

Birchington CE Primary School

PE Long Term Curriculum Plan 2025 – 2026



Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	<p>Games – Fundamentals</p> <p>Beanbag Skills</p> <p><u>Key Vocabulary</u> Balance, Throw, Kick, Catch, Control</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To be able to balance a beanbag on various body parts • To be able to move the beanbag with good control • To be able to throw a beanbag at a target • To recognise key body parts • To be able to take turns 	<p>Gymnastics</p> <p>Jumping and Gym – Balancing</p> <p><u>Key Vocabulary</u> Balance, Listen, Control, Still, Support</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Know how to use of a variety of equipment and resources • To make my body tense and relaxed • To roll in different ways • To travel in different ways • To develop overall balance 	<p>Gymnastics</p> <p>Jumping and Gym – Balancing</p> <p><u>Key Vocabulary</u> Balance, Listen, Control, Still, Support</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Know how to use of a variety of equipment and resources • To make my body tense and relaxed • To roll in different ways • To travel in different ways • To develop overall balance 	<p>Games Fundamentals</p> <p>Bats and Balls at the Circus</p> <p><u>Key Vocabulary</u> Balance, Throw, Kick, Catch, Control, Hit, Strike, aim</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To show control and balance in basic movement • To show spatial awareness during running and chasing games • To run around & over objects, demonstrating control & balance • To become familiar with the names of different types of equipment • To hit or push an object towards a stationary target 	<p>Athletics</p> <p>Fun with Quoits & Cones Prep for Sports Day</p> <p><u>Key Vocabulary</u> Run, Sprint, Fast, Throw, Jump, Height</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop appropriate Running technique • To jump over different sized obstacles • To throw towards a set target • To competently catch a ball or bean bag • To name some healthy foods (fruit and veg) 	<p>Dance</p> <p>Theme – Minibeasts</p> <p><u>Key Vocabulary</u> Count, Step, Sequence, Space, Levels</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Able to demonstrate two-dimensional shapes • Able to demonstrate scuttling actions • Able to move with floaty and fluttery dynamics • Able to move in the space using forwards, backwards, and sideway actions • Able to develop relationships away, towards, and around partner

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<p>Year 1 Coaches</p>	<p>Games</p> <p>Throwing and Catching</p> <p><u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To be able to throw a ball/ beanbag with accuracy • To be able to show an awareness of space • To be able to catch a ball/ beanbag with some control • To observe, describe and copy with others are doing • To work collaboratively with a partner 	<p>Gymnastics</p> <p>Balance and Agility</p> <p><u>Key Vocabulary</u> Balance, Agility, Movement, Stable, Creative, Space, Link, Sequence, Hold, Tension</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Show an awareness of personal and general space • To move with some confidence, imagination, and safety • To travel using ‘caterpillar’, ‘monkey’ and ‘crab’ walk • To travel in ‘crawling slider’ position • Discuss safety when using apparatus 	<p>Games</p> <p>Football</p> <p><u>Key Vocabulary</u> Dribble, Pass, Control, Goal, Space</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To begin to develop dribbling with control by using both feet and changing direction while moving at a slow pace. • To develop accurate short passes to a stationary partner while increasing the power of their pass. • Pupils will improve their first touch, stopping gently rolled balls with better control. • Pupils will be able to shoot at a goal using the top of the foot, aiming with increased precision. • To begin to recognise open spaces during movement activities and adjust their positioning accordingly. 	<p>Striking and Fielding</p> <p>Striking and fielding</p> <p><u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim, Strike, Field, Position, Communication, Co-operation</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To work collaboratively with a partner • To use a range of small equipment • To throw to a partner whilst developing accuracy • To be able to strike an object • To be able to listen and observe 	<p>Athletics</p> <p>Fundamentals of running, throwing and jumping Prep for Sports Day</p> <p><u>Key Vocabulary</u> Run, Throw, Jump, Speed, Accelerate, Distance, Height, Accuracy, Technique</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop a range of skills associated with Athletics • To understand how to change direction, levels and speeds • To develop a range of skills for distance and accuracy • To develop understanding of how we can use our body to improve performance • To develop skills in preparation for Athletic style events 	<p>Games</p> <p>Introduction to Invasion</p> <p><u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim, Kick, Speed, Direction, Dribble, Position</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop confidence in moving their bodies at different speeds and in different directions • To refine basic fundamental movement skills • To develop confidence when moving with equipment • Develop confidence in object control • To begin to develop confidence and understanding when sending a ball to a partner
