

# Lake Farm Park Academy

## PE Long Term Overview 2022-2023

	Autumn 1	Autumn 2
<b>Reception</b>	<b>Body Management (12 lessons)</b>	<b>Cooperate and Solve Problems (12 lessons)</b>
<b>Skills coverage</b>	<p><b>Lessons 1-6:</b> Follow balance obstacle course, work with others to move through hoops, reach and stretch to retrieve and place objects, steps, strides, hops, bounces, bridges, tunnels, use a variety of ways to travel over apparatus.</p> <p><b>Lesson 7: Assessment</b></p> <p><b>Lessons 8-13:</b> Twist, turn, egg roll, control and coordinate limbs, running and jumping to music, ABC assault course, perform basic actions with others.</p> <p><b>Lesson 14: Assessment</b></p>	<p><b>Lessons 1-6:</b> Work as an individual and part of a group to match, keep heart rate high, work as a pair to demonstrate larger numbers, travelling &amp; travel trails, work cooperatively to construct shapes</p> <p><b>Lesson 7: Assessment</b></p> <p><b>Lessons 8-13:</b> Move along a pathway/trail with partner, communicate to resolve simple problems, work with a partner to form jumping patterns, respond to visual cues, compete as part of a team to participate in an obstacle relay.</p> <p><b>Lesson 14: Assessment</b></p>
<b>Year 1</b>	<b>Attack Defend Shoot (12 lessons)</b>	<b>Hit Catch Run (12 lessons)</b>
<b>Skills coverage</b>	<p><b>Lesson 1-6 :</b> Send to targets, catch &amp; intercept, rolling to target, attacking and defending in pairs, compete in a simple tournament.</p> <p><b>Lesson 7: Assessment</b></p> <p><b>Lesson 8-13:</b> Recognising changes to the body during activity, move to defend goals, bounce ball to self, communicate in pairs, defensive positioning.</p> <p><b>Lesson 14: Assessment</b></p>	<p><b>Lesson 1- 6:</b> Use a range of rolling and throwing skills, return the ball back to base/zone, work with other fielders to stop players from scoring, self feed ball to hit, running between bases to score points.</p> <p><b>Lesson 7: Assessment</b></p> <p><b>Lesson 8-13:</b> Catching from short throws, decide where to hit and hit with power, apply different body positions to intercept the path of the ball, fielding balls to bases, attempt to catch a ball that has been hit in the air</p> <p><b>Lesson 14: Assessment</b></p>
<b>Year 2</b>	<b>Attack Defend Shoot (12 lessons)</b>	<b>Hit Catch Run (12 lessons)</b>

