

Long term plan 2016-2017- I can statements

Subject: Physical Education		Year Group: R – Y6			Term: 2016 - 2017	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS/KS1						
R 4-5	Move with	Move with (4 weeks)	Yoga	Dance (O)	Games(ABC- <i>athletics</i>)	Gymnastics (L)
ELG/I can	<p>48 months Uses cross lateral movement to move forwards and negotiate space moving through tunnels, dens or when on a wheeled vehicle.</p>	<p>54 months Moves with confidence in a range of ways negotiating space and is able to use one handed equipment.</p>	<p>60 months Moves in different ways, is able to adjust speed and direction and is able to use precision to control and manipulate resources and small equipment.</p>	<p>60 months Moves in different ways, is able to adjust speed and direction and is able to use precision to control and manipulate resources and small equipment.</p>	<p>ELG- 66 months Children show good control and good co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating equipment and tools effectively.</p>	<p>ELG- 66 months + exceeding- 67+ months Children show good control and good co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating equipment and tools effectively. Children can hop confidently and skip in time to music.</p>

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<p>Y1 5-6</p>	<p>MAD fitness</p> <ul style="list-style-type: none"> • I can move to music. • I can copy dance moves. • I can perform my own dance moves. • I can make up a short dance. • I can move safely in a space. <ul style="list-style-type: none"> • I can copy actions. • I can repeat actions and skills. • I can move with control and care. • I can use equipment safely. 	<p>Gymnastics (S)/</p> <ul style="list-style-type: none"> • I can make my body curled, tense, stretched and relaxed. • I can control my body when travelling and balancing. • I can copy sequences and repeat them. • I can roll, curl, travel and balance in different ways. <ul style="list-style-type: none"> • I can copy actions. • I can repeat actions and skills. • I can move with control and care. • I can use equipment safely. 	<p>Yoga</p> <ul style="list-style-type: none"> • I can copy actions. • I can repeat actions and skills. • I can move with control and care. • I can use equipment safely. 	<p>Gymnastics (O)</p> <ul style="list-style-type: none"> • I can make my body curled, tense, stretched and relaxed. • I can control my body when travelling and balancing. • I can copy sequences and repeat them. • I can roll, curl, travel and balance in different ways. <ul style="list-style-type: none"> • I can copy actions. • I can repeat actions and skills. • I can move with control and care. • I can use equipment safely. 	<p>Dance (L)</p> <ul style="list-style-type: none"> • I can move to music. • I can copy dance moves. • I can perform my own dance moves. • I can make up a short dance. • I can move safely in a space. <ul style="list-style-type: none"> • I can copy actions. • I can repeat actions and skills. • I can move with control and care. • I can use equipment safely. 	<p>Games(ABC multi skills)</p> <ul style="list-style-type: none"> I can throw underarm. • I can hit a ball with a bat. • I can move and stop safely. • I can throw and catch with both hands. • I can throw and kick in different ways. <ul style="list-style-type: none"> • I can copy actions. • I can repeat actions and skills. • I can move with control and care. • I can use equipment safely.
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<p>Y2 6-7</p>	<p>Dance (S)/ Move with (AP)/MAD fitness (WW)</p> <ul style="list-style-type: none"> • I can change rhythm, speed, level and direction in my dance. • I can dance with control and coordination. • I can make a sequence by linking sections together. • I can use dance to show a mood or feeling. • I can copy and remember actions. • I can talk about what is different from what I did and what someone else did. 	<p>Move with (AP)/ABC/ Gymnastics (S)</p> <ul style="list-style-type: none"> • I can plan and perform a sequence of movements. • I can improve my sequence based on feedback. • I can think of more than one way to create a sequence which follows some 'rules'. • I can work on my own and with a partner. • I can copy and remember actions. • I can talk about what is different from what I did and what someone else did. 	<p>Yoga/ ABC</p> <ul style="list-style-type: none"> • I can copy and remember actions. • I can talk about what is different from what I did and what someone else did. 	<p>Gymnastics (O)/ ABC</p> <ul style="list-style-type: none"> • I can plan and perform a sequence of movements. • I can improve my sequence based on feedback. • I can think of more than one way to create a sequence which follows some 'rules'. • I can work on my own and with a partner. • I can copy and remember actions. • I can talk about what is different from what I did and what someone else did. 	<p>Dance (L)/ Games(ABC attacking and defending- <i>hockey</i>)</p> <ul style="list-style-type: none"> • I can change rhythm, speed, level and direction in my dance. • I can dance with control and coordination. • I can make a sequence by linking sections together. • I can use dance to show a mood or feeling. • I can use hitting, kicking and/or rolling in a game. • I can decide the best space to be in during a game. • I can use one tactic in a game. 	<p>Gymnastics (L)/ Games(ABC attacking and defending- <i>netball</i>)</p> <ul style="list-style-type: none"> • I can plan and perform a sequence of movements. • I can improve my sequence based on feedback. • I can think of more than one way to create a sequence which follows some 'rules'. • I can work on my own and with a partner. • I can use hitting, kicking and/or rolling in a game. • I can decide the best space to be in during a game. • I can use one
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					<ul style="list-style-type: none">• I can follow rules.• I can copy and remember actions.• I can talk about what is different from what I did and what someone else did.	<ul style="list-style-type: none">• I can follow rules.• I can copy and remember actions.• I can talk about what is different from what I did and what someone else did.
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KS2						
Y3 7-8	<p>Sale Sharks (2 lessons 1 practical, 1 theory)/ Dance (S)</p> <ul style="list-style-type: none"> • I can improvise freely and translate ideas from a stimulus into movement. • I can share and create phrases with a partner and small group. • I can repeat, remember and perform phrases. <ul style="list-style-type: none"> • I can throw and catch with control. • I am aware of space and use it to support team-mates and to cause problems for the opposition. • I know and use rules fairly. 	<p>Gymnastics (S)/ ABC</p> <ul style="list-style-type: none"> • I can adapt sequences to suit different types of apparatus and criteria. • I can explain how strength and suppleness affect performance. • I can compare and contrast gymnastic sequences. 	<p>OAA/ Yoga</p> <ul style="list-style-type: none"> • I can improvise freely and translate ideas from a stimulus into movement. • I can share and create phrases with a partner and small group. • I can repeat, remember and perform phrases. <p>I can follow a map in a familiar context.</p> <ul style="list-style-type: none"> • I can use clues to follow a route. • I can follow a route safely. 	<p>Gymnastics (O)/ Games (L)</p> <ul style="list-style-type: none"> • I can adapt sequences to suit different types of apparatus and criteria. • I can explain how strength and suppleness affect performance. • I can compare and contrast gymnastic sequences. <ul style="list-style-type: none"> • I can throw and catch with control. • I am aware of space and use it to support team-mates and to cause problems for the opposition. • I know and use rules fairly. 	<p>Games (Striking and fielding-<i>rounders</i>)/ Athletics</p> <ul style="list-style-type: none"> • I can throw and catch with control. • I am aware of space and use it to support team-mates and to cause problems for the opposition. • I know and use rules fairly. <ul style="list-style-type: none"> • I can run at fast, medium and slow speeds; changing speed and direction. • I can take part in a relay, remembering when to run and what to do. 	<p>Games (Net and wall-<i>tennis</i>)/ Athletics</p> <ul style="list-style-type: none"> • I can throw and catch with control. • I am aware of space and use it to support team-mates and to cause problems for the opposition. • I know and use rules fairly. <ul style="list-style-type: none"> • I can run at fast, medium and slow speeds; changing speed and direction. • I can take part in a relay, remembering when to run and what to do.

