

SBeam County Primary School: Long-term Component Map

Subject: PE

EYFS (Reception)



Domain	Ball skills	Gymnastics (floor & apparatus)	Movement to Music	Run, Chase, Tag	Run, Jump, Throw
Composite Goal(s)	Show increasing control over an object in pushing, patting, throwing, catching or kicking it.	Experiment with different ways of moving; jump off an object and lands appropriately; travel with confidence and skill around, under, over and through balancing and climbing equipment; and show understanding of the need for safety when tackling new challenges and considers and manages some risks.	Experiment with different ways of moving; travel with confidence; and negotiate space successfully	Negotiate space successfully when playing, racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.	Show an understanding of how to run, jump and throw in various athletics-based activities.
Components	<ol style="list-style-type: none"> 1. Throw a ball with one or two hands. 2. Catch a large ball with two hands. 3. Catch a small ball with two hands. 4. Control moving a ball with both feet. 5. Kick a large ball. 6. Work safely and can manage some risk. 	<ol style="list-style-type: none"> 1. Travelling – across, over, under and through gymnastics area/equipment with confidence. 2. Balancing and taking weight on arms – on a bench, and on the floor with 4 and 3 points of contact. 3. Rotating – log roll, half turn/full turn jump and some complete a forward roll 4. Flight - Jumping & Landing on the floor (broad jump) and from a bench (straight jump). 5. Linking 3 movements together – they demonstrate linking at least 3 gymnastics movement. 	<ol style="list-style-type: none"> 1. Copy, repeat and explore simple actions. 2. Perform with basic control. 3. Identifies simple actions. 	<ol style="list-style-type: none"> 1. Can run and change direction. 2. Can run, avoid obstacles and other children. 3. Can run, dodge and avoid being tagged. 4. Can chase and tag others. 5. Can understand and participate in basic tagging and chasing games. 	<ol style="list-style-type: none"> 1. Running – understands how to race as an individual and as part of a team in relays. 2. Jumping – can jump and land safely in various activities. 3. Throwing – can throw various objects in different ways.

Beam County Primary School: Long-term Component Map

Subject: PE

Year 1



KS1: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Domain	Ball skills & Dodging games	Gymnastics (floor & apparatus)	Athletics: Run, jump, throw	Ball skills with feet	Ball skills for tennis	Movement to music
Composite Goal(s)	Master basic throwing and catching, as well as developing balance, agility and coordination; participate in team games developing simple tactics for attacking and defending.	Master basic movements developing balance, agility and co-ordination.	Develop fundamental movement skills; become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others; and engage in competitive (against self and against others) and co-operative physical activities, in a range of challenging situations	Master basic movements developing balance, agility and co-ordination. Participate in team games, developing simple tactics for attacking and defending	Master basic movements developing balance, agility and co-ordination. Participate in team games, developing simple tactics for attacking and defending	Perform dances using simple movement patterns.
Components	<ol style="list-style-type: none"> Use hands to send, a ball to a partner through, rolling, bouncing, or throwing. Use hand to receive a ball from a partner who has rolled, bounced, or thrown it. Apply rolling, bouncing, throwing, catching, and retrieving skills in small-sided games with increasing control. 	<ol style="list-style-type: none"> Travelling movements keeping in space such as hopping, skipping and jumping. Balancing with one, two, three or four points of contact. Rotation movements such as twisting/turning movements and forwards roll (straight and some with shaped finishes such as tuck, pike or straddle). Inverted movements such as shoulder stand and 	<ol style="list-style-type: none"> Apply the principles of running fast using arms, body & legs. Apply the principles of Running fast whilst working in team relays. Applying the principles of throwing for distance, using arms, body, and legs. Apply the principles of Jumping for height, distance, and speed, using arms, body & legs. 	<ol style="list-style-type: none"> Use feet to move, turn and change direction. Use feet to pass the ball/hit at a target. Use feet to get a ball from another player (defending). Use balls skills with feet to beat an opponent (attacking). Apply thinking & Social skills. 	<ol style="list-style-type: none"> Throw and catch a tennis ball underarm. Throw and catch a tennis ball overarm. Bounce and catch a tennis ball during static practices. Throw and catch a tennis ball during moving practices. Stop a tennis ball with a racket. Push and roll a tennis ball with a racket. 	<ol style="list-style-type: none"> Select a range of simple actions to show an idea/theme. Perform with basic control and co-ordination. Describe a short sequence of others ideas.

