

Amberley Parochial School PE long term plan 2023-24

Term 1

Yr 1/2	Topic 1-Mrs Hamilton	Topic 2 - Mr. Spurrier
Term 1 -	Healthy Happy Heart	Fundamentals
week 1	WALT: Use high intensity games to increase our fitness.	WALT: Find Space, run at speed adn show agility
week 2	WALT: Use our kicking skills to increase our fitness.	WALT: Change direction and avoid bumping into others at speed
week 3	WALT: Use our bouncing skills to increase our fitness.	WALT: Throw accurately at static and moving objects.
week 4	WALT: Use our striking skills to increase our fitness.	WALT: Catch objects of different shapes and sizes over varying distances, applying it to a game at the end.
week 5	WALT: Use our throwing skills to increase our fitness.	WALT: Jump, land and balance with control.
week 6	WALT: Use coordination skills to increase our fitness.	WALT: Apply skills from this term to games.
Yr 3/4	Topic 1-Mr Spurrier	Topic 2 - Mr. Spurrier
Term 1 -	Healthy Happy Heart	Tag Rugby
week 1	WALT: Use high intensity games to increase our fitness.	WALT: Familiarise ourselves with Tag Rugby
week 2	WALT: Use our kicking skills to increase our fitness.	WALT: Attack in Tag Rugby
week 3	WALT: Use our bouncing skills to increase our fitness.	WALT: Defend in Tag Rugby
week 4	WALT: Use our striking skills to increase our fitness.	WALT: Work as part of a team in Tag Rugby and understand our role.
week 5	WALT: Use our throwing skills to increase our fitness.	WALT: Develop tactics and strategies in Tag Rugby
week 6	WALT: Use coordination skills to increase our fitness.	WALT: Compete in Tag Rugby
Yr 5/6	Topic 1 - Mr. Spurrier	Topic 2 - Mr. Spurrier
Term 1 -	Healthy Happy Heart	Tag Rugby
week 1	WALT: Use high intensity games to increase our fitness.	WALT: Introduce ourselves to Tag Rugby
week 2	WALT: Use our kicking skills to increase our fitness.	WALT: Attack in Tag Rugby
week 3	WALT: Use our bouncing skills to increase our fitness.	WALT: Defend in Tag Rugby
week 4	WALT: Use our striking skills to increase our fitness.	WALT: Work as part of a team in Tag Rugby and understand our role.
week 5	WALT: Use our throwing skills to increase our fitness.	WALT: Develop tactics and strategies in Tag Rugby
week 6	WALT: Use coordination skills to increase our fitness.	WALT: Compete in Tag Rugby

Term 2

Yr 1/2	Topic 1 – Mrs Hamilton	Topic 2 - Mr. Spurrier
Term 2 -	Multi skills	Gymnastics
week 1	WALT: I can understand & demonstrate how to bounce and chest pass.	WALT: Show control and balance when moving (Travel)
week 2	WALT: Roll a ball using the correct technique	WALT: Create shapes with our body, showing control and balance when static and moving
week 3	WALT: To demonstrate how to bounce a ball	WALT: Balance and roll using a range of body parts
week 4	WALT: To dribble a ball under control	WALT: Balance and roll using a range of body parts
week 5	WALT: Kick a ball using the correct technique.	WALT: Jump and land with control
week 6	WALT: Strike a ball using the correct technique.	WALT: Create sequences
Yr 3/4	Topic 1 – Mr Spurrier	Topic 2 - Mr. Spurrier
Term 2 -	Netball	Gymnastics
week 1	WALT: Familiarise ourselves with Netball	WALT: Jump, land and balance
week 2	WALT: Attack in Netball	WALT: Gymnastics Strength and Endurance
week 3	WALT: Defend in Netball	WALT: Travel and roll using a range of body parts
week 4	WALT: Shoot accurately in Netball	WALT: Travel over and through obstacles using a range of techniques
week 5	WALT: Stay in our positions and develop a strategy in Netball	WALT: Link technical moves together - Sequences
week 6	WALT: Compete in Netball	WALT: Link technical moves together - Sequences
Yr 5/6	Topic 1 - Mr. Spurrier	Topic 2 - Mr. Spurrier
Term 2 -	Netball	Gymnastics
week 1	WALT: Familiarise ourselves with Netball	WALT: Jump, land and balance
week 2	WALT: Attack in Netball	WALT: Flexibility and Strength
week 3	WALT: Defend in Netball	WALT: Travel and roll using a range of body parts
week 4	WALT: Shoot accurately in Netball	WALT: Travel over and through obstacles using a range of techniques
week 5	WALT: Stay in our positions and develop a strategy in Netball	WALT: Link technical moves together - Sequences
week 6	WALT: Compete in Netball	WALT: Link technical moves together - Sequences