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<p>Year 1 Teachers</p>	<p>Athletics Fundamentals</p> <p><u>Key Vocabulary</u> Run, Throw, Jump, Speed, Accelerate, Distance, Height, Accuracy, Technique</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop a range of skills associated with Athletics (run, jump, throw) • To understand how to change direction, levels and speeds • To develop a range of skills for distance and accuracy • To develop understanding of how we can use our body to improve performance • To develop skills in preparation for Athletic style events 	<p>Net & Wall <u>Tennis</u></p> <p><u>Key Vocabulary</u> Balance, Control, Strike, Follow Through, Target, Catch, Bowl/ Feed</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To aim and strike an object towards a set target • To balance a beanbag on a racket with control • To recognise and begin to use space in games • To attempt to strike a ball over and beyond a target • To work well with a partner 	<p>Games Basketball</p> <p><u>Key Vocabulary</u> Dribble, Pass, Catch, Shoot, Space, Control, Accuracy, Bounce, Target, Movement</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop basic dribbling skills, bouncing the ball with one hand while standing still. • Pupils will demonstrate the ability to pass the ball accurately over short distances using a chest pass. • Pupils will catch a ball passed gently to them with improved consistency. • Pupils will aim and throw the ball towards a hoop or target using an overarm throw. • Pupils will recognise and move into open spaces during simple basketball games. 	<p>Gymnastics Jump into the past</p> <p><u>Key Vocabulary</u> Balance, Agility, Movement, Stable, Creative, Space, Link, Sequence, Hold, Tension, Position, Direction, History</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To explore some different rolls • To explore gymnastic actions and still shapes • To watch, copy and describe what they and others have done • To create some wide & narrow shapes • To take off, jump & land with control 	<p>Dance UK Celebrations</p> <p><u>Key Vocabulary</u> Celebration, Sequence, Levels, Tempo, Speed, Rhythm, Creative</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To be able to demonstrate egg shapes • Able to demonstrate actions representing a chick • Able to demonstrate sudden and explosive dynamics • Able to use different floor patterns in the space • Able to develop relationships- create an excited dance with a partner 	<p>OAA Creative play</p> <p><u>Key Vocabulary</u> Create, Turn-taking, Communication, Cooperation, Rules, Teamwork, Decisions</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Develop more complex Fundamental movement skills • To work collaboratively within a group • To develop thinking and creativity • To develop decision making in games • To be able to work Independently
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<p>Year 2 Coaches</p>	<p>Games</p> <p>Team Building</p> <p><u>Key Vocabulary</u> Aim, Accuracy, Distance, Target, Catch, Follow through, Technique, Space, Aware</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To begin to aim towards a given target • To accurately pass and receive a range of balls • To further increase their understanding of space • To pass a ball using different parts of the body • To receive a ball using different parts of the body 	<p>Gymnastics</p> <p>Balance and Co-ordination</p> <p><u>Key Vocabulary</u> Balance, Co-ordination, Control, Tension, Rolls, Speed, Direction, Level, Sequence</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Travel, showing change of speed and direction • Develop body awareness through varying body balances • To perform 'Teddy bear' & 'Pencil' rolls • To adopt the positions of 'happy cat' & 'angry cat' • Create, remember, and perform simple movement sequences 	<p>Games</p> <p>Tag Rugby</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Pass, Receive</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To be able to work effectively within a small group • To begin to learn how to pass the ball to a partner • To develop agility and co-ordination • To begin to explore tactics, introducing positions and strategies to maximise the space • Pupils will be able to demonstrate good running technique, developing