	<p>4. Apply throwing, moving and dodgeball skills during small sided dodgeball type games.</p> <p>5. Apply basic principles of defence & attack during dodgeball type games.</p> <p>6. Apply thinking and social skills.</p>	<p>bunny hop kick. Some children will be able to demonstrate an emergence of a handstand position.</p> <p>5. Flight: Particularly jumping and landing on the floor (broad jump) and from apparatus with control.</p> <p>6. Apparatus - You are able to transfer some movements from the floor to apparatus and begin to demonstrate the ability to link movements together. You can safely and efficiently move appropriate equipment when asked.</p>	<p>5 Sustain activity over an extended run (endurance).</p> <p>6 Applying thinking & Social skills.</p>			
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Beam County Primary School: Long-term Component Map

Subject: PE

Year 2



KS1: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Domain/Unit	Ball skills with feet	Ball skills & dodging games	Gymnastics (floor & apparatus)	Run, jump, throw	Movement to music	Ball skills for tennis
Composite Goal(s)	<p>Master basic movements including running, developing balance, agility and co-ordination, and begin to apply these in football.</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>Master basic throwing and catching, as well as developing balance, agility and co-ordination.</p> <p>Participate in team games developing simple tactics for attacking and defending.</p>	<p>Master basic movements developing balance, agility and co-ordination.</p>	<p>Master basic movements including running, jumping, throwing as well as developing balance, agility and co-ordination.</p>	<p>Perform dances using simple movement patterns.</p>	<p>Master basic movements developing balance, agility and co-ordination. participate in team games, developing simple tactics for attacking and defending</p>
Components (32 weeks)	<ol style="list-style-type: none"> 1. Use feet to move and control a ball. 2. Use feet to move, turn and change direction. 3. Use feet to pass the ball/hit a target. 4. Use feet to get a ball from another player. 5. Use ball skills with feet to beat an opponent. 6. Apply thinking and social skills. 	<ol style="list-style-type: none"> 1. Use hands, arms, body and legs to throw to, and at, a partner and opponent. 2. Use hands, arms, body and legs to catch a ball from a partner or an opponent. 3. Use hands, arms, body and legs to retrieve a ball quickly from a partner/ opponent. 4. Dodge and avoid 'getting out' during games. 5. Apply basic principles of defence and attack 	<ol style="list-style-type: none"> 1. Travelling movements keeping in space such as hopping, skipping and jumping. 2. Balancing with one, two, three or four points of contact. 3. Rotation movements such as twisting/turning movements and forwards roll (straight and some with shaped finishes such as tuck, pike or straddle). 4. Inverted movements such as shoulder stand and bunny hop kick. Some children will be able to demonstrate an emergence of a handstand position. 	<ol style="list-style-type: none"> 1. Apply the principles of running fast using arms, body & legs. 2. Apply the principles of Running fast whilst working in team relays 3. Apply the principles of Jumping for height, distance, and speed, using arms, body & legs. 4. Applying the principles of throwing for distance, using arms, body, and legs. 5. Sustain activity over an extended run (endurance). 	<ol style="list-style-type: none"> 1. Select a range of simple actions to show an idea/theme. 2. Perform with basic control and co-ordination. 3. Describe a short sequence of others ideas. 	<ol style="list-style-type: none"> 1. Stop a tennis ball with a racket. 2. Move a tennis ball along the ground with a racket. 3. Send a tennis ball towards a partner after a bounce. 4. Balance/bounce a tennis ball on a racket. 5. Demonstrate 'keep ups' with a racket and tennis ball. 6. Work with a partner to send and receive a tennis ball continuously.

		<p>during dodgeball type games.</p> <p>6. Apply thinking and social skills.</p>	<p>5.Flight: Particularly jumping and landing on the floor (broad jump) and from apparatus with control.</p> <p>6.Apparatus: You are able to transfer some movements from the floor to apparatus and begin to demonstrate the ability to link movements together. You can safely and efficiently move appropriate equipment when asked.</p>	<p>6. Applying thinking & Social skills</p>		
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Beam County Primary School: Long-term Component Map