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<p><b>Skills coverage</b></p>	<p><b>Lesson 1- 6:</b> Inside of foot kicking, stopping the ball with foot, controlling the ball, bouncing the ball to send, bouncing the ball to dribble  <b>Lesson 7: Assessment</b>  <b>Lesson 8-13:</b> Throwing with a variety of equipment, moving after passing, goalkeeping positioning, intercepting in a game situation.  <b>Lesson 14: Assessment</b></p>	<p><b>Lesson 1- 6:</b> Hitting with bats, use kicking to send a ball to score points, use underarm bowling, field to catch and throw to teammates, play as part of a team to field and hit to score.  <b>Lesson 7: Assessment</b>  <b>Lesson 8-13:</b> Increase running pace to score runs and stay “safe”, experience the role of backstop, outwit bowler to kick in different directions, practise the role of wicketkeeper, moving in line to stop the ball.  <b>Lesson 14: Assessment</b></p>
<p><b>Year 3</b></p>	<p><b>Football (6 lessons)</b> <b>Hockey (6 lessons)</b></p>	<p><b>Basketball (6 lessons)</b> <b>Handball (6 lessons)</b></p>
<p><b>Skills coverage</b></p>	<p><b>Lessons 1-6 - Football:</b> Inside of the foot pass, trapping the ball, short distance passing, finding the space to receive the ball, using outside of the foot to control the ball.  <b>Lesson 7: Assessment</b>  <b>Lessons 8-13 - Hockey:</b> Using the flat side of the stick, ball carrier, close control, preparing to tackle, moving into space to receive.  <b>Lesson 14: Assessment</b></p>	<p><b>Lessons 1- 6 - Basketball:</b> Dribbling, passing in pairs, defensive body position, jump ball, basic two-handed shot.  <b>Lesson 7 - Assessment</b>  <b>Lessons 8- 13 - Handball:</b> Catching ready position, perform two new passes, moving with the ball, intercepting in small sided game, attacking positions.  <b>Lesson 14: Assessment</b></p>
<p><b>Year 4</b></p>	<p><b>Football (6 lessons)</b> <b>Hockey (6 lessons)</b></p>	<p><b>Basketball (6 lessons)</b> <b>Handball (6 lessons)</b></p>
<p><b>Skills coverage</b></p>	<p><b>Lessons 1-6 - Football:</b> Coming towards the ball to receive, exploring two types of marking, defensive tackling, dribbling in different directions, passing over distance.  <b>Lesson 7: Assessment</b>  <b>Lessons 8-13 - Hockey:</b> Push pass, straight dribble, stopping the ball, slap pass, turning with the ball.  <b>Lesson 14: Assessment</b></p>	<p><b>Lessons 1- 6 - Football:</b> Apply pressure as a defender, crossover dribble, bounce pass, jump shot, jump stop and triple threat position.  <b>Lesson 7: Assessment</b>  <b>Lessons 8-13 - Handball:</b> Protecting the ball, basic shooting technique, 3-man weave, turn on the move, 7 metre throw.  <b>Lesson 14: Assessment</b></p>

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Year 5	Football (6 lessons) Hockey (6 lessons)	Basketball (6 lessons) Handball (6 lessons)
Skills coverage	<p><b>Lessons 1-6 - Football:</b> Turning with the ball, running with the ball, passing on the move, maintain space, step over.</p> <p><b>Lesson 7: Assessment</b></p> <p><b>Lessons 8-13 - Hockey:</b> Block tackle, passing in the D, apply marking in a game, sweep shot to send over a distance, dragging from left to right</p> <p><b>Lesson 14: Assessment</b></p>	<p><b>Lessons 1-6 - Basketball:</b> Blocking, forward pivot, forward pass, push pass, boxing out</p> <p><b>Lesson 7: Assessment</b></p> <p><b>Lessons 8-13 - Handball:</b> Practise and attempt jump shot, closing angles as goalkeeper, use offensive dribbling, pivoting to make successful passes, set plays.</p> <p><b>Lesson 14: Assessment</b></p>
Year 6	Football (6 lessons) Hockey (6 lessons)	Basketball (6 lessons) Handball (6 lessons)
Skills coverage	<p><b>Lessons 1-6 - Football:</b> Set up someone to shoot, deny space, attacking set play, attack in pairs, covering defender.</p> <p><b>Lesson 7: Assessment</b></p> <p><b>Lessons 8-13 - Hockey:</b> Shooting from close range, long corners, goal side marking, channel opposition players, apply the self-pass rule</p> <p><b>Lesson 14: Assessment</b></p>	<p><b>Lessons 1-6 - Basketball:</b> Counterattack using fast break, retreat dribble, free throw rules, cutting to outwit opponent, 3 point shot</p> <p><b>Lesson 7: Assessment</b></p> <p><b>Lessons 8-13 - Handball:</b> Conditioned games, use screening in conditioned games, organisation around the D, dribbling in gameplay, appropriate skill selection.</p> <p><b>Lesson 14: Assessment</b></p>

