>WK 2L2 To develop overarm throwing.</p> <p>WK 3-L3 To develop hitting a ball.</p> <p>WK 4-L4 To develop collecting a ball.</p> <p>WK 5-L5 To learn how to get a batter out.</p> <p>WK 6-L6 To play games and understand how to score points.</p>
----------------------	--	---	---	--	--	---

# Colham – Manor

Primary School

*Aspire, Achieve, Thrive*

		<p>movements (competed here as there is an INSET on the Mon. after ½ term)</p> <p>1 Pele-WK 7- Post teach- focus on the areas of the unit taught that need additional support</p>				
	<b>AUTUMN 1</b> 7 weeks +3 days	<b>AUTUMN 2</b> 7 weeks	<b>SPRING 1</b> 6 weeks	<b>SPRING 2</b> 5 weeks	<b>SUMMER 1</b> 6 weeks	<b>SUMMER 2</b> 7 weeks
<b>YEAR 2</b>	<p><b>2 Pankhurst to complete team building games during the first 3 days back</b></p> <p><b>Ball Skills</b></p> <p>WK 1-L1 To develop rolling a ball to hit a target.</p> <p>WK 2-L2 To stop a rolling ball.</p> <p>WK 3-L3 To dribble a ball with your feet.</p> <p>WK 4-L4 To develop kicking a ball.</p> <p>WK 5-L5 To develop throwing and catching.</p>	<p><b>Targets Games</b></p> <p>WK 1-L1 To understand what being in possession means and support a teammate to do this.</p> <p>WK 2-L2 To understand that scoring goals is an attacking skill and to explore ways to do this.</p> <p>WK 3-L3 To understand that stopping goals is a defending skill and explore ways to do this.</p>	<p><b>Gymnastics</b></p> <p>WK 1-L1 To perform gymnastic shapes and link them together.</p> <p>WK 2-L3- To use shapes to create balances.</p> <p>WK 3-L5 To link travelling actions and balances using apparatus.</p> <p>WK 4-L7 To demonstrate different shapes, take off and landing when performing jumps.</p> <p>WK 5-L9 To develop rolling and sequence building.</p>	<p><b>Invasion Games</b></p> <p>WK 1-L1 To understand what being in possession means and support a teammate to do this.</p> <p>WK 2-L2 To understand that scoring goals is an attacking skill and to explore ways to do this.</p> <p>WK 3-L3 To understand that stopping goals is a defending skill and explore ways to do this.</p>	<p><b>Athletics</b></p> <p>WK 1-L1 To develop the sprinting action.</p> <p>WK 2-L2 To develop jumping for distance.</p> <p>WK 3-L3 To develop technique when jumping for height.</p> <p>WK 4-L4 To develop throwing for distance.</p> <p>WK 5-L5 To develop throwing for accuracy.</p> <p><b>Complete last lesson the first week of Summer 2</b></p> <p>WK 6-L6 To select and apply knowledge and technique in an athletics carousel.</p>	<p><b>Dance (Lessons 7-12)</b></p> <p><b>Rainforest</b></p> <p>WK1-L7 To copy, repeat and create actions in response to a stimulus.</p> <p>WK 2-L8 To copy, create and perform actions considering dynamics.</p> <p>WK 3-L9 To create a short dance phrase with a partner showing clear changes of speed.</p> <p><b>Jack Frost</b></p> <p>WK 4-L10 To copy, repeat and create</p>