Subject: PE

Year 3



Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Domain	Tag Rugby Dance	Athletics Football	Gymnastics Outdoor & Adventurous	Benchball Rounders	Tennis Swimming	Dodgeball Athletics
Composite Goal(s)	<p>Play competitive tag rugby games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Perform dances using simple movement patterns.</p>	<p>Develop flexibility, strength, technique, control and balance through running, jumping, throwing and catching in isolation and in combination. Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>-----</p> <p>Play competitive football games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Develop flexibility, strength, technique, control through gymnastics.</p> <p>-----</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Play competitive benchball games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Play competitive games rounders games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Play competitive tennis games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water based situations.</p>	<p>Play competitive dodgeball games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Develop flexibility, strength, technique, control and balance through running, jumping, throwing and catching in isolation and in combination. Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>
Components	<ol style="list-style-type: none"> 1. Pass the ball with accuracy during static and dynamic practice. 2. Pass a ball with accuracy during a moving/small-sided game. 3. Run forwards with the ball in two hands. 4. Dodge/side step to avoid opponents when running forwards. 5. Defend as an individual during 1v1 practice and as a team during 4v2 and 5v3 practice and games. 6. Demonstrate success at passing, catching, attacking and defending during small-sided games. <p>-----</p>	<ol style="list-style-type: none"> 1. Demonstrate the ability to sustain activity and run continuously without stopping for 3 minutes. 2. Become more consistent at independently starting a sprint race. 3. Begin to combine running fast with sustained activity. 4. Complete multi-skill obstacle courses. 5. Apply the basic technique for jumping for height, distance and speed. 6. Compete against peers in speed bounce, vertical jump, standing triple jump and standing long jump. 	<ol style="list-style-type: none"> 1. Perform Travelling movements keeping in space such as hopping, skipping and jumping (broad jump) with control. 2. Perform Balancing with one, two, three or four points of contact on floor and apparatus (held still/stretched for 3 seconds) 3. Perform some Rotation movements such as twisting/turning movements and forwards roll (straight and some with shaped finishes such as tuck, pike or straddle) and backwards rolls. 	<ol style="list-style-type: none"> 1 Demonstrate Passing & receiving - chest pass & bounce pass. 2 Demonstrate Footwork – Jump stop & pivoting. 3 Demonstrate passing and moving for attacking. 4 Demonstrate individual defence during Small sided games. 5 Application of thinking & Social skills. <p>-----</p> <ol style="list-style-type: none"> 1. Fielding Can field a ball moving towards you during practice. 2. Bowling 	<ol style="list-style-type: none"> 1. Demonstrate the correct grip with the racket. 2. Serve the ball to a partner from an underarm serve with a bounce. 3. Develop the forehand technique through 'catch it on the racket' rallies against an opponent. 4. Maintain a short rally with a partner. 5. Apply the basic principles learnt to compete against an opponent in adapted tennis games using a 1 bounce underarm serve 	<ol style="list-style-type: none"> 1. Throwing - Demonstrate throwing with one hand with some accuracy 2. Catching - Demonstrate catching with one or two hands 3. Dodging - Demonstrate the ability to dodge and avoid being tagged/hit 4. Attacking - Demonstrates the ability to apply throwing skills to get opponents out and therefore influence the outcome of the game. 5. Defending - Demonstrates the ability to defend using a ball, dodging, positioning on the court and catching a ball thrown at them.

	<p>1. Select and use actions to show a theme/idea.</p> <p>2. Demonstrate different use of space.</p> <p>3. Demonstrate different dynamics.</p> <p>4. Demonstrate different relationships.</p> <p>5. Identify how to improve using the space, dynamics and relationships.</p>	<p>7. Demonstrate the ability to throw tennis ball/nerf ball/foam javelin & medicine ball as far as they can with effective use of arms/body/legs.</p> <p>-----</p> <p>1. Can dribble the ball with one/two feet at different speeds.</p> <p>2. Can dribble the ball with one/two feet and go past an opponent in a 1v1 situation.</p> <p>3. Can Pass the ball to a partner in practice and sometimes in a 2v2 game.</p> <p>4. Can apply the basic principles of defending in 1v1 situations.</p> <p>5. Demonstrates dribbling, passing and defending in SSG's.</p> <p>6. Application of thinking and social skills. Can use simple terms to describe the performance of others and express an opinion. Describe some of the changes that happen to your body during exercise. Work safely, individually and with a range of other peers in your class</p>	<p>4. Perform Inverted movements such as shoulder stand and bunny hop kick. Some children will be able to demonstrate an emergence of a headstand, handstand and cartwheel position.</p> <p>5. Perform Flight from apparatus demonstrating good landings from straight jumps and some using straight, tuck, straddle or pike jumps</p> <p>6. Perform a sequence linking movements together using the floor and apparatus.</p> <p>-----</p> <p>1. Problem Solving Respond to the problems set creatively with a partner and in a small group</p> <p>2. Communication Communicate effectively as part of a team.</p> <p>3. Basic Map reading be able to read a basic map and orientate the body and map accordingly</p> <p>4. Following a trail devise a simple plan and follow a marked trail</p> <p>5. Teamwork Work as part of a team to complete/follow a trail.</p> <p>6. Application: be able solve a problem using ideas learned previously.</p>	<p>Bowl underarm with some accuracy from 4-6 strides to reach the batting square above knee height.</p> <p>3. Batting Hold the bat in one hand and hit the ball during practice.</p> <p>4. Game Can apply the skills of batting and fielding during games as part of a team.</p>	<p>and 'catch it on the racket'. -----</p> <p>1. Shout and signal for rescue - What to do.</p> <p>2. Front – safe entry and travel feet off the pool floor on front; travel 10m using arms and legs Identify an open water hazard</p> <p>3. Back- safe entry and travel feet off pool floor on back; travel 10m using arms and legs</p> <p>4. Rotate from front to back and back to front and regain standing position.</p> <p>5. Tuck and float hold for 5 seconds.</p> <p>6. Jump into water & fully submerge (at least 1m depth), pick up an object, surface and swim back to the side.</p> <p>7. Push & glide to pool floor and exit water without use of steps. Push & glide to travel on front 5m. Tuck and rotate to back and return to side.</p> <p>8. Perform sequence of 3 floating shapes.</p> <p>9. Push and glide on back and rotate to front (log roll). Push and glide on front and rotate to back (log roll).</p>	<p>6. Apply thinking and social skills</p>
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Beam County Primary School: Long-term Component Map

