

Bearpark Primary Long Term Plan (KS1 and KS2) 2025/26 TO RUN ALONGSIDE SKILLS DOCUMENT

Tasks in red are from QCA, tasks in blue are from the Durham Assessment pack

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Y1/2</p> <p>A</p> <p>B</p>	<p>Invasion Games A1. Ten Point Hoops A2. Rolla Ball</p> <p>B3. Piggy in the Middle Participate in team games, developing simple tactics for attacking and defending</p> <p>Y1 I know how to: Do an underarm throw Catch and throw a ball while running Use pace and coordination to control the ball when dribbling</p> <p>Y2 I know how to: Throw a ball into, onto, at and through targets. Move around others while running Intercept the ball when defending</p>	<p>Gymnastics A1. Making Shapes A2. Assessing Level 1-2</p> <p>B3. Families of Actions Develop balance agility and coordination</p> <p>Y1 I know how to: Travel in different directions Balance on my tummy, back, side and bottom Do a pencil, dish and egg roll</p> <p>Y2 I know how to: Travel using different levels (high, medium, low) Balance in the shapes, straight, tuck, star, pike and straddle. Do a teddy bear, tipper tuck and rock and roll rolling action on the floor</p>	<p>Dance A2. Themes and Dreams A1. Moving Along</p> <p>B4. How Does it Feel? B3. Cat Dance Perform dances using simple movement patterns</p> <p>Y1 I know how to: Change my movements using speed and direction Do a skip, hop and sidestep Copy and repeat a basic sequence</p> <p>Y2 I know how to: Change my movements using levels Clap and count a simple rhythm Create different shapes with my body which stretching; tall, thin, wide, small, round and star.</p> <p>SSP – Gemma CPD Thursday PM</p>	<p>S+F Games A1. Beanbag Throw</p> <p>B2. Kick Rounders Master basic movements inc Running, jumping, throwing and catching</p> <p>Y1 will know how to: Demonstrate power kick technique pointing toes down Demonstrate an underarm throw with back straight facing the direction I am throwing Catch a small ball with two hands from a short distance</p> <p>Y2 I know how to: Demonstrate placing kick technique using inside of foot and body to open up to kicking direction. Demonstrate a controlled underarm throw releasing between my knee and waist Catch a small ball with two hands from a distance</p>	<p>Net-Wall Games A1. Mini Tennis 1</p> <p>B2. Target Baggers Master basic movements inc Running, jumping, throwing and catching</p> <p>Y1 I know how to: Coordinate both arms in an underarm serve action Catch the ball near the ideal contact point as it falls Do a forehand shot</p> <p>Y2 I know how to: Throw underarm with control of speed and direction Do a backhand shot Predict the direction and height of the ball</p>	<p>Athletics A1. Honey Pot A2. Colour Match</p> <p>B3. Pass the Baton Master basic movements inc Running, jumping, throwing and catching</p> <p>Y1 I will know how to: Use my balance and posture to walk and run at different speeds Use my arms to get higher which I jump Use an underarm action to throw at a target</p> <p>Y2 I will know how to: Use my balance and coordination to accelerate and change direction quickly when running Control my landing when jumping from a height by bending my knees and using my core muscles Use an underarm throw to throw over long distances</p>
<p>Y3/4</p> <p>A</p> <p>B</p>	<p>Invasion Games A4. Three Touch Ball A6. On the Attack</p> <p>B5. Skittles B7. End Zone Participate in team games, developing simple tactics for attacking and defending</p> <p>Y3 I know how to: Identify space to move into Pass and catch the ball while running under time and pressure Attack and defend using anticipation and special awareness</p> <p>Y4 I know how to: Intercept a ball and gain possession Apply a chest pass, overhead throw and underarm throw when in a competitive game Attack and defend without making contact</p>	<p>Gymnastics A5. Balancing Act A6. Assessing Level 2-3 Task 1</p> <p>B7. Partner Work B8. Assessing Level 2-3 Task 2 Develop flexibility, strength, technique, control and balance</p> <p>Y3 I know how to: Use bunny hops as a form of travel Balance in a front and back support Do a straight, star and tuck jump off a bench and land with control bending my knees</p> <p>Y4 I know how to: Move over, across and off apparatus safely. Use good body control to create my own balances on large and small body parts Do a controlled forwards and backwards roll</p>	<p>Dance A5. Indian Delight A6. Round the Clock</p> <p>B7. Machines Perform dances using a range of movement patterns</p> <p>Y3 I know how to: Work with a partner to deliver our own warm up using levels speed and direction Work with a partner to create 3 to 4 movements surrounding a picture or theme and link them Repeat and remember and perform movement</p> <p>Y4 will know how to: Copy, shadow, follow and mirror a partner Create movement that has meaning and accuracy and reflect on this Demonstrate stillness and cannon</p>	<p>OAA A1. Where are we going? A2. Shipwrecked A3. Gone Fishing A4. Search and Rescue</p> <p>B5. Where Am I? B6. Communication Challenge B7. Safely Across Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Y3 I know how to: Follow a simple map using a key Listen to others suggestions Use basic lifting and handling techniques</p> <p>Y4 I know how to: Follow a simple map without a key Support a partner physically Choose the correct equipment to complete the task</p>	<p>S+F Games A3. Arc Rounders A4. Boundary Line A5. Run the Loop</p> <p>Y3 I know how to: Catch a small ball from a bounce Do a catch ready position with my feet shoulder-width apart on balls of feet. Return the ball quickly to another player</p> <p>Y4 I know how to: Throw up and catch a small ball Throw overarm with hand higher than shoulder and side on to the target Place balls tactically</p> <p>Net-Wall Games B3. Mini Tennis 2</p> <p>Y3 I know how to: Demonstrate a volley and underarm serve Demonstrate a balanced ready position Make contact with the ball with a controlled racket face</p> <p>Y4 I know how to: Demonstrate an overhead serve Combine a balanced ready position with traveling in different directions Contact the ball to the front and to the side developing a cooperative rally</p> <p>Use running, jumping, Throwing and catching in Isolation and in Combination</p>	<p>Athletics A4. Furthest Five A5. Take Aim</p> <p>B6. Off, Up and Away B7. Faster, Higher, Further Develop flexibility, strength, technique, control and balance</p> <p>Y3 I know how to: Use my arms to help me sprint over short distances Jump for distance using a two feet to two feet jump Demonstrate a forward and overhead heave throw</p> <p>Y4 I know how to: Pace my running using a rhythm for long distance races Use a short run to jump from one to two feet to gain distance Demonstrate a push throw.</p>

