

**ASHTON WEST END PRIMARY ACADEMY
LONG TERM PLAN FOR SCHEME OF WORK
Key Stage 1**

Terms	Year 1	Year 2
Autumn 1	<p style="text-align: center;">Dance</p> <p>Use movement imaginatively, responding to stimuli and performing basic skills.</p>	<p style="text-align: center;">Dance</p> <p>Use movement imaginatively, responding to stimuli and performing basic skills.</p>
Autumn 2	<p style="text-align: center;">Gymnastics</p> <p>Investigating movement and stillness and use of space on the floor and using mats.</p>	<p style="text-align: center;">Gymnastics</p> <p>Investigating movement and stillness and use of space on the floor and using mats.</p>
Spring 1	<p style="text-align: center;">Games</p> <p>Travel with, send and receive a ball and other equipment in different ways.</p>	<p style="text-align: center;">Games</p> <p>Travel with, send and receive a ball and other equipment in different ways.</p>
Spring 2	<p style="text-align: center;">Dance</p> <p>Creating and composing; express and communicate ideas and feelings. To work with a partner and in a small group.</p>	<p style="text-align: center;">Dance</p> <p>Creating and composing; express and communicate ideas and feelings. To work with a partner and in a small group.</p>
Summer 1	<p style="text-align: center;">Gymnastics</p> <p>Simple sequence of ‘unlike’ actions. Control and precision on and round apparatus. Also working with a partner to create sequences.</p>	<p style="text-align: center;">Gymnastics</p> <p>Simple sequence of ‘unlike’ actions. Control and precision on and round apparatus. Also working with a partner to create sequences.</p>
Summer 2	<p style="text-align: center;">Games</p> <p>Develop skills for simple net, striking/fielding and invasion-type games. Using simple tactics for attacking and defending.</p>	<p style="text-align: center;">Games</p> <p>Develop skills for simple net, striking/fielding and invasion-type games. Using simple tactics for attacking and defending.</p>

**Terms not taught by the sports coach, gymnastics taught by teachers.*

**ASHTON WEST END PRIMARY ACADEMY
LONG TERM PLAN FOR SCHEME OF WORK
Lower Key Stage 2**

Terms	Year 3	Year 4
Autumn 1	Dance (Cheerleading) create dance phrases, Expressive qualities, importance of warm-up/cool-down	Dance respond to stimuli, create simple motifs and movement patterns, refine, repeat and remember
Autumn 2	Gymnastics plan and perform sequences, linking actions, adapt sequences to suit different apparatus, suggest warm-up activities	Gymnastics Control, longer sequences, stretching exercises
Spring 1	Invasion games- simple attacking tactics and defence	Invasion games variety of simple tactics for attacking, keeping possession as a team, fluency and accuracy, defending
Spring 2	Net and wall games throwing and catching skills, use a small racket, choose a range of tactics for sending ball in different ways, make up own net game	Net and wall games throwing and catching skills, use a small racket, choose a range of tactics for sending ball in different ways, make up own net game
Summer 1	Striking and fielding throwing, striking, intercepting and stopping a ball, Vary skills and tactics, Know rules and use them fairly	Striking and fielding throwing, striking, intercepting and stopping a ball, Vary skills and tactics, Know rules and use them fairly, recognise how specific activities affect their bodies, recognise when body is hot, warm, cool
Summer 2	Athletics sprinting and sustained running, throwing techniques, a range of jumps	Athletics sprinting and sustained running, throwing techniques, a range of jumps
On-going	NA	Swimming

**Terms not taught by the sports coach, gymnastics taught by teachers.*

**ASHTON WEST END PRIMARY ACADEMY
LONG TERM PLAN FOR SCHEME OF WORK
Upper Key Stage 2**

Terms	Year 5	Year 6
Autumn 1	Gymnastics- creating longer sequences create, practise, refine, adapt their performance, understand why physical activity is good for their health	Gymnastics- creating longer sequences create, practise, refine, adapt their performance, understand why physical activity is good for their health
Autumn 2	Dance- working in groups work collaboratively, adapt and refine movements, perform expressively, understand safe exercising	Dance- compose and perform compose motifs, structure simple dances, perform fluently, evaluate and refine
Spring 1	Games- striking and fielding Bowling, batting, tactics, make up and explain own warm-up	Gymnastics- composition devise complex sequences, combine and perform, evaluate and improve, explain importance of physical activity
Spring 2	Invasion games (Netball/Football) pass, dribble, shoot, keeping possession, marking opponents, support defenders	Invasion games (mini versions) Different techniques for passing, controlling, dribbling and shooting, marking, tackling and interception in defence, Understand importance of keeping fit.
Summer 1	Invasion games (Basketball,) keeping possession, defence, different formations, importance of being fit	Net and wall games Use forehand and backhand, use the volley in games, Understand the need for tactics.
Summer 2	Athletics Pace, control, accuracy, basic principles of warming up	Athletics Pace, control, accuracy, basic principles of warming up
On-going	Swimming and water safety Float, propel, different strokes, survival techniques	Swimming and water safety Float, propel, different strokes, survival techniques

**Terms not taught by the sports coach, gymnastics taught by teachers.*