Subject: PE

Year 4



Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Domain	Tag Rugby Dodgeball	Athletics Football	Gymnastics Outdoor & Adventurous	Benchball Rounders	Tennis Cricket	Dance Athletics
Composite Goal(s)	<p>Play competitive tag rugby games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Play competitive dodgeball games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Develop flexibility, strength, technique, control and balance through running, jumping, throwing and catching in isolation and in combination. Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>-----</p> <p>Play competitive football games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Develop flexibility, strength, technique, and control through gymnastics.</p> <p>-----</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Play competitive benchball games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Play competitive games rounders games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Play competitive tennis games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Play competitive games cricket games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Perform dances using a range of movement patterns.</p> <p>-----</p> <p>Develop flexibility, strength, technique, control and balance through running, jumping, throwing and catching in isolation and in combination. Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>
Components	<ol style="list-style-type: none"> 1. Pass the ball with accuracy during static and dynamic practice. 2. Pass a ball with accuracy during a moving/small-sided game. 3. Run forwards with the ball in two hands. 4. Dodge/side step to avoid opponents when running forwards. 5. Defend as an individual during 1v1 practice and as a team during 4v2 and 5v3 practice and games. 6. Demonstrate success at passing, catching, 	<ol style="list-style-type: none"> 1. Use arms, body & legs to maximise throwing for distance. 2. Use arms, body & legs to maximise throwing for distance. 3. Use arms, body & legs to maximise jumping for height & distance. 4. Sustain activity over an extended SHA run. 5. Thinking & Social Demonstrate determination to achieve their personal best performance. <p>-----</p> <ol style="list-style-type: none"> 1. Can dribble the ball with one/two feet at different speeds. 	<ol style="list-style-type: none"> 1. Perform Travelling movements keeping in space such as hopping, skipping and jumping (broad jump) with control. 2. Perform Balancing with one, two, three or four points of contact on floor and apparatus (held still/stretched for 3 seconds) 3. Perform some Rotation movements such as twisting/turning movements and forwards roll (straight and some with shaped finishes such as tuck, pike or straddle) and backwards rolls. 4. Perform Inverted movements such as shoulder stand and bunny hop kick. Some children will be able to 	<ol style="list-style-type: none"> 1 Demonstrate Passing & receiving - chest pass & bounce pass. 2 Demonstrate Footwork – Jump stop & pivoting. 3 Demonstrate passing and moving for attacking. 4 Demonstrate individual defence during Small sided games. 5 Application of thinking & Social skills. <p>-----</p> <ol style="list-style-type: none"> 1. Fielding Become more consistent at fielding a ball during practices and games. 2. Bowling 	<ol style="list-style-type: none"> 1. Demonstrate the correct grip with a racket and stance when receiving a service. 2. Serve the ball to a partner from an underarm serve without a bounce. 3. Develop the forehand technique with/without 'catch it on the racket' rallies against an opponent. 4. Able to maintain a collaborative rally with a partner. 5. Apply the basic principles learnt to compete against an opponent in adapted tennis games with/without one bounce underarm serve and one/two bounce for return. <p>-----</p>	<ol style="list-style-type: none"> 1. Select and use actions to show a theme/idea. 2. Demonstrate different use of space. 3. Demonstrate different dynamics. 4. Demonstrate different relationships. 5. Identify how to improve using the space, dynamics and relationships. <p>-----</p>

