

# Folly View Primary School

Long Term Plan 2025-26

SUBJECT: PE



VISION: At Folly View, we use Get Set 4 PE to develop every child's learning behaviours and fundamental movement skills. Our approach helps ALL children develop the physical literacy, emotional and thinking skills needed to achieve in PE, sport and life. We place the learner at the heart of our practice. At Folly View, we intend to inspire life-long learners who enjoy and engage with physical education. We create an enabling environment in PE where young people feel included, valued, challenged and supported to achieve their maximum potential.

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	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Pre-School</b>	<p><b>Get Set 4 PE – Introduction to PE Unit 1 and Fundamentals Unit 1</b> In this unit children will be introduced to physical Education and structured movement through the topics of 'fantasy and adventure' and 'all about me'. They will learn to find a space, freeze, use and share equipment, work individually and with a partner. Skills will include balancing, running, changing direction, jumping, hopping and travelling.</p> <p><b>Children will be taught to:</b> Move around safely and with control. Have an awareness of others and objects in the teaching space. Take turns when instructed. To store equipment safely when not in use.</p> <p><b>Physical skills:</b> Run, skip, jump, balance, hop, crawl, change direction and travel</p>		<p><b>Get set 4 PE – Ball Skills Unit 1</b> In this unit children will develop their ball skills through the topic of 'minibeasts'. Children will roll and receive, throw to a target, bounce and catch, dribble and kick a ball.</p> <p><b>Children will be taught to:</b> Move around safely and with control. Have an awareness of others and items in the teaching space. Take turns when instructed. To store equipment safely when not in use.</p> <p><b>Physical skills:</b> Roll, catch, stop a rolling ball, dribble with feet, throw, bounce, kick</p>	<p><b>Get Set 4 PE – Dance Unit 1</b> In this unit children will develop their expressive movement through the topic of 'everyday life'. Children explore space, travelling movements, shapes and balances.</p> <p><b>Children will be taught to:</b> Be bare foot for dance. Move around safely and with control. Have an awareness of others in the teaching space.</p> <p><b>Physical skills:</b> Actions, dynamics, space, balance, move different body parts at the same time, be flexible and move for longer</p>	<p><b>Get Set 4 PE – Games Unit 1</b> Children will develop their understanding of playing games through the topic of 'transport'. They will learn how to score and play by the rules, how to work with a partner and begin to understand what a team is.</p> <p><b>Children will be taught to:</b> Move around safely and with control. Have an awareness of others and items in the teaching space. Take turns when instructed. To store equipment safely when not in use.</p> <p><b>Physical skills:</b> Run, balance, change direction, throw, catch, move different body parts at the same time, be faster and move for longer</p>	<p><b>Get Set 4 PE – Gymnastics Unit 1</b> Children will develop basic gymnastic skills through the topic of 'animals and their habitats'. They explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They perform basic skills on both floor and apparatus.</p> <p><b>Children will be taught to:</b> Move around safely and with control. Have an awareness of others and items in the teaching space. Take turns when instructed. To store equipment safely when not in use. To use apparatus safely.</p> <p><b>Physical skills:</b> Shapes, balances, jumps, rocking, rolling, travel, move different body parts at the same time, be stronger and be more flexible</p> <p><b>Athletics for sports day</b> Obstacle course, jumping for distance, throwing for accuracy, throwing for distance, egg and spoon race, relay race</p>
<b>Key Vocabulary</b>	Introduction to PE Unit 1: Avoid, freeze, space, backwards, safe, stop, forwards, sideways, partner Fundamentals Unit 1: balance, jump, bend, land, space, stop, direction, run, hop, safe, travel		Ball Skills Unit 1: Bounce, points, score, catch, roll, space, dribble, run, target, hit, safely, throw, kick Dance Unit 1: move, actions, direction, shake, bend, low, count, twist		Games Unit 1: catch, caught, jog, rules, run, safe, safely, score, space, stop, team, throw, turn Gymnastics Unit 1: balance, bend, land, squeeze, rock, star, copy, roll, still, hold, shape, straight, jump	
<b>Cultural Capital</b>	Gonoodle, squiggle, dough disco, circle games		Gonoodle, squiggle, dough disco, circle games		Gonoodle, squiggle, dough disco, circle games	

