



St. Joseph's R.C. Primary School PE Long Term Curriculum Plan 2023 - 2024

PE Long Term Plan with Lesson Objectives							
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Reception	Lesson 1: move safely WALT: listen and respond appropriately to instructions	Lesson 1: link shapes and ways of moving WALT: discover shapes and ways to travel	Lesson 1: responding to colours WALT: use colours and feelings in dance	Lesson 1: mirroring and following WALT: use leading and following movements	Lesson 1: turn over the cone WALT: to move in different directions	Lesson 1: Balloon games WALT: handle a balloon	
	Lesson 2: take off and land on two feet WALT: jump and rebound on and off low apparatus	Lesson 2: egg roll and log roll WALT: add two rolls to previous movement pattern	Lesson 2: exploring animal movements WALT: perform as animals using different levels and directions	Lesson 2: hokey/cokey WALT: move to the count of 8	Lesson 2: chasing games WALT: keep our bodies safe in running games	Lesson 2: Cookie monster WALT: handle a ball	
	Lesson 3: balance and move balls and beanbags WALT: balance the beanbag or ball in as many different ways on the body as possible	Lesson 3: follow different pathways WALT: travel in different directions and pathways	Lesson 3: unison and canon WALT: work with a partner	Lesson 3: follow the leader WALT: perform with a partner to the count of 8	Lesson 3: hoop jump WALT: jump in different directions	Lesson 3: Not in my backyard WALT: kick a ball	
	Lesson 4: travel on mats and benches WALT: work on apparatus stations to develop travelling skills on various body parts	Lesson 4: balance on points and patches WALT: identify different parts of the body to balance on	Lesson 4: taking pupils through the seasons WALT: how to show expression through our sequence	Lesson 4: parachute games WALT: work with a partner to perform	Lesson 4: experiment with different starting and stopping positions WALT: stop play safely	Lesson 4: Cross the river WALT: hope, jump and step	
	Lesson 5: copy and repeat actions WALT: show ability to copy and repeat simple patterns	Lesson 5: link movements through storytelling WALT: include points and patches in the Giant's story	Lesson 5: exploring transport WALT: perform transports actions and movements in our dance	Lesson 5: Ampe tradition African game WALT: perform a dance using 4 actions	Lesson 5: jungle tag WALT: to move at slow and fast speeds	Lesson 5: Carrying together WALT: send a ball or beanbag	
	Lesson 6: perform simple shapes and balances WALT: discover and perform simple shapes	Lesson 6: use a start and finish position WALT: choose three points or patch balances from the Giant's story			Lesson 6: musical statues WALT: stop safely in different ways	Lesson 6: Whack a mole WALT: send and stop in a game	
Year 1	Lesson 1: show moods and feelings we would experience in the jungle	Lesson 1: perform actions to well-known nursery rhymes	Lesson 1: Assessment for learning WALT: perform 'like' actions in sequence	Lesson 1: Assessment for learning WALT: keep our balance by pushing	Lesson 1: Assessment for learning	Lesson 1: Assessment for learning task WALT: start and stop moving at speed	



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	WALT: compose a traveling sequence using a variety of body parts	WALT: perform a series of character movements to the nursery rhyme		and pulling against the water	WALT: select a space to throw or roll a ball into	
	Lesson 2: move as if we are living in the jungle WALT: perform with an awareness of body shape with a partner	Lesson 2: march in time to the beat and turn while marching WALT: work as an individual to create a marching pattern	Lesson 2: apparatus activity WALT: carry and set up apparatus safely	Lesson 2: making shapes WALT: lift our feet off the ground and make shapes in the water	Lesson 2: Ball coming towards WALT: track and collect a rolling ball	Lesson 2: Running games with speed WALT: use our arms when running at different speeds
	Lesson 3: create and perform movements which show friendship WALT: compose a movement pattern to demonstrate unison	Lesson 3: march in time as a group WALT: collaborate as a group to follow a marching sequence	Lesson 3: large and small body parts WALT: perform shapes on both large and small body parts	Lesson 3: pull and glide to the side WALT: use our hands to move forward	Lesson 3: Quick throwing/catching WALT: catch a ball to stop an opponent from scoring	Lesson 3: Jumping WALT: take off on two feet to jump for distance