bilateral movements and carrying equipment whilst moving 	<p>Striking and Fielding</p> <p>Striking and Fielding</p> <p><u>Key Vocabulary</u> Throw, Catch, Control, Distance, Accurate, Underarm, Aim, Strike, Field, Position, Communication, Co-operation</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To work well with a partner or small group • To develop striking with accuracy • To demonstrate an underarm and overarm throw • To be able to receive equipment in different ways • To be able to listen and follow instructions 	<p>Athletics</p> <p>Track and Field Prep for Sports Day</p> <p><u>Key Vocabulary</u> Throw, Jump, Run, Sprint, Control, Distance, Height, Aim, Communication, Score, Direction, Teamwork, Technique, Push, Power, Land, Safety, Effort, Generate & Leap</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To demonstrate control when travelling. • To be able to change speed quickly by generating power through the legs. • To develop awareness of distance when jumping. • To develop the overarm throwing technique when throwing equipment. • To be able to work hard to beat their previous score 	<p>Games</p> <p>Sending and receiving</p> <p><u>Key Vocabulary</u> Aim, Accuracy, Distance, Target, Catch, Follow Through, Technique, Space, Aware</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To begin to aim towards a given target • To accurately pass and receive a range of balls • To further increase their understanding of space • To pass a ball using different parts of the body • To receive a ball using different parts of the body
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Teachers	<p>Athletics</p> <p>Movements</p> <p><u>Key Vocabulary</u> Accuracy, Distance, Height, Weight, Throw, Jump, Follow Through</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To run in a co-ordinated & fluent way over obstacles • Develop awareness of distance & weight • To throw a range of different throwing implements • Developing awareness of distance & height • To be able to jump safely with distance 	<p>Net and Wall Games</p> <p>Tennis</p> <p><u>Key Vocabulary</u> Balance, Control, Strike, Follow Through, Target, Catch, Bowl/ Feed</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To aim and strike a ball whilst it is bouncing • To balance a ball on a racket with control • To use agility well to change direction quickly • To attempt to strike a ball at or over a target • To work well with a partner or a small group 	<p>Games</p> <p>Dodgeball</p> <p><u>Key Vocabulary</u> Dodge, throw, catch, agility, teamwork, strategy, positioning.</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Pupils will improve their ability to throw a ball with more power and greater accuracy towards a target • Pupils will demonstrate the ability to catch balls thrown from varying distances and speeds. • Pupils will develop faster, more agile dodging techniques to avoid being hit by the ball. • Pupils will enhance their teamwork, learning to communicate and execute simple game strategies effectively. • Pupils will improve their positioning and tactical understanding, knowing where to stand to optimise their gameplay. 	<p>Gymnastics</p> <p>Famous People</p> <p><u>Key Vocabulary</u> Balance, Co-ordination, Control, Tension, Rolls, Speed, Direction, Level, Sequence, Support, Flight, Body-weight</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To take weight on different body parts • To develop knowledge of balance on large & small body parts • To adopt the positions forward and side lunge • To transition between positions 'Cup' & 'Saucer' • To set up apparatus safely and securely 	<p>Dance</p> <p>Traditional Dances</p> <p><u>Key Vocabulary</u> Celebration, Sequence, Levels, Tempo, Speed, Rhythm, Creative</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Able to demonstrate star and arch shapes • Able to demonstrate folk dance actions • Able to demonstrate happy and energetic dynamics • Able to use the space to create different formations • Able to develop relationships- folk dance moves with a partner 	<p>OAA</p> <p>Rule Making</p> <p><u>Key Vocabulary</u> Rules, Communication, Co-operation, Teamwork, Adapt, Competition, Creative</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To continually develop fundamental skills • To take part in competitive activities • To begin to work as a team • To further develop thinking and creativity • To create different rules for games
