

Carrington Junior School – Long Term plan for PE 2024-2025

Curriculum Map

Term/Year group	Year 3	Year 4	Year 5	Year 6
Autumn term one	Unit 1 – PE Fundamentals Unit 2 – Tag Rugby	Unit 1 – Dodgeball Unit 2 – Tag Rugby Unit 3 – Handball	Unit 1 – Volleyball Unit 2 – Tag Rugby Unit 3 – Basketball	Unit 1 – Volleyball Unit 2 – Tag Rugby
Autumn term two	Unit 1 – Dodgeball Unit 2 – Hockey	Unit 1 – PE Fundamentals Unit 2 – Hockey Unit 3 – Fitness	Unit 1 – Badminton Unit 2 – Netball Unit 3 – Football	Unit 1 – Badminton Unit 2 – Netball
Spring term one	Unit 1 – Gymnastics Unit 2 – Ball skills	Unit 1 – Gymnastics Unit 2 – Ball skills Unit 3 – OAA	Unit 1 – Gymnastics Unit 2 – Fitness Unit 3 – Dodgeball	Unit 1 – Gymnastics Unit 2 – Fitness
Spring term two	Unit 1 – Dance Unit 2 – Football	Unit 1 – Dance Unit 2 – Football Unit 3 – Basketball	Unit 1 – Dance Unit 2 – OAA Unit 3 – Lacrosse	Unit 1 – Dance Unit 2 – OAA
Summer term one	Unit 1 – Athletics Unit 2 – Netball	Unit 1 – Athletics Unit 2 – Netball Unit 3 – Team games	Unit 1 – Athletics Unit 2 – Handball Unit 3 – Rounders	Unit 1 – Athletics Unit 2 – Handball
Summer term two	Unit 1 – Tennis Unit 2 – Cricket	Unit 1 – Tennis Unit 2 – Cricket Unit 3 – Rounders	Unit 1 – Tennis Unit 2 – Cricket Unit 3 – Golf	Unit 1 – Tennis Unit 2 – Cricket

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Term / Year group	Year 3	Year 4	Year 5	Year 6
<p>Autumn term 1</p>	<p>Unit 1 – Tag Rugby Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Handle the ball whilst travelling. • Throw and catch the ball with confidence. • Tackle an opponent safely & within the laws of the game. • Work as a part of a team when defending & attacking. • Use a range of attacking skills to beat a defender. • Participate in a small sided game. <p>Unit 2 – PE fundamentals Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop balance and apply it to other fundamental movement skills. • Understand how the moves at different at different speeds. • Develop technique when changing speed. • Develop agility when changing speed and direction. • Develop technique when jumping, hopping and landing. • Apply fundamental skills to a variety of games. 	<p>Unit 1 – Tag Rugby Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Handle the ball whilst travelling. • Throw and catch the ball with confidence. • Tackle an opponent safely & within the laws of the game. • Work as a part of a team when defending & attacking. • Use a range of attacking skills to beat a defender. • Participate in a small sided game. <p>Unit 2 – Dodgeball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop throwing and apply this to a target game. • Develop dodging skills to avoid being hit. • Develop catching. • Use the skill of catching in a game. • Participate in small sided games. <p>Unit 3 – Handball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop passing and moving in line with the rules of the game. • Develop movement skills to lose a defender. • Use defensive skills to win possession. • Develop defensive skills to delay an opponent. • Participate in a small sided game. 	<p>Unit 1 – Volleyball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Use the serve with consideration of attacking principles. • Develop the fast catch volley. • Develop the set shot. • Develop the dig shot & understand when to use it. • Use a wide range of shots to keep a rally going. • Participate in a game. <p>Unit 2 – Basketball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop ways to move with the ball and apply them to various situations. • Development movement skills to lose a defender. • Communicate with team mates and work as a team to move the ball forwards. • Defend an opponent and know when to attempt to win the ball. • Learn when to dribble, shoot or pass. • Apply skills in a small sided game. <p>Unit 3 – Tag Rugby Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Apply throwing and catching skills in a game situation. • Understand when to run and when to pass. • Use a backwards pass effectively within a game. • To use a dodge to create space to beat a defender. • Work as team when defending. • Apply skills in a small sided game. 	<p>Unit 1 – Volleyball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Use a fast catch volley to create space and place the ball. • Develop set shot and understand when to use it. • Develop the dig shot and understand when to use it. • Use a variety of shots to keep a rally going. • Participate in a game. <p>Unit 2 – Tag Rugby Within the unit pupils will learn to:</p> <ul style="list-style-type: none"> • Select an appropriate when deciding when to run or pass. • Move into space to support a team mate. • Use defending skills to gain possession • Work a defensive unit to prevent opponents from scoring. • Use a variety of attacking skills to beat a defender. • Participate in a small sided game.