	<p>attacking and defending during small-sided games.</p> <p>-----</p> <p>1. Throwing - Demonstrate throwing with one hand with some accuracy.</p> <p>2. Catching - Demonstrate catching with one or two hands.</p> <p>3. Dodging - Demonstrate the ability to dodge and avoid being tagged/hit.</p> <p>4. Attacking - Demonstrates the ability to apply throwing skills to get opponents out and therefore influence the outcome of the game.</p> <p>5. Defending - Demonstrates the ability to defend using a ball, dodging, positioning on the court and catching a ball thrown at them.</p> <p>6. Apply thinking and social skills</p>	<p>2. Can Pass the ball to a partner in practice and sometimes in a 2v2 game.</p> <p>3. Can apply the basic principles of defending in 1v1 situations.</p> <p>4. Can apply the basic principles of defending in 2v2 situations.</p> <p>5. Can apply the principles of shooting with the laces and side of foot during practice.</p> <p>6. Demonstrates dribbling, passing, defending & shooting in SSG's.</p> <p>7. Demonstrates dribbling, passing, defending and shooting.</p>	<p>demonstrate an emergence of a headstand, handstand and cartwheel position.</p> <p>5. Perform Flight from apparatus demonstrating good landings from straight jumps and some using straight, tuck, straddle or pike jumps</p> <p>6. Perform a sequence linking movements together using the floor and apparatus.</p> <p>-----</p> <p>1. Problem solving Work as a team in planning solutions or responses to a problem</p> <p>2. Team work Communicate effectively with their group, working together to respond to a problem.</p> <p>3. Map Reading Use maps to orientate themselves and travel around a simple course.</p> <p>4. Develop orienteering skills Use maps to orientate themselves.</p> <p>5. Physical Understand the importance of using physicality when orienteering</p> <p>6. Application of thinking and social skills Communicate effectively. Work as part of a team to achieve a common goal. Explain strengths and weakness in approaches to problems. Work as a team in planning solutions or responses to a problem.</p>	<p>Bowl underarm with increasing accuracy aiming for the backstop's hands and travelling through the batting square above knee but below shoulder height.</p> <p>3. Batting Hit the ball more consistently during games whilst attempting to hit into spaces in the field.</p> <p>4. Game Play During games begin to identify spaces in the field to hit the ball to score points, showing awareness of fielding positions.</p>	<p>1. Fielding Can demonstrate the long barrier fielding position for a ball moving towards you during practice and sometimes during small-sided games.</p> <p>2. Batting Can demonstrate a basic grip and side on stance. Can strike a ball from a batting tee during practice.</p> <p>3. Bowling Can use an under-arm bowl with a straight delivery with some consistency.</p> <p>4. Game Play Can demonstrate basic batting, fielding and underarm bowling skills during kwik cricket type games.</p>	
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Beam County Primary School: Long-term Component Map