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<p>Year 3 Coaches</p>	<p>Games - Invasion Games</p> <p>Dribbling to invade</p> <p><u>Key Vocabulary</u> Attack, Defence, Dribble, Close Control, Space, Inside/ Outside, Deceive, Press, Shadow, Possession, Movement, Space, Man-Marking</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Develop dribbling skills with a stick and ball • To use the space within the pitch area • To develop knowledge of attacking whilst invading • Consolidate dribbling with a football • To attempt to keep possession whilst dribbling 	<p>Gymnastics</p> <p>Symmetrical Shapes</p> <p><u>Key Vocabulary</u> Symmetry, Identical, strength, Power, Control, Tension, Counterbalance, direction, Shape, Enter, Exit, Apparatus, Transition, Fluid</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To build strength through pushing & pulling motions • To perform with developing symmetry • To use a change of direction in between jumps • To copy and add to a shape • To find different ways to exit and enter apparatus 	<p>Games</p> <p>Football</p> <p><u>Key Vocabulary</u> Dribbling, Control, Passing, first touch, Shooting, Volleys, Half volleys, Positioning, Space, Anticipation</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To dribble with close control, changing speed and direction effectively • Pass accurately to moving teammates with good timing • Control balls from different heights and angles smoothly • Focus on timing of shots and develop volleys and half volleys using good co-ordination • Move into space, anticipate play and develop tactical knowledge during small sided games 	<p>Striking and Fielding</p> <p>Striking and Fielding <i>Tennis, rounders and cricket</i></p> <p><u>Key Vocabulary</u> Accuracy, Striking, Control, Space, Power, Technique, direction, Aim, Fielding, Trapping, Direction</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To be able to strike a ball with some accuracy • To vary the speed and direction of a ball • Perform the basic skills needed for the games with control and consistency • Describe what is successful in their own and other's play • To develop understanding of distance and power when striking 	<p>Athletics</p> <p>Track and Field Prep for Sports Day</p> <p><u>Key Vocabulary</u> Throw, Jump, Run, Sprint, Control, Distance, Height, Aim, Communication, Score, Direction, Teamwork, Technique, Push, Power, Land, Safety, Effort, Generate, Leap, Accelerate & Weight.</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To demonstrate good co-ordination • To be able to increase and decrease speed during relays • To understand how to and to be able to demonstrate jumping at a good distance • To develop a good throwing technique with a javelin • To work against a target/goal setting to improve performance 	<p>Games</p> <p>Quicksticks Hockey</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Communication, Direction, Pass</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Demonstrate greater understanding of technique when handling the hockey stick • Demonstrate accuracy and speed when passing a ball to a partner or teammate • Consolidate a range of dribbling skills using the hockey stick • To develop generating power when shooting • To develop working well in a small group or team
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<p>Teachers</p>	<p>Athletics Being an Athlete</p> <p><u>Key Vocabulary</u> Power, "Clean Palm, Dirty Neck", "Toe-Knee-Chin", Accuracy, Momentum, Distance, Javelin, Grip, Baton, Accelerate, Decelerate, Change-over, Fluency, Strength, Speed</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To attempt to throw a shot putt using the rotation technique • To consolidate different throwing techniques • To attempt a javelin throw using correct technique • To pass and receive a relay baton • Continually develop awareness of distance 	<p>Net and Wall Games Net and Wall Games</p> <p><u>Key Vocabulary</u> Rules, Fair Play, Sportsmanship, Gamesmanship, Respect, Underarm, Serve, Forearm/Forehand, Approach, Positioning, Space, Alert</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To identify & describe some rules of tennis & badminton • To explore the underarm serve technique • To explore forehand hitting • To move towards a ball or object before striking it • To explore the 'serve' technique (volleyball/badminton) 	<p>Games Basketball</p> <p><u>Key Vocabulary</u> Dribble, Chest Pass, Bounce Pass, Overhead Pass, Catch, Shoot, Space, Marking, Support, Possession</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To dribble with control while moving at different speeds, using alternate hands when appropriate to change direction • To pass accurately to teammates under pressure using chest, bounce, and overhead passes in dynamic situations. • To catch a variety of passes with control while on the move, including passes at different heights or speeds. • To shoot with improved accuracy and power, adjusting body position and footwork • To use basic attacking and defending principles in small-sided games, such as creating space, marking, and supporting teammates. 	