Term 3

Yr 1/2	Topic 1-Mrs Hamilton	Topic 2-Mr Spurrier
Term 3 -	Multi Sports	Principles of Play
week 1	WALT: develop our football skills	WALT: Cooperate with team mates and show empathy.
week 2	WALT: develop our netball skills	WALT: Find space to help your teammates
week 3	WALT: develop our tag rugby skills	WALT: Find my position and role within a team and work well with my team mates.
week 4	WALT: develop our hockey skills	WALT: Catch when under pressure in game situations.
week 5	WALT: develop our frisbee skills	WALT: Use tactics in games to outwit opponents.
week 6	WALT: develop our handball skills	
Yr 3/4	Topic 1 – Mr Spurrier	Topic 2 - Mr. Spurrier
Term 3 -	Hockey	Principles of Play
week 1	WALT: Appreciate and empathise with everyone’s ability	WALT: Cooperate with team mates and show empathy.
week 2	WALT: Do your fair share of the work for the team and appreciate everyone’s contribution	WALT: Find space to help your teammates
week 3	WALT: Communicate effectively with your team	WALT: Find my position and role within a team and work well with my team mates.
week 4	WALT: Take turns in all positions and utilise learning opportunities	WALT: Catch when under pressure in game situations.
week 5	WALT: Contribute and listen to the tactical thoughts of your team	WALT: Use tactics in games to outwit opponents.
week 6	WALT: Play competitive games with cooperation and empathy	WALT: Play competitive games as part of a team.
Yr 5/6	Topic 1 - Mr. Spurrier	Topic 2 - Mr. Spurrier
Term 3 -	Hockey	Principles of Play
week 1	WALT: Introduce ourselves to Hockey	WALT: Cooperate with team mates and show empathy.
week 2	WALT: Attack in Hockey	WALT: Find space to help your teammates
week 3	WALT: Defend in Hockey	WALT: Find my position and role within a team and work well with my team mates.
week 4	WALT: Work as part of a team in hockey and understand your role	WALT: Catch when under pressure in game situations.
week 5	WALT: Develop tactics and strategies in Hockey	WALT: Use tactics in games to outwit opponents.
week 6	WALT: Compete in Hockey	WALT: Play competitive games as part of a team.

Term 4

Yr 1/2	Topic 1 – Mrs Hamilton	Topic 2 - Mr. Spurrier
Term 4 -	Dodgeball	Orienteering and team building
week 1	WALT: Familiarise ourselves with the rules of Dodgeball.	WALT: Introduce ourselves to orienteering and team work
week 2	WALT: Attack in Dodgeball.	WALT: Work as a team and follow a map
week 3	WALT: Defend in Dodgeball.	WALT: Solve Problems as a Team and Show Compass Direction Understanding
week 4	WALT: Improve our footwork in Dodgeball.	WALT: Plan carefully and Use a Map accurately
week 5	WALT: Introduce strategies and tactics within Dodgeball.	WALT: Communicate Clearly and use Grid References
week 6	WALT: Compete in Dodgeball.	WALT: Apply orienteering skills whilst working well as a team
Yr 3/4	Topic 1 – Mr Spurrier	Topic 2 - Mr. Spurrier
Term 4 -	Dodgeball	Orienteering and team building
week 1	WALT: Familiarise ourselves with the rules of Dodgeball	WALT: Introduce ourselves to orienteering and team work
week 2	WALT: Attack in Dodgeball	WALT: Work as a team and follow a map
week 3	WALT: Defend in Dodgeball	WALT: Solve Problems as a Team and Show Compass Direction Understanding
week 4	WALT: Improve our footwork for Dodgeball	WALT: Plan carefully and Use a Map accurately
week 5	WALT: Develop a strategy in Dodgeball	WALT: Communicate Clearly and use Grid References
week 6	WALT: Compete in Dodgeball	WALT: Apply orienteering skills whilst working well as a team
Yr 5/6	Topic 1 - Mr. Spurrier	Topic 2 - Mr. Spurrier
Term 4 -	Dodgeball	Orienteering and team building
week 1	WALT: Familiarise ourselves with the rules of Dodgeball	WALT: Introduce ourselves to orienteering and team work
week 2	WALT: Attack in Dodgeball	WALT: Work as a team and follow a map
week 3	WALT: Defend in Dodgeball	WALT: Solve Problems as a Team and Show Compass Direction Understanding
week 4	WALT: Improve our footwork for Dodgeball	WALT: Plan carefully and Use a Map accurately
week 5	WALT: Develop a strategy in Dodgeball	WALT: Communicate Clearly and use Grid References
week 6	WALT: Compete in Dodgeball	WALT: Apply orienteering skills whilst working well as a team