	Lesson 4: perform leading and following movements WALT: compose a sequence demonstrating mirroring and following	Lesson 4: perform actions in canon WALT: copy and repeat actions in time with others	Lesson 4: muddy puddles WALT: take off and land and use shape in our jumps	Lesson 4: egg splash WALT: put our face in the water	Lesson 4: Hitting to hoops WALT: use our hands to hit a ball	Lesson 4: Throwing games WALT: use correct technique to throw different objects for distance
	Lesson 5: perform a short dance with a clear start, middle and end WALT: compose a short dance sequence that shows sensitivity to the theme	Lesson 5: perform a short dance using canon WALT: perform canon in a small group	Lesson 5: body tension work WALT: travel on our feet, showing good body tension	Lesson 5: pirate ship WALT: stand again after floating on our front	Lesson 5: Hitting/kicking to strike WALT: run between bases to score points	Lesson 5: Multi-skill station WALT: show improvement in our throwing
	Lesson 6: use repeated actions in our dance WALT: choose and link actions to make short dance phrases that reflect rhythmic qualities	Lesson 6: perform in rounds in different groups WALT: identify characters within a nursery rhyme and create actions in rounds			Lesson 6: AfL task in teams WALT: work as a team to score points	Lesson 6: AfL task in teams WALT: take part in a competition using running, jumping and throwing skills



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Year 2	Lesson 1: kick the ball over long and short distances WALT: send the ball varying distances using harder and softer kicks	Lesson 1: use penguin images to inspire our dance WALT: explore whole body actions to create movements as a group or pair	Lesson 1: Assessment for learning 1 WALT: combine 4 elements into a floor sequence	Lesson 1: pirate ship WALT: stand again after floating on our front	Lesson 1: Assessment for learning task WALT: hit a ball and score points by running to cones	Lesson 1: Assessment for learning task WALT: move quickly whilst being aware of others around
	Lesson 2: stop a ball with control using the foot WALT: receive and stop the ball with feet	Lesson 2: show feelings of abandonment through dance WALT: create a sequence of movements for performance with starting and finishing positions	Lesson 2: Assessment for learning 2 WALT: create power in a variety of different jumps	Lesson 2: pirate ship WALT: stand again after floating on our back	Lesson 2: Kicking instead of hitting WALT: defend a target by kicking	Lesson 2: Simplified Illinois agility runs WALT: create power in our legs to turn at speeds
	Lesson 3: work as a team to keep the ball WALT: work as a team to keep possession in a defined area	Lesson 3: create movements that show the friendship between two characters WALT: explore unison, levels and canon within the choreography	Lesson 3: exploring weight on our hands WALT: take weight on our hands and move in different ways	Lesson 3: partner swim WALT: swim a short distance on our back with a float	Lesson 3: Practising underarm bowling WALT: bowl underarm with control	Lesson 3: Obstacle course WALT: move through an obstacle course with speed and control
	Lesson 4: bounce a ball with a partner WALT: play as part of a team to attack and defend	Lesson 4: create a solo dance which demonstrate changes in levels and speed WALT: explore the theme of Penguin Small's adventure	Lesson 4: sequence activity WALT: use our flexibility in a bridge and japaana gymnastic shape	Lesson 4: push, glide, kick WALT: push and glide from the side of the pool	Lesson 4: Participate in stations WALT: hit a ball with different bats and techniques	Lesson 4: Different types of throwing WALT: choose the best throw for different situations
	Lesson 5: bounce the ball whilst moving WALT: to move the ball using basketball-style dribbling	Lesson 5: match our movements to music WALT: explore footwork creatively, based on a visual stimulus	Lesson 5: control in and out of balance WALT: perform the point balance arabesque	Lesson 5: octopus and minos WALT: use the 'sculling' technique to swim on our back	Lesson 5: Runner vs Fielders WALT: throw accurately to a base	Lesson 5: Foxes tails WALT: use quick feet whilst sprinting