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<p><b>Reception</b></p>	<p><b>Get Set 4 PE – Introduction to PE Unit 2</b> In this unit children will be introduced to physical Education and structured movement through the topic of 'everyday life'. They will learn to safely use space, stopping safely, use and share equipment, work individually and with a partner. Skills will include running, jumping, and skipping. Children will play simple games and begin to understand and use rules.</p> <p><b>Children will be taught to:</b> Move around safely and with control. Have an awareness of others and objects in the teaching space. Take turns when instructed. To store equipment safely when not in use. <b>Physical skills:</b> Run, skip, jump, catch, roll, throw</p>	<p><b>Get Set 4 PE – Fundamentals Unit 2</b> In this unit children will develop their fundamental movement skills through the topic of 'places and spaces'. They will develop skills of balancing, running, hopping, jumping, travelling and changing direction. They will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks.</p> <p><b>Children will be taught to:</b> Move around safely and with control. Have an awareness of others and objects in the teaching space. To store equipment safely when not in use. <b>Physical skills:</b> Run, jump, balance, hop, change direction and travel, move different body parts at the same time, be faster and move for longer</p>	<p><b>Get Set 4 PE – Games Unit 2</b> In this unit children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They will also learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.</p> <p><b>Children will be taught to:</b> Move around safely and with control. Have an awareness of others and items in the teaching space. Take turns when instructed. To store equipment safely when not in use. <b>Physical skills:</b> Run, change direction, throw, catch, strike, move different body parts at the same time, be faster and move for longer</p>	<p><b>Get set 4 PE – Ball Skills Unit 2</b> In this unit children will develop their ball skills through the topic of 'weather'. Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.</p> <p><b>Children will be taught to:</b> Move around safely and with control. Have an awareness of others and items in the teaching space. Take turns when instructed. To store equipment safely when not in use. <b>Physical skills:</b> Roll, catch, track, dribble with feet, throw, kick</p>	<p><b>Get Set 4 PE – Gymnastics Unit 2</b> Children will develop basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing.</p> <p><b>Children will be taught to:</b> Move around safely and with control. Have an awareness of others and items in the teaching space. Take turns when instructed. To store equipment safely when not in use. To use apparatus safely. <b>Physical skills:</b> Shapes, balances, jumps, rock and roll, travelling, barrel roll, straight roll, progressions of a forward roll, move different body parts at the same time, be stronger and be more flexible</p>	<p><b>Get Set 4 PE – Dance Unit 2</b> In this unit children will develop their expressive movement through the topic of 'places'. Children explore space and how to use space safely. They explore traveling actions, shapes and balances. Children choose their own actions in response to a stimulus. They also are given the opportunity to copy, repeat and remember actions. They continue to use counting to help them keep in time with the music. They explore dance through the world around them. They perform to others and begin to provide simple feedback.</p> <p><b>Children will be taught to:</b> Be bare foot for dance. Move around safely and with control. Have an awareness of others in the teaching space. <b>Physical skills:</b> Actions, dynamics, space, balance, move different body parts at the same time, be flexible and move for longer</p> <p><u>Athletics - Sports Day</u> <b>Obstacle course, jumping for distance, throwing for accuracy, throwing for distance, egg and spoon race, relay race</b></p>
<p><b>Key Vocabulary</b></p>	<p>Introduction to PE Unit 2 - Catch, path, score, direction, rules, space. Partner, safely, stop Fundamentals Unit 2: balance, jump, bend, land, stop, run, hop, crawl, fast, slow, slide, safely, rules</p>		<p>Games Unit 2 – Aim, lose, stop, gallop, partner, tag, hit, run, target, hop, safely, team, jump, score, win Ball skills Unit 2: Ball, partner, score, catch, ready, space, dribble, roll, target, kick, safely, throw</p>		<p>Gymnastics Unit 2 – Around, land, still, balance, over, straight, hold, rock, through, jump, roll, travel Dance Unit 2:</p>	
<p><b>Cultural Capital</b></p>	<p>Gonoodle, squiggle, dough disco, circle games, Go Danny</p>		<p>Gonoodle, squiggle, dough disco, circle games, Go Danny</p>		<p>Gonoodle, squiggle, dough disco, circle games, Go Danny</p>	



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<p><b>Year 1</b></p>	<p><b>Session 1: Get Set 4 PE – Fundamentals</b> Fundamental movement skills are like the building blocks of what children's bodies can do. These skills help children play, explore, and stay active.</p> <p><b>This unit will help children to:</b> Change direction Balance Move different body parts at the same time Be faster and stronger</p> <p><b>Movement skills:</b> Run, jump, balance, hop, speed, agility, dodge, skip, co-ordination skills</p> <p><b>Session 2: Get Set 4 PE – Gymnastics</b> In gymnastics children learn to move their body in fun ways. There are different shapes that children can make with their bodies (star, tuck, pike, arch, straddle, dish).</p> <p><b>This unit will help children to:</b> Balance Move different body parts at the same time Be more flexible and stronger</p> <p><b>Movement skills:</b> Travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll</p>	<p><b>Session 1: Get Set 4 PE – Ball Skills</b> Children can move a ball in different ways, using different body parts (roll, dribble, throw, catch).</p> <p><b>This unit will help children to:</b> Change direction Balance Move different body parts at the same time Be faster and move for longer</p> <p><b>Movement skills:</b> Dribble with hands, roll, throw, catch, dribble with feet, track</p> <p><b>Session 2: Get Set 4 PE – Fitness</b> There are lots of things that can change children's moods. How do events change children's mood? (Playing with friends, spending time with family, not much sleep, not eating breakfast).</p> <p><b>This unit will help children to:</b> Change direction quickly Balance Move different body parts at the same time Move for a long time Be stronger</p> <p><b>Movement skills:</b> Run, jump, co-ordination, stamina, strength, agility, balance</p>	<p><b>Session 1: Get Set 4 PE – Invasion Games</b> Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. Examples include football, handball, rugby, netball, basketball, hockey. Teams are defending and attacking.</p> <p><b>This unit will help children to:</b> Change direction quickly Balance Move different body parts at the same time Be faster and move for longer</p> <p><b>Movement skills:</b> Dribble, throw, catch, kick, receive, run, change speed, change direction</p> <p><b>Session 2: Get Set 4 PE – Dance</b> Children will explore dance with themes, such as 'the weather' and 'pirates'.</p> <p><b>This unit will help children to:</b> Balance Move different body parts at the same time Be more flexible</p> <p><b>Movement skills:</b> Actions Dynamics Space Relationships</p>	<p><b>Session 1: Get Set 4 PE – Sending and Receiving</b> Children will learn about sending a ball, meaning throwing, kicking or hitting it to someone else. Receiving a ball is like catching it or stopping it when it comes to you. So, when someone sends the ball to someone else, they use their hands, feet or racket to catch it or stop it from rolling away.</p> <p><b>This unit will help children to:</b> Change direction Balance Move different body parts at the same time Be faster and move for longer</p> <p><b>Movement skills:</b> Roll, throw, catch, track, kick, receive with feet, send with racket</p> <p><b>Session 2: Get Set 4 PE – Yoga</b> Children will learn that Yoga is a type of exercise that uses balances (poses) and breathing exercises to help body and mind stay healthy and strong.</p> <p><b>This unit will help children to:</b> Balance Move different body parts at the same time Be more flexible and stronger</p> <p><b>Movement skills:</b> Balance Flexibility Strength Co-ordination</p>	<p><b>Session 1: Get Set 4 PE – Striking and Fielding</b> Children will learn about striking and fielding games. There are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders.</p> <p><b>This unit will help children to:</b> Change direction quickly Balance Move different body parts at the same time Be faster</p> <p><b>Movement skills:</b> Underarm throw, overarm throw, catch, track, bat</p> <p><b>Session 2: Get Set 4 PE – Target Games</b> Children will learn that Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target. Examples of target games are dodgeball and boccia.</p> <p><b>This unit will help children to:</b> Balance Change direction quickly Move different body parts at the same time Be faster</p> <p><b>Movement skills:</b> Underarm throw Overarm throw</p>	<p><b>Session 1: Get Set 4 PE – Net and Wall Games</b> Children will learn that net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.</p> <p><b>This unit will help children to:</b> Change direction quickly Balance Move different body parts at the same time Be faster and move for longer</p> <p><b>Movement skills:</b> Throw, catch, hit, track</p> <p><b>Session 2: Athletics - Sports Day</b> Obstacle course, jumping for distance, throwing for accuracy, throwing for distance, egg and spoon race, relay race</p>
<p><b>Key Vocabulary</b></p>	<p>Fundamentals: jump, bend, land, skip, jog, hop, direction, swing, challenge, ready position Gymnastics: action, jump, speed, balance, level, squeeze, control, point, star, direction, roll, straight, shape, travel</p>		<p>Invasion games: attacker, defender, dodge, goal, marking, points, score, space Dance: action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly, slow, slowly, timing</p>		<p>Striking and fielding: batter, batting, bowl, bowler, fielder, fielding, hit, out, ready position, track, underarm/overarm Target games: balance, distance, further, over/underarm, point, score, swing, throw</p>	