<p>Gymnastics Travelling Romans</p> <p><u>Key Vocabulary</u> Creative, Travel, Bridges, Counterbalance, Levels, Mirror, Roll, Momentum, Shape, Tension, Control, Still, Contrast, Levels</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To travel in creative ways • To form different 'bridges' • To work collaboratively whilst mirroring travel • To consolidate different rolling techniques • To perform 'Shoulder stand' and 'Straddle' positions 	<p>Dance Bollywood</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Fine, Bollywood, Mudras, Gestures, Relationships, Unison, Canon, Illusions, Formation</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Able to express happy dynamics • Able to demonstrate physical skill- looking at the hands whilst dancing • Able to demonstrate Bollywood technique- 'mudras' and arm gestures • Able to demonstrate relationships- unison and canon • Able to create an illusion- 1 person with 6 arms 	<p>OAA Thinking Aloud</p> <p><u>Key Vocabulary</u> Trust, Communication, Co-operation, Listening, Problem Solving, Trial and Error, Map, Symbols, Key, Pathways, Routes</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To place trust in teammates • To develop problem solving skills • To create and recognise some map symbols • To develop basic map reading skills • Work cooperatively to solve group/ paired challenges
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<p>Year 4 Coaches</p>	<p>Games - Invasion Passing and Moving</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To know when to move within a game • To know when to pass during a game • Show an awareness of space and know how to use it in games • To travel using change of direction and speed easily • Describe what happens to their bodies when warming up 	<p>Gymnastics What's my Direction?</p> <p><u>Key Vocabulary</u> Accelerate, Decelerate, Travel, Movement, Tempo, Transition, Rhythm, Control, Tension, Flow, Sequence, Twist, Turn, Analyse, Strengths, Weaknesses</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To accelerate and decelerate whilst travelling • To develop some knowledge of Rhythmic Gymnastics • Perform a roll using control, body tension and flow • To use equipment within a sequence • Identify well performed skills when watching other groups 	<p>Games Rugby</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Play the Ball, W-grip, Hooker,</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop confidence in ball handling • To develop confidence in picking the ball up on the move • To begin to develop passing technique • To begin to understand the rules of Touch/ Tag Rugby • To experience adapted game play and scenarios 	<p>Striking and Fielding Striking and Fielding</p> <p><u>Key Vocabulary</u> Accuracy, Striking, Control, Space, Power, Technique, Direction, Aim, Fielding, Trapping, Direction, Overarm, Teamwork, Back-up, Long Barrier</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Throw an object with varying speed and accuracy • Throw an object or ball overarm • Choose appropriate positioning when fielding • Intercept an object or ball • Work collaboratively in small teams 	<p>Athletics Track and Field Prep for Sports Day</p> <p><u>Key Vocabulary</u> Throw, Jump, Run, Sprint, Control, Distance, Height, Aim, Communication, Score, Direction, Teamwork, Technique, Push, Power, Land, Safety, Effort, Generate, Leap, Accelerate & Weight.</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop the use of agility and balance when moving • To be able to increase and hold pace/speed during races • To understand how to and to be able to jump using good co-ordination • To consolidate throwing techniques for javelin, shot put and discus • To work well competitively against others 	<p>Games Quicksticks Hockey</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Communication, Direction, Pass</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop handling skills associated to quicksticks hockey • To begin to develop a push pass technique • To develop passing and dribbling on the move • To develop shooting technique • To experience attacking v defending scenarios putting skills into practice
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Teachers	<p>Athletics</p> <p>Record Breaking</p> <p><u>Key Vocabulary</u> Accelerate, Speed, Power, Take-Off, Flight, Position, Hang, Follow Through, Technique, Landing, Fluency</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To jump for height & distance • To explore different body positions in flight • To jump hurdles with developing technique • To communicate clearly with partners & teammates • To locate some of the major muscles in the body 	<p>Net and Wall Games</p> <p>Returning</p> <p><u>Key Vocabulary</u> Accuracy, Striking, Control, Aim, Power, Flight, Distance, Backhand, Overhand, Serve, Return, Rally, Spike, Position, Space</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop reaction time and agility • To explore backhand hitting • To attempt an overhand serve in tennis • To develop knowledge of returning & rallying • To attempt to 'Spike' in volleyball 	