# Colham – Manor

Primary School

*Aspire, Achieve, Thrive*

	<p>WK 6-L6 To develop dribbling a ball with your hands.</p> <p>W7-MINI GAME (INTRA HOUSE GAME)</p>	<p>WK 4-L4 To explore how to gain possession.</p> <p>WK 5-L5 To mark an opponent and understand that this is a defending skill.</p> <p>WK 6-L6 To apply simple tactics for attacking and defending</p> <p><b>WK 7-MINI GAME (INTRA HOUSE GAME)</b></p>	<p>WK 6-L11 To create a sequence using apparatus.</p>	<p>WK 4-L4 To explore how to gain possession.</p> <p>WK 5-L5 To mark an opponent and understand that this is a defending skill.</p> <p><b>Complete last lesson the first week of Summer 1</b></p> <p>WK 6-L6 To apply simple tactics for attacking and defending</p>		<p>actions in response to a theme.</p> <p>WK 5-L11 to create and perform using unison, mirroring and matching with a partner.</p> <p>WK 6-L12 To remember and repeat actions and dance as a group.</p>
	<b>AUTUMN 1</b> 7 weeks +3 days	<b>AUTUMN 2</b> 7 weeks	<b>SPRING 1</b> 6 weeks	<b>SPRING 2</b> 5 weeks	<b>SUMMER 1</b> 6 weeks	<b>SUMMER 2</b> 7 weeks
<b>YEAR 3</b>	<p><b>Team building games the first 3 days back</b></p> <p><b>Netball</b></p> <p>WK 1-INSET DAYS</p> <p>WK 2-L1 To develop passing and moving and play within the footwork rule.</p> <p>WK 3-L2 To use a variety of passes to</p>	<p><b>Basketball</b></p> <p>WK 1-L1 To develop the attacking skill of dribbling.</p> <p>WK 2-L2 To protect the ball when dribbling against an opponent.</p> <p>WK -L3 To develop passing and begin to recognise when to use different skills.</p> <p>WK 4-L4 To use</p>	<p><b>Tennis</b></p> <p>WK 1-L1 To develop racket and ball control.</p> <p>WK 2-L2 To explore rallying using a forehand.</p> <p>WK 3-L3 To explore returning the ball using a forehand.</p> <p>WK 4-L4 To explore returning the ball</p>	<p><b>Dance Lessons 1-6</b></p> <p><b>Machines</b></p> <p>WK 1-L1 To create actions in response to a stimulus and move in unison with a partner</p> <p>WK 2-L2 To create actions to move in contact with a partner or interact with a partner.</p>	<p><b>Rounders</b></p> <p>WK 1-L1 To learn how to score points in a striking and fielding game.</p> <p>WK 2-L2 To develop batting to score points.</p> <p>WK 3-L3 To develop fielding skills to limit the batter's score.</p> <p>WK 4-L4 To</p>	<p><b>OAA</b></p> <p>WK 1-L1 To develop cooperation and teamwork skills.</p> <p>WK 2-L2 To develop trust and teamwork.</p> <p>WK 3-L3 To involve all team members to work towards a shared goal.</p> <p>WK 4-L4 To develop trust whilst listening to</p>