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	Ball skills: catch, control, dribble, ready position, roll, safely, score, space, soft, swing, target, track, underarm Fitness: active, bones, brain, breathing, calm, exercise, fast, healthy, heart, memory, mood, muscles, quick, safe, strong	Sending and receiving: catch, defender, distance, far, overarm, partner, pass, ready position, score, send, throw, underarm Yoga: balance, breath, copy, feel, focus, listen, pose, slowly, stretch	Net and wall games: net, partner, point, racket, ready position, score, track, underarm			
<b>Cultural Capital</b>	Gonoodle, Jonny jumpabout, Pedometers, Go Danny,	Gonoodle, Jonny jumpabout, Performing arts Festival, pedometers, Go Danny	Gonoodle, Jonny jumpabout, Pedometers, Go Danny			
<b>Year 2</b>	<p><b>Session 1: Get Set 4 PE – Fundamentals</b> Fundamental movement skills are like the building blocks of what children's bodies can do. These skills help children play, explore, and stay active.</p> <p><b>This unit will help children to:</b> Change direction Balance Move different body parts at the same time Be faster and stronger</p> <p><b>Movement skills:</b> Run, jump, balance, hop, speed, agility, dodge, skip</p> <p><b>Session 2: Get Set 4 PE – Gymnastics</b> In gymnastics children learn to move their body in fun ways. From balancing to rolling and jumping. In gymnastics actions are linked using travelling actions to create sequences. Sequences have a beginning, middle and end.</p> <p><b>This unit will help children to:</b> Balance Move different body parts at the same time Be more flexible and stronger</p> <p><b>Movement skills:</b> Travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll</p>	<p><b>Session 1: Get Set 4 PE – Ball Skills</b> Children can use ball skills in lots of other games. Learning different ball skills also helps eyes, hands and feet work together.</p> <p><b>This unit will help children to:</b> Change direction Balance Move different body parts at the same time Be faster and move for longer</p> <p><b>Movement skills:</b> Dribble with hands, roll, throw, catch, dribble with feet, track</p> <p><b>Session 2: Get Set 4 PE – Fitness</b> Children will learn about being fit and keeping the body strong and full of energy.</p> <p><b>This unit will help children to:</b> Change direction quickly Balance Move different body parts at the same time Move for a long time Be stronger</p> <p><b>Movement skills:</b> Run, jump, co-ordination, stamina, strength, agility, balance, skip</p>	<p><b>Session 1: Get Set 4 PE – Invasion Games</b> Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. Examples include football, handball, rugby, netball, basketball, hockey.</p> <p>Teams in possession of the ball are attacking and teams not in possession of the ball are defending.</p> <p><b>This unit will help children to:</b> Change direction quickly Balance Move different body parts at the same time Be faster and move for longer</p> <p><b>Movement skills:</b> Dribble, throw, catch, kick, receive, run, change speed, change direction</p> <p><b>Session 2: Get Set 4 PE – Dance</b> Children will explore dance with themes, such as 'the rainforest' and 'Jack Frost'.</p> <p><b>This unit will help children to:</b> Balance Move different body parts at the same time Be more flexible</p> <p><b>Movement skills:</b> Actions Dynamics Space Relationships</p>	<p><b>Session 1: Get Set 4 PE – Sending and Receiving</b> Children will learn that sending and receiving skills are important because they can be used in lots of other games. Learning these skills also helps eyes, hands and feet work together.</p> <p><b>This unit will help children to:</b> Change direction Balance Move different body parts at the same time Be faster and move for longer</p> <p><b>Movement skills:</b> Roll, catch, track, kick, receive with feet, send and receive with a racket</p> <p><b>Session 2: Get Set 4 PE – Yoga</b> Children will learn that Yoga is a type of exercise that uses balances (poses) and breathing exercises to help body and mind stay healthy and strong.</p> <p><b>This unit will help children to:</b> Balance Move different body parts at the same time Be more flexible and stronger</p> <p><b>Movement skills:</b> Balance Flexibility Strength Co-ordination</p>	<p><b>Session 1: Get Set 4 PE – Striking and Fielding</b> Children will learn about striking and fielding games. There are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders. There are different roles on a batting and fielding team.</p> <p><b>This unit will help children to:</b> Change direction quickly Balance Move different body parts at the same time Be faster</p> <p><b>Movement skills:</b> Underarm throw, overarm throw, catch, track, bat, bowl</p> <p><b>Session 2: Get Set 4 PE – Target Games</b> Children will learn that Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target. Examples of target games are dodgeball and boccia.</p> <p><b>This unit will help children to:</b> Balance Change direction quickly Move different body parts at the same time Be faster</p>	<p><b>Session 1: Get Set 4 PE – Net and Wall Games</b> Children will learn that net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.</p> <p><b>This unit will help children to:</b> Change direction quickly Balance Move different body parts at the same time Be faster and move for longer</p> <p><b>Movement skills:</b> Throw, catch, hit, track</p> <p><b>Session 2: Athletics - Sports Day</b> Obstacle course, jumping for distance, throwing for accuracy, throwing for distance, egg and spoon race, relay race</p>