Subject: PE

Year 5



Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Domain	Tag Rugby Athletics	Gymnastics Outdoor & Adventurous	Basketball Football	Rounders Dodgeball	Athletics Dance	Tennis Cricket
Composite Goal(s)	<p>Play competitive tag rugby games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Develop flexibility, strength, technique, control and balance through running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Develop flexibility, strength, technique, and control through gymnastics</p> <p>-----</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Play competitive basketball games, modified where appropriate.</p> <p>-----</p> <p>Play competitive football games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Play competitive rounders games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Play competitive Dodgeballs games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Develop flexibility, strength, technique, control and balance through running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>-----</p> <p>Perform dances using a range of movement patterns</p>	<p>Play competitive Cricket games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Play competitive tennis games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>
Components	<ol style="list-style-type: none"> 1. Pass the ball with accuracy during static and dynamic practice. 2. Pass a ball with accuracy during a moving/small-sided game. 3. Run forwards with the ball in two hands. 4. Dodge/side step to avoid opponents when running forwards. 5. Defend as an individual during 1v1 practice and as a team during 4v2 and 5v3 practice and games. 6. Demonstrate success at passing, catching, attacking and defending during small-sided games. <p>-----</p>	<ol style="list-style-type: none"> 1. Travelling movements are used as links to allow smooth transitions when completing sequences. 2. Balancing You are able to demonstrate a wider variety of balances on the floor and apparatus with one, two, three or four points of contact (held still/stretched for 3 seconds). 3. You can perform Rotation movements such as half turn/full turn jump, forwards rolls, backwards rolls or cartwheels. 4. You can demonstrate Inverted movements such as shoulder stand and can take weight on hands/arms to complete bunny hop kicks, handstands, headstands or cartwheels. 	<ol style="list-style-type: none"> 1. Dribbling – demonstrate good control with at least one hand and beat a player in a 1v1 situation. Use dribbling during SSG's to attack. 2. Shooting – demonstrate shooting from static to moving & stopping (set shot) or moving (lay-up shot) in practice. 3. Footwork – demonstrate good footwork to maintain possession, defend against an opponent or 'get free' when attacking. 4. Defending – demonstrate the defending principles in 1v1 defending and as part of a team defence in SSG's. 5. Attacking – demonstrate the ability to 'get free', avoid 	<ol style="list-style-type: none"> 1. Fielding Becomes more consistent at fielding a ball during practice and games. 2. Bowling Bowl underarm with increasing accuracy aiming for the backstops hands and travelling through the batting square above knee but below shoulder height. 3. Batting Hit the ball more consistently during games whilst attempting to hit into spaces in the field. 4. Game During games you begin to identify spaces in the field to attempt to hit the ball into to help your team and score points. You are 	<ol style="list-style-type: none"> 1. Demonstrate a variety of actions. 2. Demonstrate a variety of space use. 3. Demonstrate a variety of dynamics. Show a variety of relationships. 4. Perform a dance piece with accuracy. 5. Give feedback using dance terminology. 6. Identify similarities and differences in dance styles. <p>-----</p>	<ol style="list-style-type: none"> 1. Demonstrate the correct grip with a racket and stance when receiving a service. 2. Serve the ball to a partner from an underarm serve without a bounce. 3. Develop the forehand technique with/without 'catch it on the racket' rallies against an opponent. 4. Able to maintain a collaborative rally with a partner. 5. Apply the basic principles learnt to compete against an opponent in adapted tennis games with/without one bounce

	<p>1. Use arms, body and legs to maximise jumping for height and distance in standing long jump and the high stepper.</p> <p>2. Use arms, body and legs to maximise jumping for height and distance in vertical jump and speed bounce.</p> <p>3. Use arms, body and legs to maximise throwing for distance.</p> <p>4. Demonstrate the appropriate technique for starting fast/sprinting fast during practice.</p> <p>5. Sustain activity over a SHA run.</p> <p>6. Thinking & Social Demonstrate determination to achieve their personal best performance. Demonstrate enthusiasm which has a positive effect on other children.</p>	<p>5. Flight – you are competent at using springboards with one to two feet for take-off and can vault onto a box landing on knees or feet. You are able to successfully dismount from apparatus using either straight, tuck, straddle or pike jumps before landing.</p> <p>6. You can safely work with others and efficiently move small and larger gymnastics equipment whilst working with others.</p> <p>-----</p> <p>1 Communication and Collaboration: Work effectively with others to complete challenges.</p> <p>2 Understanding and Reading Map. Understand the different features of a map including symbols, key scale and compass directions</p> <p>3 Running and agility. Be able to change direction quickly and effectively while performing different movements.</p> <p>4 Direction and compass skills To know what a compass is and how to use it</p> <p>5 Following an orienteering course. Use a map to navigate, understanding the meaning of symbols</p> <p>6 Designing an orienteering course. Work as part of a team to follow a map. Communicate effectively.</p>	<p>opposition and score as an individual and within a team during SSG's</p> <p>6. Decision making – demonstrate quicker decision making in SSG's and if to dribble, pass or shoot (type of shot).</p> <p>-----</p> <p>1. Dribble/turn using different parts of the foot during practice.</p> <p>2. Dribble/turn using different parts of the foot during practice with some pupils become increasingly effective at applying dribbling skills in the game.</p> <p>3. Pass the ball efficiently in practice.</p> <p>4. Pass the ball efficiently in small-sided games and use different parts of the foot or feet with success.</p> <p>5. Understand the principle of 'jockeying' when defending and apply your knowledge during small practices and/or games.</p> <p>6. Become quicker at making decisions and selecting if to dribble, pass or shoot.</p>	<p>aware of the fielding positions and field as part of a team.</p> <p>-----</p> <p>1. Throwing - Demonstrate increasing accuracy throwing with one hand.</p> <p>2. Catching - Demonstrate catching in small sided and full games.</p> <p>3. Dodging - Demonstrate the ability to dodge and avoid being tagged/hit during game play.</p> <p>4. Attacking - Demonstrates the ability to apply throwing skills to get opponents out and therefore influence the outcome of the game.</p> <p>5. Defending - Demonstrates the ability to defend using a ball, dodging, positioning on the court and catching a ball thrown at them. Your skills have a positive outcome for your team.</p> <p>6. Apply thinking and social skills. Demonstrate the ability to work positively with your team.</p>		<p>underarm serve and one/two bounce for return.</p> <p>-----</p> <p>1. Fielding Can demonstrate the long barrier and short barrier fielding position during practice. Can field a ball at you during small-sided games.</p> <p>2. Batting Can demonstrate a basic grip and side on stance. Can strike a ball from an under-arm feed during small-sided games.</p> <p>3. Bowling Can use an overarm bowl during practice with some consistency from a standing delivery.</p> <p>4. Game Play Can demonstrate some consistency in application of batting, bowling and fielding skills during 6-a-side cricket games.</p>
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Beam County Primary School: Long-term Component Map