<p>Games</p> <p>Dodgeball</p> <p><u>Key Vocabulary</u> Accuracy, Reaction, Communication, Dodging Strategy</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Pupils will develop accuracy in aiming at moving targets and refine their control • To demonstrate confidence catching balls under pressure • Pupils will practise quick reactions and improved agility (sidesteps and spins) • To strengthen their ability to work as a team • To increase their understanding of game strategy 	<p>Gymnastics</p> <p>Symmetrical Stone Age</p> <p><u>Key Vocabulary</u> Symmetry, Tension, Shape, Accurate, Clear, Consistent, CounterBalance, Routine, Levels, Contrast, Mirror, Unison, Combination</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To perform the shapes of 'Skydiver' & 'Bridge' • To make movements accurate, clear, and consistent • To begin to use counterbalance • To introduce symmetry into routines and shapes • To combine action, balance and shape 	<p>Dance</p> <p>Charleston</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Flexion, Extension, Footwork, Patterns, Mirroring, Contrasting</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Able to express cheeky and over the top dynamics • Able to demonstrate physical skill- flexed wrists • Able to demonstrate Charleston technique- basic footwork patterns • Able to demonstrate relationships- mirroring • Able to demonstrate contrasting levels in still positions 	<p>OAA</p> <p>Decisions</p> <p><u>Key Vocabulary</u> Orienteering, Map Reading, Direction, Points of a Compass, Pathway, Route, Key, Symbols, Communication, Teamwork, Course, Obstacles</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Develop some knowledge of orienteering • To create their own course for a partner to follow • To learn some common map symbols • Choose & apply strategies to meet problems • Use a map to travel around a simple course
Teachers	<p>Swimming</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Pool Safety, Rules, Assessment & Group, Safe entry, Movement around pool, Face in blow bubbles, Sit & stand, Safe exit • Floating front & back, Move on front to standing, Move on to back to standing • Push & Glide front to & away from wall, log roll front to back to standing • Push & Glide back to & away from wall, log roll back to front to standing • Kick on Front & back with floats & without floats • Introduction to big pool, Safe entry, water confidence skills • Check floating front & back, Kick front & back with & without floats • Water Safety 					

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<p>Year 5 Coaches</p>	<p>Games</p> <p>Rules and concepts</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop knowledge of attacking and defending • To know how to 'mark' an opponent • To further develop their understanding of space • To recognise the importance of rules within games • Understanding the need to warm up and cool down 	<p>Gymnastics</p> <p>Abstract Angles</p> <p><u>Key Vocabulary</u> Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvement</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To perform a headstand • To link movements into a sequence • To perform a handstand • To work effectively as a group • To use various body positions to form different angles 	<p>Games</p> <p>Rugby</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Play the Ball, W-grip, Hooker, Dummy</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop confidence in ball handling • To develop confidence in picking the ball up on the move • To develop passing technique • To begin to understand the rules of Rugby/ Tag or Touch Rugby • To experience adapted game play and scenarios 	<p>Striking and Fielding</p> <p>Exploring striking and fielding</p> <p><u>Key Vocabulary</u> Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To explore the use of space during games • Choose appropriate positioning when fielding • To strike a ball/ object using both hands and feet • To retrieve, intercept, and stop a ball when fielding • To develop the range and consistency of their skill 	<p>Athletics</p> <p>Track and Field Prep for Sports Day</p> <p><u>Key Vocabulary</u> Throw, Jump, Run, Sprint, Control, Distance, Height, Aim, Communication, Score, Direction, Teamwork, Technique, Push, Power, Land, Safety, Effort, Generate, Leap, Accelerate & Weight.</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To show control when performing throwing, running and jumping techniques • To be able to develop different starting positions such as the sprint start • To consolidate a combination movement when jumping • To consolidate throwing techniques for javelin, shot put and discus and to be able to support others. • To develop different aspects of fitness for athletics disciplines. 	<p>Games</p> <p>Invasion in a team</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Win, Lose, Tactics</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop teamwork through communication • To play games competitively • To pass a ball towards a space for a teammate to receive • To apply a range of tactics and strategies for defence and attack • To understand how it feels to win and lose