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					<b>Movement skills:</b> Underarm throw Overarm throw Roll Strike Dodge Jump	
<b>Key Vocabulary</b>	Fundamentals: jump, land, skip, hop, swing, dodge, hurdle, speed, weight, sprint, take off Gymnastics: action, jump, speed, balance, level, squeeze, control, pike, star, direction, roll, straddle, shape, travel, link, pathway, tuck Ball skills: catch, control, dribble, roll, collect, prepare, receive, release, touch, target, track, underarm Fitness, breath, exercise, bend, exercise, jog, jump, land, speed, sprint, steady, strong, time, tired	Invasion games: attack, defend, defender, goalkeeper, opponent, mark, possession, score, receive, send, shoot, tactic, teammate Dance: action, beat, create, counts, direction, dynamics, level, pathway, expression, matching, mirroring, perform, speed, timing, unison Sending and receiving: catch, distance, kick, receive, roll, ready position, throw, target, track Yoga: breath, choose, create, focus, flexibility, pose, flow, perform, strength	Striking and fielding: batter, batting, backstop, bowler, fielder, fielding, hit, out, rules, track, stump, tactics, teammate Target games: accurate, ahead, aim, over/underarm, opponent, release, strike, target, teammate Net and wall games: against, partner, point, defend, ready position, quickly, receive, return, trap			
<b>Cultural Capital</b>	Gonoodle, Jonny jumpabout, Pedometers	Gonoodle, Jonny jumpabout, Pedometers, Performing arts Festival	Gonoodle, Jonny jumpabout, Pedometers, Visit to FCC Ultra Olympics			
<b>Year 3</b>	<p><b>Session 1: Get Set 4 PE – Fundamentals</b>                      Fundamental movement skills are like the building blocks of what children's bodies can do. These skills help children to run, jump and balance.</p> <p><b>This unit will help children to:</b>                      Be more agile                      Balance                      Be more co-ordinated                      Be faster</p> <p><b>Movement skills:</b>                      Run, jump, balance, hop, dodge, skip</p> <p><b>Session 2: Get Set 4 PE – Gymnastics</b>                      Children will learn that gymnastics is made up of a range of movement skills including balances, jumps rolls and shapes. They will learn that almost all gymnastic events are performed on special equipment, such as rings or bars and is called apparatus.</p>	<p><b>Session 1: Get Set 4 PE – Dodgeball</b>                      Children will learn that Dodgeball is a target game played between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way.</p> <p><b>This unit will help children to:</b>                      Be more agile                      Balance                      Be more co-ordinated                      Be faster</p> <p><b>Movement skills:</b>                      Throw, catch, dodge, jump</p> <p><b>Session 1: Get Set 4 PE – Ball Skills</b>                      Children will learn they can move a ball in lots of different ways using lots of different parts of the body. In this unit they will learn how tracking helps to improve ball skills.</p> <p><b>This unit will help children to:</b>                      Balance                      Be more co-ordinated                      Be more flexible and stronger</p>	<p><b>Session 1: Get Set 4 PE – Hockey</b>                      Children will learn that hockey is an invasion game. An invasion game is a game where two teams play against each other. One team invades (enter) the other team's space to try to score goals. If the team are in possession, they are on the attacking team. If the team are not in possession, they are on the defending team. Children will learn that sticks are used to pass, dribble and shoot the ball. Children will learn to hold a hockey stick correctly.</p> <p><b>This unit will help children to:</b>                      Be more agile                      Balance                      Be more co-ordinated                      Be faster                      Have more stamina</p> <p><b>Movement skills:</b>                      Dribble, pass, receive, intercept, run, shoot</p> <p><b>Session 2: Get Set 4 PE – Dance</b>                      Children will explore dance with themes, such as 'machines'. Children will also learn dance actions and line dancing steps.</p>	<p><b>Session 1: Get Set 4 PE – Netball</b>                      Children will learn that netball is an invasion game where two teams compete against each other. In an invasion game, one team enters the other team's space to try to score goals while defending their own area. Netball helps develop teamwork, coordination, and strategic thinking. Children will learn how to pass, catch, and shoot.</p> <p><b>This unit will help children to:</b>                      Be more agile                      Be more co-ordinated                      Be faster                      Have more stamina</p> <p><b>Movement skills:</b>                      Throw, catch, run, jump, change direction, change speed, shoot</p> <p><b>Session 2: Get Set 4 PE – Yoga</b>                      Children will learn that yoga helps bodies and minds. Poses are used (like balances) to create sequences of movement, called a flow. Throughout the unit children will look at three key ways that yoga can help our body: improving our balance, flexibility</p>	<p><b>Session 1: Get Set 4 PE – Tennis</b>                      Children will learn that tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.</p> <p><b>This unit will help children to:</b>                      Be more agile                      Be more co-ordinated                      Be stronger                      Have more stamina</p> <p><b>Movement skills:</b>                      Throw, catch, run, forehand, backhand, rallying</p> <p><b>Session 2: Get Set 4 PE – OAA</b>                      Children will learn that OAA stands for Outdoor Adventurous Activities. These activities can be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, children will learn these</p>	<p><b>Session 1: Athletics – Sports Day</b>                      Track events, field events</p> <p><b>Session 2: Get Set 4 PE – Rounders</b>                      Children will learn that rounders is a striking and fielding game. The game has one fielding team and one batting team. Batters hit a small ball and score by running around the four bases on the pitch.</p> <p><b>This unit will help children to:</b>                      Be more agile                      Be more co-ordinated                      Be faster                      Have more stamina</p> <p><b>Movement skills:</b>                      Underarm and overarm throw, catch, bowl, track a ball, bat</p>