# Colham — Manor

Primary School

*Aspire, Achieve, Thrive*

	<p>move towards a goal.</p> <p>WK 4-L3 To develop movement skills to lose a defender.</p> <p>WK 5-L4 To defend an opponent and try to win the ball.</p> <p>WK 6-L5 To develop the shooting action.</p> <p>WK 7-L6 To apply skills and knowledge to play games using netball rules.</p>	<p>defending skills to delay an opponent and gain possession.</p> <p>WK 5-L5 To develop technique in the attacking skill of shooting.</p> <p>WK 6-L6 To apply skills and knowledge to compete in a tournament.</p> <p>—</p> <p><b>WK 7- MINI GAME (INTRA HOUSE GAME)</b></p>	<p>using a backhand.</p> <p>WK 5-L5 To learn how to score and use simple rules.</p> <p>WK 6-L6 To work cooperatively with others to begin to manage a game.</p>	<p>WK 3-L3 To select and link appropriate actions and dynamics to show our dance idea.</p> <p><b>A trip to...</b></p> <p>WK 4-L4 To remember, repeat and create actions to represent an idea.</p> <p>WK5-L5 To share ideas of actions and dynamics to create a dance that shows a location.</p> <p><b>Complete last lesson the first week of Summer 1</b></p> <p>WK 6-L6 To use choreography ideas to develop our dance.</p>	<p>understand the role of a bowler in the fielding team.</p> <p>WK 5-L5 To develop an understanding of tactics and begin to use them in game situations.</p> <p><b>Complete last lesson the first week of Summer 2</b></p> <p>WK 6-L6 To apply skills and knowledge to play games using rounders rules.</p>	<p>others and following instructions.</p> <p>WK 5-L5 To be able to identify objects, draw and follow a simple map.</p> <p>WK 6-L6 To draw a route using directions, orientate a map and navigate around a grid.</p>
	<b>AUTUMN 1</b> 7 weeks +3 days	<b>AUTUMN 2</b> 7 weeks	<b>SPRING 1</b> 6 weeks	<b>SPRING 2</b> 5 weeks	<b>SUMMER 1</b> 6 weeks	<b>SUMMER 2</b> 7 weeks
<b>YEAR 4</b>	<p><b>Gymnastics</b></p> <p>WK 1-INSET DAYS</p> <p>WK 2-L1 To develop individual and partner balances.</p> <p>WK 3-L2 To develop control in performing and landing rotation jumps.</p>	<p><b>Football</b></p> <p>WK 1-L1 To develop the attacking skill of dribbling.</p> <p>WK 2-L2 To develop changing direction and speed when dribbling.</p> <p>WK 3-L3 To develop passing and begin to recognise when to use</p>	<p><b>Cricket</b></p> <p>WK 1-L1 To develop overarm and underarm throwing and apply these to a striking and fielding game.</p> <p>WK 2-L2 To develop bowling technique and learn the rules of the skill within this game.</p>	<p><b>OAA</b></p> <p>WK 1-L1 To develop cooperation and teamwork skills.</p> <p>WK 2-L2 To orientate a map and navigate around a grid.</p> <p>WK 3-L3 To develop observational skills, listening to others and following instructions.</p>	<p><b>Tag Rugby</b></p> <p>WK 1-L1 To develop throwing, catching and running with the ball.</p> <p>WK 2-L2 To develop an understanding of how to defend using tagging rules.</p> <p>WK 3-L3 To begin to use the 'forward pass'</p>	<p><b>Golf</b></p> <p>WK1-L1 To explore hitting technique and aiming towards a target.</p> <p>WK 2-L2 To develop hitting accuracy.</p> <p>WK 3-L3 To explore technique for hitting over a short distance.</p>