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	SPRING 1	SPRING 2
<b>Reception</b>	<b>Dance (12 lessons)</b>	<b>Manipulation &amp; Coordination (12 lessons)</b>
<b>Skills coverage</b>	<p><b>Lessons 1-6:</b> link colours to feelings, explore animal movements and levels, replicating actions in larger groups, seasons sequence work, exploring leader and follower work.</p> <p><b>Lessons 7-12:</b> circle dancing, learning and repeating phrases, perform to the count of 8, remember and perform 4 actions, perform an African dance motif.</p>	<p><b>Lessons 1-6:</b> Coordinate limbs to carry out defined movements and actions, reproduce movements with a ball bilaterally, make contact with a ball using feet and legs, practice hop, step and jump sequences, send and stop objects using hands and feet.</p> <p><b>Lessons 7-12:</b> Play parachute games, moving small objects using dominant and non-dominant hand, push, hit &amp; dribble, using baton steer objects to targets, roll, spin, rotate, throw and catch hoops.</p>
<b>Year 1</b>	<b>Dance (12 lessons)</b>	<b>Run Jump Throw (12 lessons)</b>

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<b>Skills coverage</b>	<p><b>Lessons 1- 6:</b> exploring storytelling through dance, use a theme to create a dance, develop actions that express friendship, dance with start, middle &amp; end, perform with feeling.</p> <p><b>Lessons 7-12:</b> perform actions to nursery rhymes, march in time, move and turn as a group, perform simple canon, perform in simple rounds.</p>	<p><b>Lessons 1-6:</b> Taking off, arm movement, leading arm, start and stop, relay runs.</p> <p><b>Lessons 7-12:</b> Agile movements, negotiating obstacles, jumping, bounding, starting positions.</p>
<b>Year 2</b>	<b>Dance (12 lessons)</b>	<b>Run Jump Throw (12 lessons)</b>
<b>Skills coverage</b>	<p><b>Lessons 1- 6:</b> dance a solo, dance a duet, explore creative footwork, discuss how performance can develop, respond to visual stimulus.</p> <p><b>Lessons 7-12:</b> comment on contrasting actions, use a clock face to develop a dance, perform “freestyle” movements, perform a motif to music, explore movement pathways</p>	<p><b>Lessons 1-6:</b> Awareness of others, creating power, quick feet, choose appropriate throw, static and dynamic balances.</p> <p><b>Lessons 7-12:</b> Breathing technique, develop strength, create power, working as part of a team, discuss thoughts and feelings about activities.</p>
<b>Year 3</b>	<b>Dance (12 lessons)</b>	<b>Netball (6 lessons) Rounders (6 lessons)</b>
<b>Skills coverage</b>	<p><b>Lessons 1-6:</b> perform a jazz square, perform as 2 contrasting characters, explore characters through description, communicate ideas as part of a group, use a prop in a 4-action dance phrase.</p> <p><b>Lessons 7-12:</b> Discuss examples of professional work, creating own floor patterns, demonstrate stylistic dynamics of Barn Dance, creating action on own and with partner, apply feedback to improve performance.</p>	<p><b>Netball - Lessons 1- 6:</b> chest pass, dodging, moving to create space, bounce pass, shoulder pass.</p> <p><b>Rounders- Lessons 7-12:</b> Retrieve and throw the ball as a fielder, to bowl an underarm ball at a target, one-handed hitting, collect and return a moving ball, throw over longer distances</p>

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Year 4	Dance (12 lessons)	Netball (6 lessons) Roulers (6 lessons)
<b>Skills coverage</b>	<p><b>Lessons 1-6:</b> develop dance freeze frames, practise and perform a slide roll, learn to replicate a set phrase, work collaboratively to sequence movements, create a 5 action routine.</p> <p><b>Lessons 7-12:</b> Use formations to tell a story, perform without prompts, use devices to manipulate movements, contact work as a group, identify strengths.</p>	<p><b>Netball - Lessons 1- 6:</b> Protecting the ball, basic shooting technique, playing within thirds, play in a game using 1:1 marking, play using correct footwork rules.</p> <p><b>Roulers - Lessons 7-12:</b> Throw and catch with increasing accuracy, run at speed to avoid being stumped out, intercept balls to stop runs in game, play backstop in a small game situation, play in a game using roulers scoring system.</p>
Year 5	Dance (12 lessons)	Netball (6 lessons) Cricket (6 lessons)
<b>Skills coverage</b>	<p><b>Lessons 1-6:</b> Apply some basic Bollywood actions, perform non-locomotor movements and locomotor movements, describe key features of line dance.</p> <p><b>Lessons 7-12:</b> copy/perform specific dance actions to communicate the theme, communicate the idea of a hero, perform clear shapes and build patterns as part of a team, copy and execute a high energy jump sequence, creating a low level attack sequence.</p>	<p><b>Netball - Lessons 1-6:</b> Bounce pass in game, finding space, dodge to get away from opponents, pivot to make successful passes, two-handed shooting.</p> <p><b>Cricket - Lessons 7-12:</b> Start sprints with power to run between wickets, using the short throw to run players out, anticipating the rise of the bowled ball, flexibility and overarm bowling, defensive shot.</p>
Year 6	Dance (12 lessons)	Netball (6 lessons) Cricket (6 lessons)