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	<p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more flexible and stronger <b>Movement skills:</b> Point and patch balances, jumps, barrel roll, straight roll, forward roll</p>	<p><b>Movement skills:</b> Dribble, throw, catch, track, kick</p>	<p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more flexible <b>Movement skills:</b> Actions Dynamics Space Relationships</p>	<p><b>and strength. Children will also be thinking about how yoga can help develop mindfulness.</b></p> <p><b>This unit will help children to:</b> Balance Move different body parts at the same time Be more flexible and stronger <b>Movement skills:</b> Balance Flexibility Strength Co-ordination</p>	<p><b>skills then put them into practise in an orienteering activity.</b></p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be faster Have more stamina <b>Movement skills:</b> Balance Co-ordination Run at speed Run over distance</p>	
Key Vocabulary	<p>Fundamentals: agility, balance, co-ordination, control, rhythm, take off, technique Gymnastics: body tension, contrast, control, direction, extend, flow, landing position, match, matching, patch, point, take off Dodge ball: agility, caught out, communicate, hit out, opposition, power, tactic, teammate, technique, tournament Ball skills: accurate, block, opponent, personal best, possession, power, receive, technique, track</p>		<p>Hockey: accurate, attack, attacker, control, decision, defend, defender, dribble, intercept, invasion, opposition, possession, receiver, tactics, teamwork, tournament Dance: actions, canon, create, dynamics, explore, expression, extend, feedback, formation, interact, pathway, perform, pose, timing, unison Netball: attack, control, court, defend, intercept, opposition, possession, receive, technique, teammate, tournament, umpire Yoga: base, breath, contact, control, extend, flexibility, flow, hinge, link, mindfulness, pose, strength, stretch, tilt</p>		<p>Tennis: backhand, competition, control, court, face, feeder, forehand, opponent, opposition, rally, react, return, tactics, track OAA: communication, compass, course, discuss, honest, interrupt, map, route, support, symbol, tactics, teamwork, trust Rounders: accuracy, bowler, caught out, collect, no ball, score, short barrier, strike, stump, stumped out, tactics, tournament, umpire</p>	
Cultural Capital	<p>Cross country competition</p>		<p>Performing arts festival</p>		<p>SEND festival, Quad kids</p>	
Year 4	<p><b>Session 1: Get Set 4 PE – Ball Skills</b> Children will learn that ball skills build hand-eye co-ordination, spatial awareness and balance. Children will learn they can control a ball using different parts of the body.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more agile and faster <b>Movement skills:</b> Dribble, throw, catch, track, kick</p> <p><b>Session 2: Swimming</b></p>	<p><b>Session 1: Get Set 4 PE – Rugby</b> Children will learn that rugby is an invasion game. An invasion game is a game where two teams play against each other. One team invades (enters) the other team's space to try to score goals.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be faster Have increased stamina <b>Movement skills:</b> Run, dribble, pass, receive, track</p> <p><b>Session 2: Swimming</b></p>	<p><b>Session 1: Get Set 4 PE – Football</b> Children will learn that football is an invasion game. An invasion game is a game where two teams play against each other. One team invades (enters) the other team's space to try to score goals.</p> <p><b>This unit will help children to:</b> Be more agile Balance Be more co-ordinated Be faster Have increased stamina <b>Movement skills:</b> Run, dribble, pass, receive, track</p> <p><b>Session 2: Get Set 4 PE – Gymnastics</b> Children will learn that gymnastics is made up of a range of movement skills including balance, jumps rolls and shapes.</p>	<p><b>Session 1: Get Set 4 PE – Hockey</b> Children will learn that hockey is an invasion game. An invasion game is a game where two teams play against each other. One team invades (enter) the other team's space to try to score goals.</p> <p><b>This unit will help children to:</b> Be more agile Balance Be more co-ordinated Be faster Have more stamina <b>Movement skills:</b> Dribble, pass, receive, intercept, run, shoot</p> <p><b>Session 2: Get Set 4 PE – Dance</b> Children will explore dance with themes, such as 'Carnival Time.</p> <p><b>This unit will help children to:</b></p>	<p><b>Session 1: Get Set 4 PE – Cricket</b> Children will learn that cricket is a striking and fielding game. The game has one fielding and one batting team. A complete game can last until the fielders get the batters out or after a set number of overs.</p> <p><b>This unit will help children to:</b> Be more agile Balance Be more co-ordinated Be faster and stronger <b>Movement skills:</b> Underarm and overarm throwing, overarm bowling, batting, two handed pick up, short barrier</p> <p><b>Session 1: Get Set 4 PE – Basketball</b> Children will learn that basketball is an invasion game. An invasion</p>	<p><b>Session 1: Athletics – Sports Day</b> Track events, field events</p> <p><b>Session 2: Get Set 4 PE – Rounders</b> Children will learn that rounders is a striking and fielding game. The game has one fielding team and one batting team. Both teams will play one round, called an 'innings', as fielders and once as batters. Batters hit a small ball with a bat that has a rounded end. They score by running around the four bases on the field.</p> <p><b>This unit will help children to:</b> Balance Be more agile Be more co-ordinated Be faster <b>Movement skills:</b></p>