Subject: PE

Year 6



Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Domain	Tag Rugby Athletics	Gymnastics Outdoor & Adventurous	Basketball Football	Rounders Dodgeball	Tennis Athletics	Swimming Cricket
Composite Goal(s)	<p>Play competitive tag rugby games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Develop flexibility, strength, technique, control and balance through running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Develop flexibility, strength, technique, and control through gymnastics</p> <p>-----</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Play competitive basketball games, modified where appropriate.</p> <p>-----</p> <p>Play competitive football games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Perform dances using a range of movement patterns</p> <p>-----</p> <p>Play competitive Dodgeballs games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>	<p>Play competitive tennis games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p> <p>-----</p> <p>Develop flexibility, strength, technique, control and balance through running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; and perform safe self-rescue in different water based situations</p> <p>-----</p> <p>Play competitive Cricket games, modified where appropriate. Apply basic principles suitable for attacking and defending.</p>
Components	<ol style="list-style-type: none"> 1. Pass the ball with accuracy during static and dynamic practice. 2. Pass a ball with accuracy during a moving/small-sided game. 3. Run forwards with the ball in two hands. 4. Dodge/side step to avoid opponents when running forwards. 5. Defend as an individual during 1v1 practice and as a team during 4v2 and 5v3 practice and games. 6. Demonstrate success at passing, catching, attacking and defending 	<ol style="list-style-type: none"> 1. Travelling movements are used as links to allow smooth transitions when completing sequences. 2. Balancing - You are able to demonstrate a wider variety of balances on the floor and apparatus with one, two, three or four points of contact (held still/stretched for 3 seconds). 3. You can perform Rotation movements such as half turn/full turn jump, forwards rolls, backwards rolls or cartwheels. 4. You can demonstrate Inverted movements such as shoulder stand and can take weight on hands/arms to complete bunny hop kicks, 	<ol style="list-style-type: none"> 1. Dribbling – demonstrate good control with at least one hand and beat a player in a 1v1 situation. Use dribbling during SSG's to attack. 2. Shooting – demonstrate shooting from static to moving & stopping (set shot) or moving (lay-up shot) in practice. 3. Footwork – demonstrate good footwork to maintain possession, defend against an opponent or 'get free' when attacking. 4. Defending – demonstrate the defending principles in 1v1 defending and as part of a team defence in SSG's. 	<ol style="list-style-type: none"> 1. Fielding – become more accurate at fielding skills during games. 2. Bowling-bowl underarm at the correct height with accuracy aiming at the backstop's hands and attempting to spin the ball or use the 'donkey drop' technique. 3. Batting – hit the ball with accuracy and look for gaps in the field to hit into to score rounders. 4. Game – can apply the fielding, bowling and batting skills with some consistency during games whilst attempting to outwit opponents. 	<ol style="list-style-type: none"> 1. Demonstrate the correct stance and positioning for offensive and defensive play. 2. Become more consistent at serving the ball to a partner from an overarm service. 3. Develop length of shot (short, then long) when hitting a forehand to outwit opponent in a competitive game. 4. Can volley the ball during practice and competitive games. 5. Able to maintain a collaborative rally with a partner playing the ball close and away from the net. 6. Demonstrate good movement and vary length of return shots 	<ol style="list-style-type: none"> 1. Swim 10-25m on front - Full stroke and kick. 2. Swim 10-25m on back - Full stroke and kick. 3. Swim 10m wearing clothes (t-shirt and shorts minimum). 4. Travel on front/back, log roll onto front/back (180 continuous movement). 5. Perform a stationary scull. 6. Tread water for 30 seconds showing action for help. 7. Exit pool with and without use of steps.