Autumn term 2	Year 3	Year 4	Year 5	Year 6
	<p>Unit 1 – Dodgeball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop throwing and apply this to a target game. • Develop dodging skills to avoid being hit. • Develop catching skills. • Begin to think tactically to the laws of the game. • Participate in a game. <p>Unit 2 – Hockey Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Send and receive the ball with control. • Move safely when dribbling. • Develop decision making in attack. • Understand the role of a defender. • Apply tactics in a small sided game. • Understand and play to the rules of the game. 	<p>Unit 1 – Fundamentals for PE Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop balance and understand its importance. • Develop running technique at different speeds. • Develop agility using a change of speed and direction. • Develop skipping with a rope. • Develop technique when jumping, landing and hopping. <p>Unit 2 – Fitness Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Recognise areas of fitness. • Develop speed and strength. • Develop coordination. • Develop agility • Develop stamina. <p>Unit 3 – Hockey Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop sending and receiving the ball with control and accuracy. • Develop attacking skills. • Develop defensive skills. • Take part in a game. • Apply skills and show knowledge of when to use them. 	<p>Unit 1 – Badminton Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Use a serve with consideration to attacking principles. • Explore using under arm return shot. • Explore using over arm return shot. • Select and apply skills within a game. • Apply rules, skills & tactics. <p>Unit 2 – Football Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop ways of moving with the ball. • Send and receive the ball under pressure. • Use defensive techniques to win possession. • Apply defending tactics as team. • Apply attacking tactics as a team. <p>Unit 3 – Netball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Explore using different passes. • Identify when to use a certain pass. • Defend an opponent. • Shoot under pressure. • Play in a small sided game. 	<p>Unit 1 – Badminton Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Use a serve with consideration to attacking principles. • Explore using under arm return shot. • Explore using over arm return shot. • Select and apply skills within a game. • Apply rules, skills & tactics. <p>Unit 2 – Netball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Explore using different passes. • Identify when to use a certain pass. • Defend an opponent. • Shoot under pressure. • Play in a small sided game