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<b>Skills coverage</b>	<p><b>Lessons 1- 6:</b> Use tension and extension to control body, explore space and relationships in dance, identify appropriate dynamics and group formations for a Hakka, perform some basic street dance skills, compose a street dance performance.</p> <p><b>Lessons 7-12:</b> Create a phrase of gestures which communicate the theme, describe the meaning of several types of devices, formations for tensions and relationships, create and perform a live aural setting, explore the use of dynamics to communicate an attack.</p>	<p><b>Netball - Lessons 1-6:</b> Double bounce, marking the pass or shot, organisation around the D, attempt rebounds as attacker and defender, knocking the ball away.</p> <p><b>Cricket - Lessons 7-12:</b> Demonstrate urgency in requiring runs, tracking and catching a high ball, using the short ball to tempt players to hit high, attempt an on drive.</p>
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	SUMMER 1	SUMMER 2
<b>Reception</b>	<b>Sports Day Preparation (6 lessons)</b> <b>OAA (6 lessons)</b>	<b>Speed Agility Travel (12 lessons)</b>
<b>Skills coverage</b>	<p><b>Sports Day Prep - Lessons 1- 6</b></p> <p><b>OAA - Lessons 7-12</b></p>	<p><b>Lessons 1-6:</b> Demonstrate agility in a variety of games, recognise and follow instructions, experimenting different starting and stopping positions, perform fast and slow movements, show control to stop and perform actions.</p> <p><b>Lessons 7-12:</b> Play games, taking turns, move by inching, crawling and jumping, jumping for speed and distance, recognise cues in lyrics to change actions, use strength to maintain a body shape.</p>
<b>Year 1</b>	<b>Sports Day Preparation (6 lessons)</b> <b>OAA (6 lessons)</b>	<b>Send &amp; Return (12 lessons)</b>