	Lesson 6: pass the ball forward in a game	Lesson 6: choose a dance formation and explain the choice			Lesson 6: Tournament	Lesson 6: Relay races WALT: perform static and dynamic balances



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	WALT: attack collaboratively and make decisions on where to stand when defending as part of a team	WALT: select actions as a group to create a short dance phrase which reflects rhythmic qualities			WALT: hit a ball into space, away from fielders		
Year 3	Lesson 1: use speed to run past defenders WALT: grasp the principle of moving forwards to score over a line	Lesson 1: use the inside of the foot to pass the ball WALT: pass and receive the ball showing accuracy and control	Lesson 1: AfL game WALT: perform a jazz square and use it in our square	Lesson 1: AfL WALT: show full extension during a balance	Lesson 1: Assessment for learning Challenges WALT: jump and hop in sequence	Lesson 1: Assessment for learning 1 WALT: jump in and submerge in deeper water	
	Lesson 2: how to use a short pass in a game WALT: perform an effective short pass and apply passing skills in a game	Lesson 2: trap the ball that is moving along the ground WALT: control the ball and pass unchallenged	Lesson 2: being Mr Wormwood and Miss Honey WALT: perform a dance showing two contrasting characters	Lesson 2: contrasting actions WALT: move in and out of contrasting shapes with fluency	Lesson 2: Variety of running games WALT: run at different speeds	Lesson 2: glide challenge WALT: sink and the roll underwater	
	Lesson 3: use agility to evade being tagged WALT: explore a range of techniques to avoid being tagged	Lesson 3: pass the ball accurately over short distances WALT: work as a team to move towards the goal, using short passes to keep possession	Lesson 3: improvisation activities WALT: develop movements using improvisation	Lesson 3: rolling with a partner WALT: perform a sequence using different types of rolls	Lesson 3: Hurdle activities WALT: approach and jump hurdles	Lesson 3: Assessment for learning 2 WALT: use front crawl leg action to swim longer distances	
	Lesson 4: understand and apply the tag protocol WALT: play in a sportsmanlike manner in both attack and defence, accepting when you have been tagged	Lesson 4: identify and move into space WALT: recognise where there is space in a game and move into that space to receive the ball	Lesson 4: using a chair in routines WALT: use props in our dance sequence	Lesson 4: sequence and support from jumping WALT: perform powerful jumps from low apparatus	Lesson 4: Kings and Queens WALT: throw a javelin using the pull throw technique	Lesson 4: surface dive progressions WALT: tuck, float and collect objects from the bottom of the pool	
	Lesson 5: close down an attacker's space as a defender WALT: work together as defenders and get	Lesson 5: use the outside of the foot to control the ball and dribble	Lesson 5: different facial expressions WALT: use facial expressions to bring life and emotion to our dance	Lesson 5: jumping and rolling in unison WALT: to perform in unison with a partner	Lesson 5: Single and partner skipping WALT: use a variety of skipping techniques	Lesson 5: floats and swim WALT: transition from one floating shape to another without putting our feet down	

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	close to the ball carrier when defending	WALT: control the ball at our feet and dribble unchallenged					
	Lesson 6: perform a backwards pass to continue an attack WALT: experience passing backwards in an unopposed situation	Lesson 6: cushion the ball when receiving it WALT: use short passes and dribbling to build an attack			Lesson 6: Competition WALT: keep score accurately over a range of events	Lesson 6: breaststroke leg progressions WALT: use breaststroke leg action to swim on my front and back	
Year 4	Lesson 1: Assessment for learning WALT: run onto the ball to receive it	Lesson 1: Assessment for learning WALT: use freeze-fames in our dances	Lesson 1: AFL task WALT: perform a 6-element sequence that uses changes in speed and direction	Lesson 1: AFL WALT: challenge ourselves in running, jumping and throwing tasks	Lesson 1: Assessment for learning task WALT: use a batting stance and hit the ball in different directions	Lesson 1: Assessment for learning 1 WALT: jump in and submerge in deeper water	