Spring term 1	Year 3	Year 4	Year 5	Year 6
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	<p>Unit 1 – Gymnastics Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Create points and patches balances. • Create points and patches balances on apparatus. • Develop stepping into shape jumps with control. • Develop stepping into shape jumps from apparatus. • Develop rolling skills • Develop climbing skills on apparatus. <p>Unit 2 – Ball skills Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop dribbling skills with hands and feet. • Develop tracking skills. • Develop throwing skills. • Track a ball not sent directly to me. • Apply sending and receiving skills in games. 	<p>Unit 1 – Gymnastics Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • To develop individual & partner balances. • To develop control in landing rotational jumps. • To develop a variety of rolls. • Create sequences • Develop inverted movements. • Develop confidence & skills on equipment. <p>Unit 2 – Ball skills Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop dribbling skills with hands and feet. • Develop tracking skills. • Develop throwing skills. • Track a ball not sent directly to me. <p>Apply sending and receiving skills in games.</p> <p>Unit 3 – Outdoor Adventurous activities Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop cooperation • Develop team work skills • Orientate a map and navigate a grid. • Identify, copy and follow a simple map. • Follow a map and draw directions. 	<p>Unit 1 – Gymnastics Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Perform symmetrical & asymmetrical balances. • To develop a variety of rolls to use in a sequence. • Explore different ways of travelling. • Perform progressions to inverted movements. • Create interesting sequences. <p>Unit 2 – Fitness Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Understand how speed helps me and use this in activities. • Develop strength & use this in activities. • Understand how balance helps me and apply this In activities. • Develop coordination & apply this in activities. <p>Unit 3 – Dodgeball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop a variety of throwing skills. • Identify when to apply specific throwing skills. • Develop blocking skills. • Develop catching skills. • Understand rules and apply these in matches 	<p>Unit 1 – Gymnastics Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop rolling into sequence work on apparatus. • Develop counter balance & counter tension balances. • Develop jumps and explore the effect of heights. • Explore jump sequence work. • Develop inverted movements. • Use flight from hands over apparatus. <p>Unit 2 – Fitness Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Understand how speed helps me and use this in activities. • Develop strength & use this in activities. • Understand how balance helps me and apply this In activities. • Develop coordination & apply this in activities.
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Spring term 2	Year 3	Year 4	Year 5	Year 6
	<p>Unit 1 – Dance Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • create actions in response to a stimulus and move in unison with a partner. • create actions to move in contact with a partner or interact with a partner. • To select and link appropriate actions and dynamics to show our dance idea. • To remember, repeat and create actions to represent an idea. • To use choreographing ideas to develop our dance. • To share ideas of actions and dynamics to create a dance that shows a location. <p>Unit 2 – Football Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Understand the role of an attacker. • Understand the role of a defender. • Develop movement skills to lose a defender. • Understand scoring goals is an attacking skill and learn how to do this. • Apply tactics in a small sided game. • Work as part of a team in a small sided game. 	<p>Unit 1 – Dance Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • create actions in response to a stimulus and move in unison with a partner. • create actions to move in contact with a partner or interact with a partner. • To select and link appropriate actions and dynamics to show our dance idea. • To remember, repeat and create actions to represent an idea. • To use choreographing ideas to develop our dance. • To share ideas of actions and dynamics to create a dance that shows a location. <p>Unit 2 – Football Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Understand the role of an attacker. • Understand the role of a defender. • Develop movement skills to lose a defender. • Understand scoring goals is an attacking skill and learn how to do this. • Apply tactics in a small sided game. <p>Work as part of a team in a small sided game.</p> <p>Unit 3 – Basketball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • develop attacking skills to move towards a goal. • develop passing and moving and play within the rules of the game. • develop movement skills to lose a defender and move into space. • develop defending skills to delay an attacker and gain possession. • To apply skills in a game. 	<p>Unit 1 – Dance Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • To create a dance using a random structure and perform the actions showing quality and control. • To understand how changing dynamics changes the appearance of the performance. • To understand and use relationships and space to change how a performance looks. • To copy and repeat movements in the style of rock 'n' roll. • To work with a partner to copy and repeat actions in time with the music. • To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll. <p>Unit 2 – Outdoor Adventurous activities Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • develop communication and negotiation skills. • develop strong communication and negotiation skills to solve challenges. • develop planning and problem solving skills. • Share ideas and work as a team to solve problems. • Develop navigation skills. <p>Unit 3 – Lacrosse Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop attacking skills • Develop defending skills • Understand how to move with the ball • Develop passing and receiving skills. • Participate in a game. 	<p>Unit 1 – Dance Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • copy and repeat a dance phrase showing confidence in movements • work with others to explore and develop the dance idea. • use changes in dynamics in response to the stimulus. • demonstrate a sense of rhythm and energy when performing bhangra style motifs. • perform a bhangra dance, showing an awareness of timing, formations and direction. • select, order, structure and perform movements in a bhangra style, showing various group formations. <p>Unit 2 – Outdoor adventurous activities Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • develop communication and negotiation skills. • develop strong communication and negotiation skills to solve challenges. • develop planning and problem solving skills. • Share ideas and work as a team to solve problems. • Develop navigation skills.