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<p>Teachers</p>	<p>Athletics</p> <p>Olympic Training</p> <p><u>Key Vocabulary</u> Technique, Acceleration, Fluidity, Bounding, Power, Sprint Start, Explode, Momentum, Release, Training, Effort, Aerobic, Anaerobic</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop knowledge of the triple jump technique • To begin a sprint in the crouching position • To throw a discus with developing technique • Develop basic skills for acceleration • Develop knowledge of how to gain and maintain fitness 	<p>Net and Wall Games</p> <p>Accuracy and rallies in net games</p> <p><u>Key Vocabulary</u> Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To explore the use of space during games • Choose appropriate positioning when fielding • To strike a ball/ object using both hands and feet • To retrieve, intercept, and stop a ball when fielding • To develop the range and consistency of their skill 	<p>Games</p> <p>Dodgeball</p> <p><u>Key Vocabulary</u> Accuracy, Agility, Coordination, Strategy, Tactics</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Pupils will be able to target specific opponents and zones with high accuracy and controlled power • Pupils will demonstrate confidence in catching high-speed throws from different angles • Pupils will develop the ability to dodge with agility, immediately recovering • Pupils will implement advanced team strategies, including fake-outs, player rotations, and coordinated targeting • Pupils will demonstrate strong tactical awareness, quickly adapting their positioning and strategy 	<p>Gymnastics</p> <p>Viking Balance</p> <p><u>Key Vocabulary</u> Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvement, Powerful</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To gain elevation from a powerful run & jumping technique • Perform different movements with a range of dynamics • To perform a sequence of movements to music • To evaluate gymnastic performance • To review different methods of balance 	<p>Dance</p> <p>Rock n’ Roll</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Character, Lift, Trust</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Able to express energetic dynamics • Able to demonstrate physical skill- extension through the limbs • Able to demonstrate Rock n’ Roll technique- hand jive and flicks • Able to demonstrate relationships- contact work • Able to execute basic lift safely and competently 	<p>OAA</p> <p>Leadership</p> <p><u>Key Vocabulary</u> Orientation, map Reading, Navigation, Symbols, Key, Pathway, route, Leadership, Communication, Collaboration, Co-operation, Roles, Code, Respect</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Develop communication through speaking & listening • Work as a group to overcome a challenge • Learn some different ways of tying knots • Take part in Competitive orienteering activities • Plan a short loop course for a partner or group
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<p>Year 6 Coaches</p>	<p>Games Competitive Invasion</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Intercept, Reading the game, Body language, Sportsmanship, Respect</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To further develop knowledge of attacking and defending • To know how to intercept a pass • To know how to invade as a team • To communicate effectively with teammates • To develop sportsmanship 	<p>Gymnastics 'Perfecting' In Which Quadrant?</p> <p><u>Key Vocabulary</u> Balance, Routine, Control, Counter Balance, Body Weight, Support, Extend, Elevate, Points, Momentum, Levels, Symmetrical, Asymmetrical, Flight</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To review and perfect holding shapes in flight • To form asymmetrical body shapes • To identify different elements of a gymnastics routine • To review some complex gymnastics positions • To use gymnastics 	<p>Games Rugby</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Intercept, Reading the Game, Positioning, Intercept, Ball Play, Dummy</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To further develop basic passing and ball handling skills • To understand different ways to outwit a defender • To develop tactical awareness in gameplay scenarios • To showcase a range of developed skills, in isolation and transferring into competitive scenarios • To experience attacking v defending scenarios, putting skills into practice 	<p>Striking and fielding Teamwork</p> <p><u>Key Vocabulary</u> Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision, Overarm, Wicketkeeper, Teamwork, Communication</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To field as a collaborative team unit • To strike a ball or object 'cleanly' using different equipment • To retrieve, intercept, and stop a ball when fielding • To strike a ball or object using both sides of the body • Recognise their own and other's strengths 	<p>Athletics Olympics – Track and Field Prep for Sports Day</p> <p><u>Key Vocabulary</u> Throw, Jump, Run, Sprint, Control, Distance, Height, Aim, Communication, Score, Direction, Teamwork, Technique, Push, Power, Land, Safety, Effort, Generate, Leap, Accelerate & Weight.