Term 5

Yr 1/2	Topic 1 – Mrs Hamilton	Topic 2 - Mr. Spurrier
Term 5 -	Handball	Athletics
week 1	WALT: Familiarise ourselves with Handball	WALT: Develop an understanding of Athletics
week 2	WALT: Attack in Handball	WALT: Run and jump in Athletics
week 3	WALT: Defend in Handball	WALT: Throw using techniques and develop jumping
week 4	WALT: Shoot accurately and understand our role within our team.	WALT: Work with a team and complete a range of relays
week 5	WALT: Develop a strategy in Handball	WALT: Record results and scores from Athletics
week 6	WALT: Compete in Handball	WALT: Get Sports Day ready!
Yr 3/4	Topic 1 – Mr Spurrier	Topic 2 - Mr. Spurrier
Term 5 -	Handball	Athletics
week 1	WALT: Familiarise ourselves with Handball	WALT: Develop an understanding of Athletics
week 2	WALT: Attack in Handball	WALT: Run and jump in Athletics
week 3	WALT: Defend in Handball	WALT: Throw using techniques and develop jumping
week 4	WALT: Shoot accurately and undertand our role within our team.	WALT: Work with a team and complete a range of relays
week 5	WALT: Develop a strategy in Handball	WALT: Record results and scores from Athletics
week 6	WALT: Compete in Handball	WALT: Get Sports Day ready!
Yr 5/6	Topic 1 - Mr. Spurrier	Topic 2 - Mr. Spurrier
Term 5 -	Handball	Athletics
week 1	WALT: Familiarise ourselves with Handball	WALT: Develop an understanding of Athletics
week 2	WALT: Attack in Handball	WALT: Run and jump in Athletics
week 3	WALT: Defend in Handball	WALT: Throw using techniques and develop jumping
week 4	WALT: Shoot accurately and undertand our role within our team.	WALT: Work with a team and complete a range of relays
week 5	WALT: Develop a strategy in Handball	WALT: Record results and scores from Athletics
week 6	WALT: Compete in Handball	WALT: Get Sports Day ready!

Term 6

	Thursday	Friday
Yr 1/2	Topic 1 – Mrs Hamilton	Topic 2 - Mr. Spurrier
Term 6 -	Ultimate Frisbee	Cricket
week 1	WALT: Familiarise ourselves with Ultimate Frisbee	WALT: introduce ourselves to cricket
week 2	WALT: Attack in Ultimate Frisbee	WALT: Fielding and game play in cricket
week 3	WALT: Defend in Ultimate Frisbee	WALT: Bat in cricket
week 4	WALT: Work as a team and understand our role in Ultimate Frisbee	WALT: Bowl in cricket
week 5	WALT: Develop and discuss strategies in Ultimate Frisbee	WALT: game play - tactics
week 6	WALT: Compete in Ultimate Frisbee	WALT: compete in cricket
Yr 3/4	Topic 1 – Mr Spurrier	Topic 2 – Mr Spurrier
Term 6 -	Ultimate Frisbee	Cricket
week 1	WALT: Familiarise ourselves with Ultimate Frisbee	WALT: introduce ourselves to cricket
week 2	WALT: Attack in Ultimate Frisbee	WALT: Fielding and game play in cricket
week 3	WALT: Defend in Ultimate Frisbee	WALT: Bat in cricket
week 4	WALT: Work as a team and understand our role in Ultimate Frisbee	WALT: Bowl in cricket
week 5	WALT: Develop and discuss strategies in Ultimate Frisbee	WALT: game play - tactics in cricket
week 6	WALT: Compete in Ultimate Frisbee	WALT: compete in cricket
Yr 5/6	Topic 1 – Mr Spurrier	Topic 2 - Mr. Spurrier
Term 6 -	Ultimate Frisbee	Cricket
week 1	WALT: Familiarise ourselves with Ultimate Frisbee	WALT: introduce ourselves to cricket
week 2	WALT: Attack in Ultimate Frisbee	WALT: Fielding and game play in cricket
week 3	WALT: Defend in Ultimate Frisbee	WALT: Bat in cricket
week 4	WALT: Work as a team and understand our role in Ultimate Frisbee	WALT: Bowl in cricket
week 5	WALT: Develop and discuss strategies in Ultimate Frisbee	WALT: game play - tactics in cricket
week 6	WALT: Compete in Ultimate Frisbee	WALT: compete in cricket