<p>Y5/6</p> <p>A</p> <p>B</p>	<p>Invasion Games A7.End Zone A8.Fives and Threes A9.Grid Rugby</p> <p>B10.Tag Rugby B11.Calling the Shots</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Y5 I know how to: Jump as I throw to create height when I pass the ball Move into a space after I pass the ball Apply attacking and defending skills to a game</p> <p>Y6 I know how to: Reflect on my tactics and adapt throwing and catching during a game Anticipate another players pass Cooperate with my team using timing, space finding and risk taking</p>	<p>Gymnastics A9. Acrobatic Gymnastics A10.Assessing Level 3-4</p> <p>B11.Group Dynamics B12. Assessing Level 4-5</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Y5 I know how to: Use a sideways bunny hop to practice a cartwheel Balance safely on apparatus Jump over, along and off apparatus safely</p> <p>Y6 I know how to: Work with a partner to create ways of traveling using my knowledge of levels, speed and direction. Hold a symmetrical and asymmetrical balance with a partner Do a symmetrical and asymmetrical rolls and jumps, starting and finishing with control</p>	<p>Dance A8.Masquerade A9. What's So Funny?</p> <p>B10.Making the Grade</p> <p>Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Y5 will know how to: Explore actions, gestures and body shapes based on the style of dance Use expression when moving to different music Demonstrate canon, Unison, Motif, Levels, Repetition and Mirroring when creating a sequence in small groups</p> <p>Y6 will know how to: Create a sequence that flows fluently in small groups Use expressive movement when performing in small groups Use videos to watch performances back and reflect thinking about the quality of movements</p> <p>SSP – Gemma CPD Thursday PM</p>	<p>OAA A8.Crystal Star Challenge A9.Beat the Clock</p> <p>B10. Electric Fence</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Y5 I know how to: Work in a team to follow a map Use good communication to stay Safe Negotiate different terrain using speed , levels and directions</p> <p>Y6 I know how to: Lead a small group by communicating and listening Read a more complex map and plan a route Adapt and change way of working to complete a task and keep everyone safe</p>	<p>S+F Games A6.Runners A7.Zone Rounders/Cricket A8.Pairs Cricket</p> <p>Y5 I know how to: Catch ball using one hand from a short Distance Catch effectively by closing my hands around the ball Position tactically as a fielder</p> <p>Y6 I know how to: Catch ball using one hand from a long distance Work as a team discussing how to improve techniques learnt Know the rules of cricket and rounder's</p> <p>Net-Wall Games B3.Mini Tennis 2 B4.Long and Thin or Short and Fat B5.What a Racket!</p> <p>Y5 I know how to: Demonstrate a distance shot from the back of the court Do a balanced split step position before the volley Stabilize wrist position with a contact point in front</p> <p>Y6 I know how to: Perform a controlled volley and when is appropriate to do so Follow through with the rules of serving Play the ball deep by aiming higher over the Net</p> <p>Use 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>Athletics A7.Faster, Higher, Further A8.Three Jump Challenge</p> <p>B9.Distance Challenge</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Y5 I know how to: Use consistent stride lengths to sprint over hurdles Do a triple jump using my core, arms and legs to achieve control Do a controlled pull throw and a dynamic push throw to reach a target</p> <p>Y6 I know how to: Pass a baton at speed using a push Pass Do a scissor jump from a short run up to give me height Do a dynamic heave throw and sling throw using my shoulders and arm muscles to achieve accuracy</p>
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