**Chollerton First School PE Long Term Plan 2022-20223**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Class 1** | **Multi-skills** Agility, Balance& Co-ordination  | **Dance**Dynamic Balance & Co-ordination | **Gymnastics**Dynamic Balance & Agility  | **Invasion Games** Agility & Co-ordination   | **Athletics** Co-ordination &Agility | **Striking and Fielding Games** Co-ordination & Agility  |
| **Class 2****PE**  | **Rugby**Co-ordination & Agility  | **Dance**Co-ordination & Dynamic Balance   | **Gymnastics** Static Balance & Dynamic Balance   | **Netball**Agility and Co-ordination  | **Athletics** Dynamic Balance & Agility   | **Cricket**Agility & Co-ordination |
| **Class 2** **Enrichment**  | **Multi-skills**Co-ordination, Balance & Agility  | **Health and Fitness**Co-ordination, Balance & Agility | **Gymnastics Routines**Static Balance & Dynamic Balance  | **Team Building and OAA**Co-ordination & Agility  | **Target Games** Agility & Co-ordination  | **Rounders**Agility & Co-ordination |

**Assessment Targets for PE 2022-2023**

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| Autumn 1 Targets  | Autumn 2 Targets  | Spring 1 Targets  | Spring 2 Targets  | Summer 1 Targets  | Summer 2 Targets  |
| **Heart Assessment** EYFS- -Play cooperatively, taking turns with others & taking account of others ideas. KS1- -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.KS2- -Has a positive approach to learning, displaying a desire to improve and shows resilience and perseverance. -Works well on their own or with others.  | **Hands Assessment** EYFS- -Join a range of different movements together. - -Control their body when performing a sequence of movements. KS1- -Put a sequence of actions together to create a motif. -Use simple choreographic devices such as unison, canon and mirroring. KS2- -Compose longer dance sequences in a small group. -Perform learnt skills and techniques with control and confidence.  | **Head Assessment** EYFS- -Talk about ways to keep healthy and safe. KS1- -Know , understand follow simple safety codes rules i.e. handle equipment safely (on own & within a team) -Identify basic areas for improvement KS2- -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  | **Hand Assessment** EYFS--Show good agility, balance and coordination in games. -Perform basic dribbling, hitting, rolling, throwing and catching skills in a range of activities. KS1- -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. KS2- - Perform a range of basic and some advanced skills with increasing control and consistency (e.g. kicking, dribbling, hitting, throwing and catching).  | **Head Assessment** EYFS- -Know the importance for good health through physical exercise and a healthy diet.KS1- -Acknowledge winning & losing -Praise and encourage others in their learning/performances. KS2- -Enjoy communicating, collaborating and competing with each other -Cope with winning & losing (accept success & failure)  | **Heart Assessment** EYFS- -Play cooperatively, taking turns with others & taking account of others ideas. KS1- -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. KS2- -Works well on their own or with others. -Has a positive approach to learning, displaying a desire to improve and shows resilience and perseverance.  |