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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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. |