	<p>during small-sided games.</p> <p>-----</p> <p>1. Use arms, body and legs to maximise jumping for height and distance in standing long jump and the high stepper.</p> <p>2. Use arms, body and legs to maximise jumping for height and distance in vertical jump and speed bounce.</p> <p>3. Apply the appropriate technique to achieve personal best performance during chest push/foam javelin competition.</p> <p>4. Demonstrate the appropriate technique for starting fast/sprinting fast during practice.</p> <p>5. Apply the appropriate technique to achieve personal best performance during a SHA sprint race.</p> <p>6. Thinking & Social Demonstrate determination to achieve their personal best performance. Demonstrate enthusiasm which has a positive effect on other children. Describe and compare 2 performances.</p>	<p>handstands, headstands or cartwheels.</p> <p>5. Flight – you are competent at using springboards with one to two feet for take-off and can vault onto a box landing on knees or feet. You are able to successfully dismount from apparatus using either straight, tuck, straddle or pike jumps before landing.</p> <p>6. You can safely work with others and efficiently move small and larger gymnastics equipment whilst working with others.</p> <p>-----</p> <p>1. Problem solving Work as a team in planning solutions or responses to a problem</p> <p>2. Team work Communicate effectively with their group, working together to respond to a problem.</p> <p>3. Map Reading Use maps to orientate themselves and travel around a simple course.</p> <p>4. Develop orienteering skills Use maps to orientate themselves.</p> <p>5. Physical Understand the importance of using physicality when orienteering</p> <p>6. Application of thinking and social skills Communicate effectively. Work as part of a team to achieve a common goal. Explain strengths and weakness in approaches to problems. Work as a team in planning solutions or responses to a problem.</p>	<p>5. Attacking – demonstrate the ability to ‘get free’, avoid opposition and score as an individual and within a team during SSG’s</p> <p>6. Decision making – demonstrate quicker decision making in SSG’s and if to dribble, pass or shoot (type of shot)</p> <p>-----</p> <p>1. Dribble/turn using different parts of the foot during practice.</p> <p>2. Dribble/turn using different parts of the foot during practice with some pupils become increasingly effective at applying dribbling skills in the game.</p> <p>3. Pass the ball efficiently in practice.</p> <p>4. Pass the ball efficiently in practice/small sided games and use different parts of the foot or feet with success.</p> <p>5. Understand the principle of ‘jockeying’ when defending and apply your knowledge during small practices and/or games.</p> <p>6. Become quicker at making decisions and selecting if to dribble, pass or shoot.</p>	<p>-----</p> <p>1. Throwing - Demonstrate increasing accuracy throwing with one hand.</p> <p>2. Catching - Demonstrate catching in small sided and full games.</p> <p>3. Dodging - Demonstrate the ability to dodge and avoid being tagged/hit during game play.</p> <p>4. Attacking - Demonstrates the ability to apply throwing skills to get opponents out and therefore influence the outcome of the game.</p> <p>5. Defending - Demonstrates the ability to defend using a ball, dodging, positioning on the court and catching a ball thrown at them. Your skills have a positive outcome for your team.</p> <p>6. Apply thinking and social skills. Demonstrate the ability to work positively with your team.</p>	<p>(hitting away from opponent) to force an error and win the point.</p> <p>-----</p>	<p>8. Perform 3 different shape jumps into water from pool side (include straddle entry).</p> <p>9. Perform hand stand and forward somersault in water.</p> <p>10. Know examples of where to swim safely and why</p> <p>11. Scull head first 5m.</p> <p>12. Safe self-rescue - perform reach and throw rescue.</p> <p>13. Perform straddle entry and tread water.</p> <p>14. Jump into water, submerge and pick up an object from the pool floor.</p> <p>-----</p> <p>-</p> <p>1. Fielding Can field a ball moving towards and away from you during small-sided practice.</p> <p>2. Batting Can consistently apply the correct side on stance and grip with a cricket bat. Can use a forward drive and basic defensive shot during practice and sometimes during small-sided games.</p> <p>3. Bowling Can bowl overarm during practice using a short approach run.</p> <p>4. Game Play Can demonstrate more consistent application of batting, bowling and fielding skills during 8-a-side cricket games.</p>
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