</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To measure, set goals and record performances. • To sustain pace over longer distances. • Develop a range of techniques and understanding of more complex disciplines. • Select and demonstrate appropriate techniques for specific events. • Learn how to train the body to cope with the demands of various disciplines 	<p>Games Invasion to score</p> <p><u>Key Vocabulary</u> Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Intercept, Reading the game, Body language, Sportsmanship, Respect</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To explore a variety of tactics/ problem solving skills as a team, showing developed communication/ cooperation • To further develop knowledge of defending • To dribble a ball with control and fluency using foot or hockey stick • To further develop knowledge of attacking • To strike a ball or object towards a target or goal with power and accuracy
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Teachers	<p>Athletics</p> <p>Athletics</p> <p><u>Key Vocabulary</u> Pace, Acceleration, Deceleration, Measure, Time, Accurate, Technique, Endurance, Stamina, Fitness, Power, Speed, Strength, Extend, Follow Through, Effort</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To develop the technique in order to race walk • Learn to measure & record performance • To train the body to run for a longer duration • To sustain pace over longer distances • To choose appropriate techniques for specific events 	<p>Net and Wall Games</p> <p>Tennis</p> <p><u>Key Vocabulary</u> Balance, control, strike, follow through, target, position, adjust, & attack.</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • To use a range of striking techniques with control • To develop attacking play by understanding what striking action will work in different situations • Understand and implement scoring systems and rules into competitive play • To develop the overhand serve and be able to use it to an advantage • Continue to develop competitive actions/movements/shots during gameplay and be able to evaluate performance 	<p>Games</p> <p>Dodgeball</p> <p><u>Key Vocabulary</u> Accuracy, Power, Agility, Teamwork, Strategy, Adaptability, Coordination, Decision-Making</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Pupils will demonstrate the ability to throw with accuracy, power, and decision-making, aiming at specific opponents or zones effectively • Pupils will confidently catch fast throws from various angles • Pupils will demonstrate agile dodging skills, using direction changes to evade throws from multiple opponents • Pupils will communicate and coordinate with teammates to apply advanced strategies • Pupils will demonstrate strong positional awareness, adapting tactics effectively to changing game situations 	<p>Gymnastics</p> <p>World War II</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Direction, Formation, Pathways, Travelling</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Able to move with a range dynamic to express different emotions • Able to execute jitterbug actions • Able to develop relationships -leading and following • Able to demonstrate unison as a group • Able to demonstrate and create shapes representing unity 	<p>Dance</p> <p>Street Dance</p> <p><u>Key Vocabulary</u> Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Character, Attitude, Top Rock, Slide, Helicopter, Momentum, Direction, Formation</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Able to express attitude and strong dynamics • Able to develop physical skill- strength in upper body • Able to demonstrate street dance technique- top rock, slides, helicopter • Able to demonstrate relationships- confrontation • Able to explore space- directions and formation 	<p>OAA</p> <p>Finding Success</p> <p><u>Key Vocabulary</u> Communication, Teamwork, Speaking, Listening, Adopt, Adapt, Challenge, Trial and Error, Problem Solving, Orienteering, Map Reading, Compass, Direction, Route, Pathways, Perseverance</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> • Develop communication through speaking & listening • Work as a group to overcome a challenge • Learn some different ways of tying knots • Take part in Competitive orienteering activities • Plan a short loop course for a partner or group
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