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<p>Y4 8-9</p>	<p>(2 lessons 1 practical, 1 theory)/ Year 4 Swimming</p> <ul style="list-style-type: none"> • I can take the lead when working with a partner or group. • I can use dance to communicate an idea. • I can throw and catch with control. • I am aware of space and use it to support team-mates and to cause problems for the opposition. • I know and use rules fairly. 	<p>Gymnastics (S)/ Year 4 Swimming</p> <ul style="list-style-type: none"> • I can work in a controlled way. • I can include change of speed and direction. • I can include a range of shapes. • I can work with a partner to create, repeat and improve a sequence with at least three phases. 	<p>OAA/ Yoga</p> <ul style="list-style-type: none"> • I can follow a map in a (more demanding) familiar context. • I can follow a route within a time limit. 	<p>Gymnastics (O)/ Games (L)</p> <ul style="list-style-type: none"> • I can work in a controlled way. • I can include change of speed and direction. • I can include a range of shapes. • I can work with a partner to create, repeat and improve a sequence with at least three phases. • I can catch with one hand. • I can throw and catch accurately. • I can hit a ball accurately with control. • I can keep possession of the ball. • I can vary tactics 	<p>Games (Striking and fielding- <i>cricket</i>)/ Athletics</p> <ul style="list-style-type: none"> • I can catch with one hand. • I can throw and catch accurately. • I can hit a ball accurately with control. • I can keep possession of the ball. • I can vary tactics and adapt skills depending on what is happening in a game. • I can run over a long distance. • I can sprint over a short distance. • I can throw in different ways. • I can hit a target. • I can jump in 	<p>Games (Net and wall-<i>tennis</i>)/ Athletics</p> <ul style="list-style-type: none"> • I can catch with one hand. • I can throw and catch accurately. • I can hit a ball accurately with control. • I can keep possession of the ball. • I can vary tactics and adapt skills depending on what is happening in a game. • I can run over a long distance. • I can sprint over a short distance. • I can throw in different ways. • I can hit a target.
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				and adapt skills depending on what is happening in a game.	different ways.	• I can jump in different ways.
Y5 9-10	<p>OAA/ MAD fitness</p> <ul style="list-style-type: none"> • I can follow a map in an unknown location. • I can use clues and a compass to navigate a route. • I can change my route to overcome a problem. • I can use new information to change my route. 	<p>Gymnastics (S)/ ABC</p> <ul style="list-style-type: none"> • I can make complex extended sequences. • I can combine action, balance and shape. • I can perform consistently to different audiences. 	<p>Dance (O)/ Yoga</p> <ul style="list-style-type: none"> • I can compose my own dances in a creative way. • I can perform to an accompaniment. • My dance shows clarity, fluency, accuracy and consistency. 	<p>Gymnastics (O)/ Games (L)</p> <ul style="list-style-type: none"> • I can make complex extended sequences. • I can combine action, balance and shape. • I can perform consistently to different audiences. • I can gain possession by working a team. • I can pass in different ways. • I can use forehand and backhand with a racket. • I can field. • I can choose a 	<p>Games (Striking and fielding-rounders)/ Athletics</p> <ul style="list-style-type: none"> • I can gain possession by working a team. • I can pass in different ways. • I can use forehand and backhand with a racket. • I can field. • I can choose a tactic for defending and attacking. • I can use a number of techniques to pass, dribble and shoot. 	<p>Games (Net and wall-tennis)/ Athletics</p> <ul style="list-style-type: none"> • I can gain possession by working a team. • I can pass in different ways. • I can use forehand and backhand with a racket. • I can field. • I can choose a tactic for defending and attacking. • I can use a number of techniques to pass, dribble and shoot.