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			<p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more flexible and stronger</p> <p><b>Movement skills:</b> Individual and partner balances, rotation jumps, barrel roll, straight roll, forward roll, straddle roll, bridge, shoulder stand</p>	<p>Balance Be more co-ordinated Be more flexible</p> <p><b>Movement skills:</b> Actions Dynamics Space Relationships</p>	<p><b>game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.</b></p> <p><b>This unit will help children to:</b> Be more agile Balance Be more co-ordinated Be faster Have more stamina</p> <p><b>Movement skills:</b> Dribble, jump, throw, catch, run, shoot, catch dribble</p>	<p>Underarm and overarm throw, catch, bowl, track a ball, bat, field and retrieve a ball</p>
Key Vocabulary	<p>Ball skills: accurate, block, opponent, personal best, possession, power, receive, technique, track, collect, momentum, pressure, select</p> <p>Rugby: accelerate, delay, dodge, forward pass, gain, invasion, limit, offside, onside, option, pitch, possession, supporting, tournament, track, try</p>	<p>Football: accurate, communicate, control, cushion, decision, delay, invasion, opposition, option, pitch, possession, referee, tournament, track</p> <p>Gymnastics: body tension, bridge, contrast, fluidity, extend, flow, inverted, landing position, match, momentum, perform, rotation, sequence, shoulder stand, stability, wrist grip</p> <p>Hockey: accurate, control, cushion, decision, delay, gain, invasion, opposition, possession, receive, referee, tackle, tournament</p> <p>Dance: action, action and reaction, canon, dynamics, expression, flow, formation, match, mirror</p>	<p>Cricket: accuracy, bowled out, caught out, cushion, decision, grip, momentum, no ball, opposition, pressure, retrieve, run out, short barrier, tactics, technique, tournament, two-handed pick up, wicket</p> <p>Basketball: accelerate, accurate, decision, delay, deny, gain, option, possession, pressure, protect, receiver, referee, supporting, teamwork, tournament</p> <p>Rounders: accuracy, batter, compete, cushion, no ball, retriever, short barrier, strike, stumped out, tactics, technique, tournament, two-handed pickup, umpire</p>			
Cultural Capital	<p>Cross country, Play leader training, Roman Dance and assembly</p>	<p>Performing arts, Create Day</p>	<p>Netball, Performing arts, Quackids, KS1 sports day leaders, Create Day, SEND festival</p>			
Year 5	<p><b>Session 1: Get Set 4 PE – Hockey</b> Children will learn that hockey is an invasion game. An invasion game is a game where two teams play against each other. One team invades (enter) the other team's space to try to score goals. In this unit children will be given the chance to umpire.</p> <p><b>This unit will help children to:</b> Be more agile Balance Be more co-ordinated Be faster Have more stamina</p> <p><b>Movement skills:</b></p>	<p><b>Session 1: Get Set 4 PE – Rugby</b> Children will learn that rugby is an invasion game where two teams try to score by entering the other team's space. Rugby is a challenging invasion game because the ball is passed backwards to teammates.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be faster and more agile Have increased stamina</p> <p><b>Movement skills:</b> Throw, catch, run, change speed and direction</p>	<p><b>Session 1: Get Set 4 PE – Netball</b> Children will learn that netball is an invasion game. An invasion game is a game where two teams play against each other. Teams invade (enter) the other team's space to try to score goals. In this unit, Children will learn the fundamental movement skills and strategies needed to play netball effectively.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be faster and more agile Have increased stamina</p> <p><b>Movement skills:</b> Throw, catch, run, change speed and direction, jump, shoot</p>	<p><b>Session 1: Get Set 4 PE – Tennis</b> Children will learn that tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition. The area on a court is different if singles or doubles is played. In doubles, the court is wider.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be faster and more agile Have increased stamina and strength</p> <p><b>Movement skills:</b> Forehand groundstroke, backhand groundstroke, rallying,</p>	<p><b>Session 1: Get Set 4 PE – Rounders</b> Children will learn that rounders is a striking and fielding game. The game has one fielding team and one batting team. Both teams will play one round, called an 'innings', as fielders and once as batters. Batters hit a small ball with a bat that has a rounded end. They score by running around bases on the field.</p> <p><b>This unit will help children to:</b> Balance Be more agile Be more co-ordinated Be faster</p> <p><b>Movement skills:</b> Throw, catch, bowl, bat, field</p>	<p><b>Session 1: Athletics – Sports Day</b> Track events, field events</p> <p><b>Session 2: Get Set 4 PE – Volleyball</b> Children will learn that volleyball is a net and wall game. The aim of the game is to hit the ball over the net landing into the court area on your opponent's side.</p> <p><b>This unit will help children to:</b> Balance Be more agile Be more co-ordinated Be faster</p> <p><b>Movement skills:</b> Throw, catch, jump, serve, set, dig, rally</p>



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	<p>Dribble, pass, receive, tackle, intercept, run, shoot</p> <p><b>Session 2: Get Set 4 PE – Yoga</b> Children will learn that yoga is an activity that is good for body and mind. It develops balance, strength and flexibility and how it helps children to feel calm, less stressed, and be aware of how they are feeling. In this unit, children will use poses to create their own flow (a sequence of movements) and lead it to other pupils.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more flexible and stronger <b>Movement skills:</b> Balance, flexibility, strength, co-ordination</p>	<p><b>Session 2: Get Set 4 PE – Gymnastics</b> In this unit children will learn that some balances and asymmetrical and some are asymmetrical.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more flexible and stronger <b>Movement skills:</b> Symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand</p>	<p><b>Session 2: Get Set 4 PE – Dodgeball</b> Children will learn that dodgeball is a target game played between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way to get them out.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more agile and faster <b>Movement skills:</b> Throw, catch, dodge, jump, block</p>	<p>underarm serve, forehand volley, backhand volley</p> <p><b>Session 2: Get Set 4 PE – Dance</b> Children will explore dance with themes, such as 'Chinese New Year'. Children will also learn rock and roll and to create a Dance by Chance,</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more flexible <b>Movement skills:</b> Actions Dynamics Space Relationships</p>	<p><b>Session 2: Get Set 4 PE – Badminton</b> Children will learn that badminton is a net and wall game. It is played over a net with a racket and shuttlecock and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.</p> <p><b>This unit will help children to:</b> Balance Be more agile Be more co-ordinated Be faster Have more stamina <b>Movement skills:</b> Underarm forehand, underarm backhand, overarm forehand, serve, rally, run</p>	
Key Vocabulary	<p>Hockey: ball carrier, barrier, close down, create, maintain, possession, pressure, situation, sporting behaviour, tactics, transition, umpire</p> <p>Yoga: concentrate, connect, contact, exhale, extend, fluidly, inhale, maintain, quality, posture, stability, transition</p> <p>Rugby: ball carrier, close down, communicate, create, invasion, offside, possession, situation, sportsmanship, support</p> <p>Gymnastics: asymmetrical, canon, cartwheel, decide, extension, identify, inverted, matching, mirroring, momentum, observe, pathways, performance, quality, stable, symmetrical, synchronisation, transition</p>	<p>Netball: accelerate, angle, create, drive, intercept, maintain, opposition, pressure, receiver, rebound, situation, sportsmanship, stance, support, technique, tournament</p> <p>Dodgeball: avoid, communication, cushion, fake, force, officiate, opponent, situation, tactic</p> <p>Tennis: adjust, baseline, consecutive, continuous, dominant, groundstroke, non-dominant, option, pressure, readjust, release, serve, situation, tactic, technique, volley</p> <p>Dance: actions, canon, choreograph, choreography, collaborate, dynamics, formation, genre, motif, pathway, performance, phrase, posture, quality, relationship, space, structure, timing, transition, unison</p>	<p>Rounders: backing up, compete, close catch, decision, deep catch, limit, long barrier, no ball, retrieve, short barrier, situation, stance, tactic, tournament</p> <p>Badminton: adjust, communicate, dominant, non-dominant, pressure, serve, sportsmanship, situation, tactic, technique</p> <p>Volleyball: co-operatively, communicate, cushion, dig, opposition, serve, set, situation, sportsmanship, tactics, volley</p>			
Cultural Capital	<p>Cross country competition, Playleader training, tag rugby club</p>	<p>Netball, Performing Arts Festival</p>	<p>Netball club,</p>			
Year 6	<p><b>Session 1: Get Set 4 PE – Hockey</b> Children will learn that hockey is an invasion game. An invasion game is a game where two teams play against each other.</p>	<p><b>Session 1: Get Set 4 PE – Tennis</b> Children will learn that tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1)</p>	<p><b>Session 2: Get Set 4 PE – Volleyball</b> Children will learn that volleyball is a net and wall game played in teams of six. The aim of the game is to hit the ball over the net landing into the court area on the opponent's side.</p>	<p><b>Session 1: Get Set 4 PE – Netball</b> Children will learn that netball is an invasion game. An invasion game is a game where two teams play against each other. One team invades (enters) the other team's space to try to score goals.</p>	<p><b>Session 1: Get Set 4 PE – Rounders</b> Children will learn that rounders is a striking and fielding game. The game has one fielding team and one batting team. Both teams will play one round, called an 'innings', as fielders and once as</p>	<p><b>Session 1: Athletics – Sports Day</b> Track events, field events</p> <p><b>Session 2: Get Set 4 PE – OAA</b> Children will learn that OAA stands for Outdoor Adventurous Activities. These activities can</p>