# Colham – Manor

Primary School

*Aspire, Achieve, Thrive*

	<p>WK 4-L3 To develop the straight, barrel, forward and straddle roll.</p> <p>WK 5-L4 To link actions that flow using the rolls I have learnt.</p> <p>WK 6-L5 To develop strength in inverted movements.</p> <p>WK 7-L6 To create a great partner sequence to include the skills I have learnt and apparatus.</p>	<p>different skills.</p> <p>WK 4-L4 To apply attacking skills to move towards a goal.</p> <p>WK 5-L5 To use defending skills to delay an opponent and gain possession.</p> <p>WK 6-L6 To apply skills and knowledge to compete in a tournament.</p>	<p>WK 3-L3 To develop batting technique and understand where to hit the ball.</p> <p>WK 4-L4 To develop fielding techniques and apply them to game situations.</p> <p>WK 5-L5 To play different roles in a game and begin to think tactically about each role.</p> <p>WK6-L6 To apply skills and knowledge to complete in a tournament.</p>	<p>WK 4-L4 To develop trust whilst listening to others and following instructions.</p> <p>WK 5-L5 To be able to identify, draw and follow a simple map.</p> <p><b>Complete last lesson the first week of Summer 1</b></p> <p>WK 6-L6 To be able to orientate and navigate around a map and draw a route using directions</p>	<p>and 'offside' rule.</p> <p>WK 4-L4 To develop movement skills to dodge a defender.</p> <p>WK 5-L5 To track an opponent and begin to defend as a team.</p> <p><b>Complete last lesson the first week of Summer 2</b></p> <p>WK 6-L6 To apply the rules and skills you have learnt and play in a tag rugby tournament.</p>	<p>WK 4-L4 To explore technique for hitting over a short distance.</p> <p>WK 5-L5 To explore a technique for hitting over a long distance.</p> <p>WK 6-L6 To apply skills and knowledge to compete in a tournament.</p>
	<b>AUTUMN 1</b> 7 weeks +3 days	<b>AUTUMN 2</b> 7 weeks	<b>SPRING 1</b> 6 weeks	<b>SPRING 2</b> 5 weeks	<b>SUMMER 1</b> 6 weeks	<b>SUMMER 2</b> 7 weeks
<b>YEAR 5</b>	<p><b>Team building games the first 3 days back</b></p> <p><b>Netball</b></p> <p>WK 1-L1 To develop passing and moving to maintain possession.</p> <p>WK 2-L2 To use a variety of attacking skills to lose a</p>	<p><b>Basketball</b></p> <p>WK 1-L1 To dribble with control under pressure.</p> <p>WK 2-L2 To move into and create space to support a teammate.</p> <p>WK 3-L3 To choose when to pass and when to dribble.</p> <p>WK 4-L4 To use the</p>	<p><b>Tennis</b></p> <p>WK 1-L1 To return the ball using a forehand groundstroke under pressure.</p> <p>WK 2-L2 To return the ball using a backhand groundstroke under pressure.</p> <p>WK 3-L3 To use a</p>	<p><b>Dance Lessons 1-6</b></p> <p><b>Dance by chance</b></p> <p>W K1-L1 To create a dance using a random structure and perform the actions using quality and control.</p> <p>WK 2-L2 To understand how changing dynamics changes the</p>	<p><b>Rounders</b></p> <p>WK 1-L1 To develop throwing and catching skills and apply them relevantly to the situation.</p> <p>WK 2-L2 To develop bowling accuracy and perform the skill within the rules of the game.</p> <p>WK 3-L3 To develop batting skills, identify</p>	<p><b>OAA</b></p> <p>WK 1-L1 To develop communication and negotiation skills.</p> <p>WK 2-L2 To develop strong communication and negotiation skills to solve challenges.</p> <p>WK 3-L3 To develop planning and problem solving skills.</p>

# Colham – Manor

Primary School

*Aspire, Achieve, Thrive*

	<p>defender.</p> <p>WK 3-L3 To move into and create space to support a teammate.</p> <p>WK 4-L4 To use defending skills to gain possession.</p> <p>WK 5-L5 To develop accuracy in the shooting action under pressure.</p> <p>WK 6-L6 To use and apply skills, principles and tactics to a game situation</p> <p>—</p> <p>WK 7 MINI GAME (INTRA HOUSE GAME)</p>	<p>appropriate defensive technique for the situation.</p> <p>WK 5-L5 To develop shooting technique and make decisions about when to pass, dribble or shoot.</p> <p>WK 6-L6 To apply principles, rules and tactics to a tournament.</p> <p>—</p> <p>WK 7 MINI GAME (INTRA HOUSE GAME)</p>	<p>variety of shots to keep a continuous rally going.</p> <p>WK 4-L4 To develop the underarm serve and understand the rules of serving.</p> <p>WK 5-L5 To develop the volley and understand when to use it.</p> <p>WK 6-L6 To apply rules, skills and principles to play against an opponent.</p>	<p>appearance of the performance.</p> <p>WK 3-L3 To understand how to use relationships and space to change how a performance looks</p> <p><b>Rock'n' Roll</b> WK 4-L4 To copy and repeat movements in the style of Rock'n'Roll</p> <p>WK 5-L5 To park with a partner to copy and repeat actions in time with the music.</p> <p><b>Complete last lesson the first week of Summer 1</b> WK 6-L6 To work collaboratively with a group to choreograph a dance in the style of Rock'n'Roll.</p>	<p>when I am successful and what I need to do to improve.</p> <p>WK 4-L4 To develop fielding techniques and begin to use these under pressure.</p> <p>WK 5-L5 To understand the need for tactics and identify when to use them.</p> <p><b>Complete last lesson the first week of Summer 2</b> WK 6-L6 To apply skills and knowledge to compete in a tournament. Using tactics identified.</p>	<p>WK 4-L4 To share ideas and work as a team to solve problems.</p> <p>WK 5-L5 To develop navigation skills and map reading.</p> <p>WK 6-L6 To create and follow a key and route on a map.</p>
	<b>AUTUMN 1</b> 7 weeks +3 days	<b>AUTUMN 2</b> 7 weeks	<b>SPRING 1</b> 6 weeks	<b>SPRING 2</b> 5 weeks	<b>SUMMER 1</b> 6 weeks	<b>SUMMER 2</b> 7 weeks
<b>YEAR 6</b>	<p><b>Team building games the first 3 days back</b></p> <p><b>Gymnastics</b></p> <p>WK 1-L1 To develop the straddle, forward and backward roll.</p>	<p><b>Football</b></p> <p>WK1-L1 To maintain possession when dribbling.</p> <p>WK 2-L2 To dribble with control under</p>	<p><b>Cricket</b></p> <p>WK 1-L1 To develop throwing and catching under pressure and apply these to a striking and fielding game.</p> <p>WK 2-L2 To develop</p>	<p><b>OAA</b></p> <p>WK 1-L1 To build communication and trust whilst showing an awareness of safety.</p> <p>WK 2-L2 To collaborate as a team</p>	<p><b>Tag Rugby</b></p> <p>WK 1-L1 To select the appropriate skill, choosing when to run and when to pass.</p> <p>WK 2-L2 To move into space to support a teammate abiding by</p>	<p><b>Golf</b></p> <p>WK 1 1-L1 To design a course and select the appropriate shot for the situation.</p> <p>WK 2-L2 To develop technique for hitting accurately over a</p>