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				<p>tactic for defending and attacking.</p> <ul style="list-style-type: none"> • I can use a number of techniques to pass, dribble and shoot. 	<ul style="list-style-type: none"> • I can controlled when taking off and landing. • I can throw with accuracy. • I can combine running and jumping. 	<ul style="list-style-type: none"> • I can controlled when taking off and landing. • I can throw with accuracy. • I can combine running and jumping.
<p>Y6 10-11</p>	<p>OAA/ MAD fitness</p> <ul style="list-style-type: none"> • I can plan a route and a series of clues for someone else. • I can plan with others taking account of safety and danger. 	<p>Gymnastics (S)/ ABC</p> <ul style="list-style-type: none"> • I can combine my own work with that of others. • I can link sequences to specific timings. 	<p>Dance (O)/ Yoga</p> <ul style="list-style-type: none"> • I can develop sequences in a specific style. • I can choose my own music and style. 	<p>Gymnastics (O)/ Games (L)</p> <ul style="list-style-type: none"> • I can combine my own work with that of others. • I can link sequences to specific timings. • I can play to agreed rules. • I can explain rules. • I can umpire. • I can make a team and 	<p>Games (Striking and fielding-<i>Cricket</i>)/ Athletics</p> <ul style="list-style-type: none"> • I can play to agreed rules. • I can explain rules. • I can umpire. • I can make a team and communicate plan. • I can lead others in a game situation. 	<p>Games (Net and wall-<i>tennis</i>)/ Athletics</p> <ul style="list-style-type: none"> • I can play to agreed rules. • I can explain rules. • I can umpire. • I can make a team and communicate plan. • I can lead others in a game situation.

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				communicate plan. • I can lead others in a game situation.	• I can demonstrate stamina.	• I can demonstrate stamina.
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I can statements

Orange- Dance

Red- Gymnastics

Green- Games

OAA- Purple

Athletics- Pink

General- Blue