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	<p><b>One team invades (enters) the other team's space to try to score goals.</b></p> <p><b>This unit will help children to:</b> Be more agile Balance Be more co-ordinated Be faster Have more stamina</p> <p><b>Movement skills:</b> Dribble, pass, receive, tackle, intercept, run, shoot</p> <p><b>Session 2: Get Set 4 PE – Rugby</b> Children will learn that rugby is an invasion game. An invasion game is a game where two teams play against each other. One team invades (enters) the other team's space to try to score goals.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be faster and more agile Have increased stamina</p> <p><b>Movement skills:</b> Throw, catch, run, change speed and direction</p>	<p><b>competition or 'doubles' (2v2) competition.</b></p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be faster and more agile Have increased stamina and strength</p> <p><b>Movement skills:</b> Forehand groundstroke, backhand groundstroke, rallying, underarm serve, forehand volley, backhand volley</p> <p><b>Session 2: Get Set 4 PE – Gymnastics</b> In this unit children will learn that There are two main types of gymnastics: artistic and rhythmic. Artistic gymnastics includes flips and twists, vault and floor routines. Rhythmic gymnastics, on the other hand, features elegant dance moves and performances with apparatus like ribbons and hoops.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more flexible and stronger</p> <p><b>Movement skills:</b> Counter balance, bridge, forward roll, straddle roll, backward roll, cartwheel, shoulder stand, handstand, flight</p>	<p><b>This unit will help children to:</b> Balance Be more agile Be more co-ordinated Be faster</p> <p><b>Movement skills:</b> Throw, catch, jump, serve, set, dig, rally</p> <p><b>Session 2: Get Set 4 PE – Dance</b> Children will explore dance with themes, such as 'Bhangra Dance'. Children will also Stamp Clap choreography and 1970s disco.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more flexible</p> <p><b>Movement skills:</b> Actions Dynamics Space Relationships</p>	<p><b>Children will learn a netball court is split into thirds and different positions have different roles and are allowed in different areas of the court. In official netball, there are seven players in each team. In this unit, games will be played with five players per team.</b></p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be faster and more agile Have increased stamina</p> <p><b>Movement skills:</b> Throw, catch, run, change speed and direction, jump, shoot</p> <p><b>Session 2: Get Set 4 PE – Yoga</b> Children will learn that yoga is an activity that connects body and breath. It includes breathing techniques, poses and mindfulness. Mindfulness is when attention is focussed on the present moment. In yoga people often use breath to hold the poses, developing flexibility, balance and strength.</p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be more flexible and stronger</p> <p><b>Movement skills:</b> Balance, flexibility, strength, co-ordination</p>	<p><b>batters. Batters hit a small ball with a bat that has a rounded end. They score by running around the four bases on the field.</b></p> <p><b>This unit will help children to:</b> Balance Be more agile Be more co-ordinated Be faster</p> <p><b>Movement skills:</b> Throw, catch, bowl, bat, field</p> <p><b>Session 2: Get Set 4 PE – Badminton</b> Children will learn that badminton is a net and wall game. It is played over a net with a racket and shuttlecock and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.</p> <p><b>This unit will help children to:</b> Balance Be more agile Be more co-ordinated Be faster Have more stamina</p> <p><b>Movement skills:</b> Underarm clear, overarm clear, serve, rally, run</p> <p><b>TOP UP SWIMMING</b></p>	<p><b>be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, children will learn these skills then put them into practise in orienteering activities. When orienteering: Do not leave anyone behind, move around the course as a team. If you hear three long whistles go back to the meeting point. Do not go outside of your set boundary. balance, co-ordination, speed, stamina balance co-ordination run at speed run over distance Listen carefully to safety rules for each challenge considering the space, equipment and other people. Work safely around others. Orienteering is an activity where participants are given a map and compass. Their aim is to find clues called 'controls'.</b></p> <p><b>This unit will help children to:</b> Balance Be more co-ordinated Be faster Have more stamina</p> <p><b>Movement skills:</b> Balance, co-ordination, run at speed, run over distance</p> <p><b>TOP UP SWIMMING</b></p>
<p><b>Key Vocabulary</b></p>	<p>Hockey: abide, appropriate, barrier, close down, create, cushion, draw, pressure, situation, sportsmanship, stance, support, tactics, transition, turnover</p> <p>Rugby: abide, ball carrier, close down, consecutive, create, decision, dictate, draw, offside, onside, sportsmanship, support, tactic, track</p> <p>Tennis: abide, appropriate, doubles, limit, official, placement, prepare, pressure, recover, serve, service, stance, volley</p>	<p>Volleyball: abide, appropriate, communicate, create, cushion, dig, direct, extend, non-dominant, placement, recover, serve, set, sportsmanship, tactics, technique, thrust</p> <p>Dance: action, aesthetic, choreography, dynamics, express, formation, freeze frame, mood, motif, inspiration, pose, phrase, refine, rehearse, stimulus, structure, style, transition</p>	<p>Rounders: abide, appropriate, backing up, close catch, collaborate, consecutive, consistently, decision, deep catch, long barrier, momentum, short barrier, situation, stance, tactic, tournament, track, umpire</p> <p>Badminton: abide, contact, dominant, footwork, grip, overhead, placement, rally, recover, return, serve, sportsmanship, stance, tactic, technique, underarm</p>			

