



**Hemington 2 Year PE Long Term Plan  
and Progression - Nightingale Class**

		<b>Year A</b>	<b>Year B</b>
<b>Term 1-2</b>	<b>Outside</b>	<b>Multi Skills</b>	<b>Multi Skills</b>
	<b>Overview</b>	Children will learn to work and move in small teams. They will learn to follow simple concepts such as waiting their turn and begin to learn how to work with their team and take on responsibilities within a designated space. They will also perform various types of movements such as skipping, jumping, hopping, crawling	Children will focus on leading group warm ups and preparing their bodies for exercise. They will learn how movement and exercise can get the body warm and how heart rate and basic physiological changes happen when we exercise. They will also learn to perform different types of movement and travel such as skipping and hopping.
<b>Criteria Achieved</b>	<b>Applying Physical Skills</b>	Perform one or two skills or movements with some control.  Perform a range of skills with some control and consistency.	Perform one or two skills or movements with some control.  Perform a range of skills with some control and consistency.
	<b>Social</b>	Work sensibly and safely with others, taking turns and sharing.	Work sensibly and safely with others, taking turns and sharing.
	<b>Creative</b>	Explore and describe different movements	
	<b>Health &amp; Fitness</b>		Understand the effect of exercise on our bodies and why it is important for good health.  Articulate how their body feels before, during and after exercise, and why.



	<b>NC Key Skills</b>	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
	<b>Hall</b>	<b>Parachute Games</b>	<b>Spatial Awareness &amp; Dance</b>
	<b>Overview</b>	Children will learn to perform actions in unison and as a team when required and exert a level of control over their movements. They will play a variety of games which are based on teamwork and use strategies to achieve success	Children will learn to listen to music as a cue. They will learn to count in beats of 8 and move to the rhythm of 8 beats, eventually putting a sequence of movements together.
<b>Criteria Achieved</b>	<b>Social</b>	Work sensibly with others, taking turns and sharing.  Help, praise and encourage others in their learning.  Understand simple rules and suggest some activities that pupils can do well.	
	<b>NC Key Skills</b>		Perform dances using simple movement patterns.
<b>Term 3-4</b>	<b>Outside</b>	<b>T-ball</b>	<b>Ball Skills</b>
	<b>Overview</b>	Children will learn how to run around the bases in softball/rounders. They will learn strategies to stop themselves getting 'out' whilst running around bases and be able to make more informed decisions regarding running or waiting at a base.	Children will learn to throw and stop a ball with more accuracy. They will learn the importance of moving your feet and well as hands when catching/stopping a ball.



<b>Criteria Achieved</b>	<b>Applying Physical Skills</b>		Work collaboratively to pass a ball/bean bag in a team game  Perform a range of skills with some control and consistency.
	<b>Cognitive</b>	Understand simple rules and suggest some activities that pupils can do well.	
	<b>NC Key Skills</b>	Participate in team games, developing simple tactics for attacking and defending	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
	<b>Hall</b>	<b>Dance</b>	<b>Gymnastics</b>
	<b>Overview</b>	Children will learn how to move safely in a confined space. They will learn to follow simple instructions, learn to mirror movements and remember sequences or patterns	Children will climb over under and jump onto apparatus.  They will learn to jump and land making various shapes and with greater control
<b>Criteria Achieved</b>	<b>Applying Physical Skills</b>	Shadow a partner's movements accurately	Negotiate space when racing or chasing, adjust speed or change direction  Perform a sequence of movements with some changes in level, direction and speed.  Balance and move under, over and through apparatus.
	<b>Social</b>		Work sensibly and safely with others, taking turns and sharing.



	<b>Cognitive</b>		Order instructions, movements and skills, recognise similarities and differences.
	<b>Health &amp; Fitness</b>		Use equipment appropriately and move and land safely.
<b>Term 5-6</b>	<b>Outside</b>	<b>Athletics</b>	<b>Athletics</b>
	<b>Overview</b>	Children will learn to perform simple athletics movements and practice events they will perform for sports day	Children will learn to perform simple athletics movements and practice events they will perform for sports day
<b>Criteria Achieved</b>	<b>Personal</b>	Follow instructions, practise safely and work on simple tasks by myself  Try a task several times and ask for help where appropriate.	Follow instructions, practise safely and work on simple tasks by myself  Try a task several times and ask for help where appropriate.
	<b>Cognitive</b>	Identify a simple goal in PE/games context.	Identify a simple goal in PE/games context.
	<b>NC Key Skills</b>	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
		<b>Gymnastics</b>	<b>Parachute Games</b>
	<b>Overview</b>	Children will learn to warm up for gymnastics. They will learn the difference between travel and a balance. They will learn to perform 1 to 4 point balances and simple forms of travel and be able to put these into a routine. They will learn to give basic feedback and encouragement to other performers	Children will learn to perform actions in unison and as a team when required and exert a level of control over their movements. They will play a variety of games which are based on teamwork and use strategies to achieve success



<b>Criteria Achieved</b>	<b>Applying Physical Skills</b>	Perform a range of skills and link two or more movements together.	
	<b>Personal</b>	Follow instructions, practise safely and work on simple tasks by myself  Try a task several times and ask for help where appropriate.	
	<b>Social</b>	Help, praise and encourage others in their learning.	Work sensibly with others, taking turns and sharing.  Help, praise and encourage others in their learning.  Understand simple rules and suggest some activities that pupils can do well.
	<b>Cognitive</b>	Explain why someone is achieving or performing well.	
	<b>Creative</b>	Explore and describe different movements  Compare my movements and skills with those of others.  Select and link movements together to fit a theme.	