# Colham – Manor

Primary School

*Aspire, Achieve, Thrive*

	<p>WK 2-L2 To develop counter balance and counter tension.</p> <p>WK 3-L3 To develop jumps and explore the effect of height.</p> <p>WK 4-L4 To develop inverted movements with control.</p> <p>WK 5-L5 To use flight from hands to travel over apparatus.</p> <p>WK 6-L6 To create a group sequence using formations and apparatus.</p> <p><b>WK 7- MINI GAME (INTRAHOUSE GAME)</b></p>	<p>pressure.</p> <p>WK 3-L3 To select the appropriate skill, choosing when to pass and when to dribble.</p> <p>WK 4-L4 To move into and create space to support a teammate.</p> <p>WK 5-L5 To use the appropriate defensive technique for the situation.</p> <p>WK 6-L6 To apply rules, skills and principles to play in a tournament.</p> <p><b>WK 7-MINI GAME (INTRA HOUSE GAME)</b></p>	<p>bowling under pressure whilst abiding by the rules of the game.</p> <p>WK 3-L3 To strike a bowled ball with increasing consistency.</p> <p>WK 4-L4 To develop fielding techniques and select the appropriate action for the situation.</p> <p>WK 5-L5 To understand and apply tactics in a game.</p> <p>WK 6-L6 To apply skills and knowledge to compete in a tournament.</p>	<p>to solve problems.</p> <p>WK 3-L3 To develop tactical planning and problem solving.</p> <p>WK 4-L4 To work as a team and use critical thinking to determine the best approach.</p> <p>WK 5-L5 To develop navigational skills and map reading.</p> <p><b>Complete last lesson the first week of Summer 1</b></p> <p>WK 6-L6 To use a key to identify objects and locations.</p>	<p>the rules.</p> <p>WK 3-L3 To use defending skills to gain possession.</p> <p>WK 4-L4 To work as a defending unit to prevent attackers from scoring.</p> <p>WK 5-L5 To use a variety of attacking skills to beat a defender.</p> <p><b>Complete last lesson the first week of Summer 2</b></p> <p>WK 6-L6 To apply rules, skills and tactics learnt to play in a tag rugby tournament.</p>	<p>short distance.</p> <p>WK 3-L3 To develop technique for hitting over a short distance.</p> <p>WK 4-L4 To select and apply skills for a short game.</p> <p>WK 5-L5 To develop the technique for a long game.</p> <p>WK 6-L6 To select the appropriate shot for the situation.</p>
--	---	--	--	---	--	---