	Lesson 2: 2 v 2 circle game WALT: explore front and goal-side marking techniques	Lesson 2: slide and roll WALT: perform slide and roll confidently	Lesson 2: partner and group sequence WALT: use the STEP principle to create and perform a partner sequence	Lesson 2: gears and running games WALT: accelerate over short distances	Lesson 2: Running based game WALT: anticipate when to run to score singles	Lesson 2: glide challenge WALT: sink and the roll underwater	
	Lesson 3: 1 v 1 games WALT: perform a standing tackle to dispossess an attacker	Lesson 3: different formations WALT: use a variety of formations when performing	Lesson 3: cartwheel progression WALT: take weight on our hands, showing control	Lesson 3: cone take off WALT: run and jump using a one-footed take-off	Lesson 3: Conditioned fielding game WALT: intercept a moving ball with one hand	Lesson 3: Assessment for learning 2 WALT: use front crawl leg action to swim longer distances	
	Lesson 4: dribbling tasks and challenges WALT: dribble showing good control to progress forward	Lesson 4: Canon WALT: extend our 'mission dance' phrases using canon	Lesson 4: sequence with compositional ideas WALT: develop a sequence using compositional ideas	Lesson 4: using a sling throw technique WALT: use a sling action to throw a discus	Lesson 4: Pairs cricket rules WALT: bowl overarm	Lesson 4: surface dive progressions WALT: tuck, float and collect objects from the bottom of the pool	
	Lesson 5: Middle zone WALT: pass and receive the ball over longer distances	Lesson 5: sequence given moves WALT: sequence our dance actions to show good flow	Lesson 5: sequence refine and perform WALT: co-operate as a group to refine a short sequence	Lesson 5: running on curves WALT: run on a curve and exchange a baton in our team	Lesson 5: A target-based activity WALT: introduce the pull shot and attempt it in a game	Lesson 5: floats and swim WALT: transition from one floating shape to another without putting our feet down	
	Lesson 6: Competition WALT: perform passing and moving with a teammate	Lesson 6: devising routines WALT: create a 5-action dance routine			Lesson 6: Competition week WALT: field a bouncing ball effectively	Lesson 6: breaststroke leg progressions WALT: use breaststroke leg action	



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		showing good 'stage' entry				to swim on my front and back	
Year 5	Lesson 1: Assessment for learning 1 WALT: swim as part of a relay	Lesson 1: Assessment for learning WALT: use defensive positions to mark and tag an attacker	Lesson 1: Assessment for learning WALT: understand what non-locomotor movement is and using it in our dance	Lesson 1: Assessment for learning WALT: know the key steps to performing a round off	Lesson 1: Assessment for learning game WALT: judge how far you can run based on the distance of a hit	Lesson 1: Assessment for learning activity WALT: run for speed and distance on our own and a part of a team	
	Lesson 2: Assessment for learning 2 WALT: perform a mushroom float for a sustained period of time	Lesson 2: wide channel rugby WALT: pass a ball accurately and consistently while on the move	Lesson 2: adding movements to the routine WALT: perform both no-locomotor and locomotor movements together	Lesson 2: symmetrical sequences WALT: create and perform a partner sequence using symmetry	Lesson 2: Conditioned throwing game WALT: throw over short distances with power and accuracy	Lesson 2: Recording distances ran in a set time WALT: pace ourselves to run over longer distances	
	Lesson 3: stroke therapy WALT: get into the correct position for efficient backstroke swimming	Lesson 3: 5 v 5 game WALT: defend as part of a team to deny space to the attacking team	Lesson 3: working in pairs and groups WALT: create new and exciting group patterns	Lesson 3: asymmetry sequence building WALT: create and perform a partner sequence using asymmetry	Lesson 3: Backstop actions WALT: follow the path of a moving ball to make sure it is fielded consistently	Lesson 3: Steeplechase WALT: use different jumping styles and explore which ones we can jump further with	
	Lesson 4: improve AfL 1 WALT: perform and perfect a crouching dive to enter the water	Lesson 4: 5 v 5 wide columns WALT: use a pop pass over a short distance to create an explosive run	Lesson 4: footwork patterns WALT: perform a simple line dance routine	Lesson 4: paired balance activity WALT: perform counter balances with a partner	Lesson 4: Conditioned games – applying rules WALT: understand the backwards hit rule and using it tactically as the backstop	Lesson 4: Push throwing in pairs WALT: use the push throw technique	