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<p><b>Skills coverage</b></p>	<p><b>Sports Day Prep - Lessons 1- 6:</b></p> <p><b>OAA - Lessons 7-12:</b> Follow set instructions/rules, match symbols, fitness pyramid, select equipment using symbols, handle speed stacks.</p>	<p><b>Lessons 1-6:</b> Sliding and receiving a beanbag/ball, explore different ways of sending a ball, moving towards and returning balls, work with a partner to receive and return, scoring points against opposition.</p> <p><b>Lessons 7-12:</b> Feeding the ball over the net, use a variety of movements to track balls, control body and limbs to move efficiently, send objects kneeling, sitting and standing, work as part of a team to score points.</p>
<p><b>Year 2</b></p>	<p style="text-align: center;"><b>Sports Day Preparation (6 lessons)</b> <b>OAA (6 lessons)</b></p>	<p style="text-align: center;"><b>Send &amp; Return (12 lessons)</b></p>
<p><b>Skills coverage</b></p>	<p><b>Sports Day Prep - Lessons 1- 6</b></p> <p><b>OAA - Lessons 7-12:</b> Sea search, speed stack, hoop dance, blindfold games, gym orienteering.</p>	<p><b>Lessons 1-6:</b> On toes to move towards the path of the ball, identifying dominant and non dominant side, basic service rules, perform with increased agility in a conditioned game, able to self feed to send a ball to a partner using a racquet.</p> <p><b>Lessons 7-12:</b> Play a variety of roles in games, moving the ball around the court, throw into space to make it difficult for your opponent, play out point from serve, play using attacking shots.</p>
<p><b>Year 3</b></p>	<p style="text-align: center;"><b>Athletics (6 lessons)</b> <b>OAA (6 lessons)</b></p>	<p style="text-align: center;"><b>Cricket (6 lessons)</b> <b>Tennis (6 lessons)</b></p>
<p><b>Skills coverage</b></p>	<p><b>Athletics - Lessons 1-6:</b> Combination jumps, recognise different pace, approaching hurdles, pull throw, recording points.</p> <p><b>OAA - Lessons 7-12:</b> Non verbal communication, simple map reading, responding to problems as a group, trust activities, design a route map</p>	<p><b>Cricket - Lessons 1-6:</b> Forward drive into space, bowl with some consistency, foot placement to strike a ball, use long barrier to collect ball, overarm throw for distance.</p> <p><b>Tennis - Lessons 7-12:</b> Tennis ready position, recognise the types of hitting needed for different areas of the court, serve with some accuracy to targets, perform a forehand shot on a moving ball, move towards the ball to return to the other side</p>



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Year 4	Athletics (6 lessons) OAA (6 lessons)	Cricket (6 lessons) Tennis (6 lessons)
<b>Skills coverage</b>	<p><b>Athletics - Lessons 1-6:</b> Aiming at targets, accelerating over short distances, one footed take off, sling throw, baton exchange on the curved run.</p> <p><b>OAA - Lessons 7-12:</b> Recognising compass points, using a compass, following a course, common map symbols, sprint orienteering.</p>	<p><b>Cricket - Lessons 1-6:</b> Directing the hit, anticipate when to run to score singles, intercepting the ball with one hand, bowl overarm from a stationary position at a target, attempt a pull shot in a game.</p> <p><b>Tennis - Lessons 7-12:</b> Return the ball from around the court, forehand to targets, introduction to backhand shots, return balls to different places on the court, use tennis skills to play in doubles games.</p>
Year 5	Athletics (6 lessons) OAA (6 lessons)	Rounders (6 lessons) Tennis (6 lessons)
<b>Skills coverage</b>	<p><b>Athletics - Lessons 1-6:</b> Relay legs, work to improve distance covered in set times, use push throws to unit target, baton exchange, S.T.E.P. principle.</p> <p><b>OAA - Lessons 7-12:</b> Memory and recall skills, collaborative working, interpret Morse Code, Send Morse Code, Circle trust.</p>	<p><b>Rounders - Lessons 1-6:</b> Apply rules of the game consistently, optimal base positioning, following the path of the ball, applying backwards hit rule, field with some awareness of batters' strengths.</p> <p><b>Tennis - Lessons 7-12:</b> Putting skills into games, volley shots, clear ball from the back of the court, recognise differences in where you might stand in doubles play.</p>
Year 6	Athletics (6 lessons) OAA (6 lessons)	Rounders (6 lessons) Tennis (6 lessons)
<b>Skills coverage</b>	<p><b>Athletics - Lessons 1-6:</b> Power in the sprint start, standing triple jump, heave throw, paarlauf running, scissor jumping</p> <p><b>OAA - Lessons 7-12:</b> Follow and orient a map, identify objects in a scavenger hunt, pyramid balances, tie a reef knot, game design.</p>	<p><b>Rounders - Lessons 1-6:</b> Attempt attacking bowling, catching a ball high to get players out, using the faster ball to deceive batters, working as pairs to field a long ball, employ base running tactics.</p> <p><b>Tennis - Lessons 7-12:</b> Defend points against opposition using teamwork, describe why and when to use a backhand shot, demonstrate a lob shot in isolated situations, score a tennis game using full tennis rules, work as a pair to develop tactics against other pairs.</p>