Summer term 1	Year 3	Year 4	Year 5	Year 6
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	<p>Unit 1 – Athletics Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop sprinting skills • Develop changeover skills for relay • Develop throwing technique • Develop jumping technique • Develop running technique over longer distances. <p>Unit 2 – Netball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Understand the role of the attacker in a game. • Develop movement patterns to lose a defender. • Develop passing technique using a variety of passes. • Understand scoring and learn how to do this. • Understand the role of a defender. • Understand and apply skills in a game. 	<p>Unit 1 – Athletics Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop sprinting skills • Develop changeover skills for relay • Develop throwing technique • Develop jumping technique • Develop running technique over longer distances. <p>Unit 2 – Netball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Understand the role of the attacker in a game. • Develop movement patterns to lose a defender. • Develop passing technique using a variety of passes. • Understand scoring and learn how to do this. • Understand the role of a defender. <p>Understand and apply skills in a game.</p> <p>Unit 3 – Team games Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Work as part of a team • To cooperate & work with others. • To share ideas. • Problem solving skills. 	<p>Unit 1 – Athletics Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop sprinting skills • Develop changeover skills for relay • Develop throwing technique • Develop jumping technique • Develop running technique over longer distances. <p>Unit 2 – Handball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Send & receive the ball under pressure. • Select skills to move towards goal. • Combine attacking skills to create scoring chances. • Use defensive skills to gain possession. • Apply skills and rules in matches. <p>Unit 3 – Rounders Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Bowl a ball under arm. • Fielding techniques linked to the game. • Batting techniques. • How to apply skills within the laws of the game 	<p>Unit 1 – Athletics Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop sprinting skills • Develop changeover skills for relay • Develop throwing technique • Develop jumping technique • Develop running technique over longer distances. <p>Unit 2 – Handball Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Send & receive the ball under pressure. • Select skills to move towards goal. • Combine attacking skills to create scoring chances. • Use defensive skills to gain possession. • Apply skills and rules in matches.
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Summer term 2	Year 3	Year 4	Year 5	Year 6
	<p>Unit 1 – Tennis Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop racquet and ball control. • Explore rallying using forehand. • Explore returning the ball using forehand. • Explore returning the ball using backhand. • Learn basic rules & scoring system. • Learn to cooperate with others. <p>Unit 2 – Cricket Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Learn how to score points. • Develop batting skills to score points. • Develop fielding skills. • Develop bowling skills. • Understand the role of the bowler. • Apply skills in a game. • Understand tactics and how to use them. 	<p>Unit 1 – Tennis Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop racquet and ball control. • Explore rallying using forehand. • Explore returning the ball using forehand. • Explore returning the ball using backhand. • Learn basic rules & scoring system. • Learn to cooperate with others. <p>Unit 2 – Rounders Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Bowl a ball under arm. • Fielding techniques linked to the game. • Batting techniques. • How to apply skills within the laws of the game. <p>Unit 3 – Cricket Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Learn how to score points. • Develop batting skills to score points. • Develop fielding skills. • Develop bowling skills. • Understand the role of the bowler. • Apply skills in a game. <p>Understand tactics and how to use them.</p>	<p>Unit 1 – Tennis Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Return the ball using a forehand ground stroke. • Return the ball using a backhand groundstroke • Use a variety of shots to keep a rally going. • Develop an under arm serve. • Develop a volley shot and understand when to use it. • Apply skills in a match. <p>Unit 2 – Cricket Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop throwing and catching skills and understand when to apply them. • Develop bowling accuracy. • Develop batting skills. • Develop fielding skills. • Understand the need for tactics and how to apply them in a game. <p>Unit 3 – Golf Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Explore technique for hitting the ball accurately over short distances. • Explore technique for hitting the ball accurately over longer distances. • Select and apply the correct technique for a given situation. • Develop putting skills. • Apply knowledge and skills when playing a game. 	<p>Unit 1 – Tennis Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Return the ball using a forehand ground stroke. • Return the ball using a backhand groundstroke • Use a variety of shots to keep a rally going. • Develop an under arm serve. • Develop a volley shot and understand when to use it. • Apply skills in a match. <p>Unit 2 – Cricket Within this unit pupils will learn to:</p> <ul style="list-style-type: none"> • Develop throwing and catching skills and understand when to apply them. • Develop bowling accuracy. • Develop batting skills. • Develop fielding skills. • Understand the need for tactics and how to apply them in a game.