	Lesson 5: collect objects from the base of the pool WALT: swim, surface dive and move objects without stopping	Lesson 5: long/narrow conditioned game WALT: move the ball quickly using the 'magic diamond' formation	Lesson 5: pair dances WALT: create our own 3-step line dance with a partner	Lesson 5: adapting counterbalances WALT: perform smooth transitions between counter balances using different levels	Lesson 5: Conditioned game – batting WALT: hit the ball into gaps to maximise the chance of scoring	Lesson 5: Beep test baton relay WALT: exchange a baton within a restricted area	
	Lesson 6: use rescue aid as a group WALT: tread water and use a rescue aid	Lesson 6: Competition week WALT: use the 3 step and pass rule with some confidence			Lesson 6: Competition week WALT: set a field in a game to limit the scoring of a batter	Lesson 6: Event planning WALT: design an athletics activity for others using the STEP principle	
Year 6	Lesson 1: Assessment for learning 1	Lesson 1: Assessment for learning	Lesson 1: Assessment for learning	Lesson 1: Assessment for learning	Lesson 1: Assessment for learning task	Lesson 1: Assessment for learning	

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	WALT: swim as part of a relay	WALT: understand the double bounce rule and observe it when playing a game	WALT: understand the technique of stag leap and rebound jump	WALT: use controlled flight onto high apparatus	WALT: create pressure on a batter by setting a ring field	WALT: use the sprint start technique to increase our running speed	
	Lesson 2: Assessment for learning 2 WALT: perform a mushroom float for a sustained period of time	Lesson 2: improving defending WALT: mark the pass or shot	Lesson 2: incorporate lift into a movement phrase WALT: explore relationships through dance and perform partner lifts	Lesson 2: apparatus work WALT: dismount safely from high apparatus	Lesson 2: Conditioned game – 4 v 4 WALT: track and catch a high ball consistently	Lesson 2: Preparation for jumping WALT: understand the 3 phases for the triple jump	
	Lesson 3: stroke therapy WALT: get into the correct position for efficient backstroke swimming	Lesson 3: conditioned games WALT: organise ourselves around the D and be ready to receive a pass	Lesson 3: intro to the Hakka WALT: compose a dance phrase based on the Hakka	Lesson 3: groups devise own sequence WALT: develop a short sequence using flight in canon formation	Lesson 3: Conditioned game – short bowling WALT: perform a short-pitched ball to get the batter to hit the ball in the air	Lesson 3: Heave throw WALT: to use the heave throw technique	
	Lesson 4: improve AfL 1 WALT: perform and perfect a crouching dive to enter the water	Lesson 4: practising rebounds WALT: compete to win the rebounding ball as attackers or defenders	Lesson 4: perform the Hakka in a group WALT: choose and use suitable dynamics for the Hakka	Lesson 4: equipment control practices WALT: incorporate equipment such as hoops and balls into a group sequence	Lesson 4: Applying fielding skills WALT: work in a pair to restrict runs scored when fielding	Lesson 4: Parlauf running WALT: assess our own ability to play our role in parlauf running	
	Lesson 5: collect objects from the base of the pool WALT: swim, surface dive and move objects without stopping	Lesson 5: knocking the ball away WALT: knock the ball away and explain when you would use this technique	Lesson 5: developing phrase of images with linked movements WALT: link freeze frames in a street dance style to create a short movement phrase	Lesson 5: paired unison and canon sequence WALT: create a paired flight sequence using both canon and unison	Lesson 5: Conditioned game – on/off drive WALT: play an on drive	Lesson 5: Scissor jump progression WALT: use the scissor jump and know when it should be used	
	Lesson 6: use rescue aid as a group WALT: tread water and use a rescue aid	Lesson 6: Tournament WALT: make good choices about what pass to use in competitive games			Lesson 6: Pairs cricket WALT: set an attacking field	Lesson 6: Quads competition WALT: record and relay a results over a range of track and field events	