

**Chollerton First School PE Long Term Plan 2024-2025**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Reception / Y1 / Y2</b>	<b>Multi-skills</b> Agility, Balance & Co-ordination	<b>Dance</b> Dynamic Balance & Co-ordination	<b>Gymnastics</b> Dynamic Balance & Agility	<b>Invasion Games</b> Agility & Co- ordination	<b>Athletics</b> Co-ordination & Agility	<b>Striking and Fielding Games</b> Co-ordination & Agility
<b>Y3 / Y4</b>	<b>Rugby</b> Co-ordination & Agility	<b>Dance</b> Co-ordination & Dynamic Balance	<b>Gymnastics</b> Static Balance & Dynamic Balance	<b>Netball</b> Agility and Co- ordination	<b>Athletics</b> Dynamic Balance & Agility	<b>Cricket</b> Agility & Co- ordination
<b>Y3 / Y4 Enrichment</b>	<b>Multi-skills</b> Co-ordination, Balance & Agility	<b>Health and Fitness</b> Co-ordination, Balance & Agility	<b>Gymnastics Routines</b> Static Balance & Dynamic Balance	<b>Team Building and OAA</b> Co-ordination & Agility	<b>Target Games</b> Agility & Co- ordination	<b>Rounders</b> Agility & Co- ordination

### Assessment Targets for PE 2024-2025

Autumn 1 Targets	Autumn 2 Targets	Spring 1 Targets	Spring 2 Targets	Summer 1 Targets	Summer 2 Targets
<b>Heart Assessment</b> <u>EYFS-</u> -Play cooperatively, taking turns with others & taking account of others ideas. <u>KS1-</u> -Listen and follow instructions promptly. - Work well individually and with others. -Encourage and help others to behave well and work to the best of their ability, giving praise to those who deserve it. <u>KS2-</u> -Has a positive approach to learning, displaying a desire to improve and shows resilience and perseverance. -Works well on their own or with others.	<b>Hands Assessment</b> <u>EYFS-</u> -Join a range of different movements together. - - Control their body when performing a sequence of movements. <u>KS1-</u> -Put a sequence of actions together to create a motif. -Use simple choreographic devices such as unison, canon and mirroring. <u>KS2-</u> -Compose longer dance sequences in a small group. -Perform learnt skills and techniques with control and confidence.	<b>Head Assessment</b> <u>EYFS-</u> -Talk about ways to keep healthy and safe. <u>KS1-</u> -Know , understand follow simple safety codes rules i.e. handle equipment safely (on own & within a team) -Identify basic areas for improvement <u>KS2-</u> -Understand the need for warming up and cooling down (to improve strength, tone & flexibility etc) -Compare their performances with previous ones and be able to receive & give sensitive, helpful feedback	<b>Hand Assessment</b> <u>EYFS-</u> -Show good agility, balance and coordination in games. -Perform basic dribbling, hitting, rolling, throwing and catching skills in a range of activities. <u>KS1-</u> -Perform a range of skills with increasing control and consistency (e.g. kicking, dribbling, throwing and catching skills). -Move confidently in a range of ways, safely negotiating space and others. <u>KS2-</u> - Perform a range of basic and some advanced skills with increasing control and consistency (e.g. kicking, dribbling, hitting, throwing and catching).	<b>Head Assessment</b> <u>EYFS-</u> -Know the importance for good health through physical exercise and a healthy diet. <u>KS1-</u> -Acknowledge winning & losing -Praise and encourage others in their learning/performances. <u>KS2-</u> -Enjoy communicating, collaborating and competing with each other -Cope with winning & losing (accept success & failure)	<b>Heart Assessment</b> <u>EYFS-</u> -Play cooperatively, taking turns with others & taking account of others ideas. <u>KS1-</u> -Work well individually and with others. - Competitive but play to the rules and play with fair play and sportsmanship. -React appropriately to winning and losing. <u>KS2-</u> -Works well on their own or with others. -Has a positive approach to learning, displaying a desire to improve and shows resilience and perseverance.