# Folly View Primary School

Long Term Plan 2025-26

## SUBJECT: PE



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	Gymnastics: aesthetics, competent, contrasting, counter balance and counter tension, engage, execution, flight, formation, handstand, progression, refine, structure, vault	Netball: abide, angle, access, ball carrier, ball side, close down, contest, definite, dominant, draw, drive, extend, maintain, possession, rebound, umpire Yoga: concentrate, collaborate, engage, exhale, expand, fluidly, inhale, lengthen, mindfulness, muscles, notice, quality, salutation, transition	OAA: adhere, approach, cardinal points, communication, contribute, critical thinking, determine, evaluate, inclusive, leadership, location, navigate, orientate, trust
<b>Cultural Capital</b>	cross country, play leader training, tag rugby,	netball, Performing arts festival	tennis, FCC events
	In FCC, pupils will focus on		
<b>Year 7</b>	<b>Head (knowledge and understanding)</b> <ul style="list-style-type: none"> <li>Knows what a warm-up and cool-down should involve and can carry these out appropriately</li> <li>Can identify the main muscle groups and suggest appropriate stretches to target them (quadriceps, hamstrings, biceps and triceps)</li> <li>Can recognise some of the immediate effects of exercise (heavy breathing, sweating, increased HR)</li> <li>Can recognise some of the short-term effects of exercise (fatigue, light-headedness, nausea, DOMS)</li> <li>Can recognise some of the long-term effects of exercise (change in body shape, improved fitness components, lower resting HR)</li> <li>Can say why fitness tests are used and explain how one or two are carried out (e.g. MSFT/Cooper run)</li> <li>Knows some different training types and the key characteristics of them (e.g. interval/circuit/continuous/fartlek training)</li> <li>Knows some components of fitness and how they link to different sports and training types.</li> </ul>	<b>Heart (life skills)</b> <ul style="list-style-type: none"> <li>Can show basic organisational skills to arrive with appropriate kit and change quickly</li> <li>Is empathetic, e.g. will encourage their peers who may be less confident or finding a task difficult</li> <li>Shows resilience and determination when they find a task or situation challenging</li> <li>Works well in a team; can cooperate with others effectively</li> <li>Can show leadership skills when appropriate, e.g. to help organise their team</li> <li>Shows integrity, e.g. can self-officiate an activity fairly and honestly</li> <li>Can communicate clearly and politely with their peers and teachers</li> <li>Has a positive attitude to learning and shows a willingness to try new things</li> <li>Sets high expectations of themselves; always strives to do their best.</li> </ul>	<b>Hands (practical skills)</b> <ul style="list-style-type: none"> <li>Can carry out simple skills in isolation/under pressure/in small – sided games</li> <li>Can carry out complex skills in isolation/under-pressure and in small – sided games</li> <li>Can use a range of skills effectively within a full-sided competitive game</li> <li>Can use a range of attacking and defensive strategies effectively within games</li> <li>Works at a high intensity for the duration of each lesson, with little prompting</li> <li>Finds a role within a team and plays competitively</li> <li>Can lead and officiate an activity or warm-up/cool-down as directed by their teacher</li> <li>Regularly attends extra-curricular sports activities and tutor group/house competitions</li> </ul>



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## **Cultural Capital**

There are opportunities for children to attend PE events run by the trust. There will be outside sports groups coming into to school so children can experience different sports.

SMSC across the school

## **Spiritual Development in Physical Education**

During the range of activities that students can participate in PE lessons and extra-curricular PE sessions, students can develop a sense of enjoyment and fascination in learning about themselves, others and the world around them. Students should be consistently encouraged to use their imagination and creativity in their learning, and showcase a willingness to reflect on their own and others experiences.

Examples of Spiritual lessons in Physical Education:

- Explore, creativity through producing Dance and Gymnastic routines
- Creating and developing own attacking and defensive opportunities
- Reflecting and critiquing their own and others performances
- Displaying emotions through their Dance and Gymnastics routines
- Using discovery style to allow students to have their own thoughts, ideas and concerns
- Questioning students throughout lessons – WHY, WHAT, WHERE and HOW
- Units of work focusing on Team building – Motivation, determination and character building

## **Moral Development in Physical Education**

PE in general teaches students about code of conduct, etiquette, applauding the opposition, fair play, unwritten rules and sportsmanship. Students should abide by the rules and regulations, gaining a good understanding of rules of sport and the importance of infringements allow students to understand the consequences of their actions which in turn helps students apply this understanding to their own lives. The concepts of self-discipline to excel are essential. Students should be taught that the only way you can achieve in sport to a high standard is if you work hard and if you can discipline yourself to train and apply yourself.



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Examples of Moral lessons in Physical Education:

- Promote fair play and team work in lessons
- Encourage good sportsmanship throughout
- Respect with equipment both when using it and when storing it
- Following instructions and decisions made by adults. Abiding by the rules, in all sporting situations.
- Respect for their facilities and the environment they are active in
- Listening to teacher and peer feedback on particular sporting skills
- Promote trust with peers through team building activities
- Using students as play leaders

## **Social Development in Physical Education**

Students in PE can use of a range of social skills in different contexts, including working and socialising with students from different religious, ethnic and socio-economic backgrounds. The willingness to participate in a variety of social settings, cooperating well with others and being able to resolve conflicts effectively. An interest in and understanding of the way communities and societies function at a variety of levels. Also students can develop their friendship and social mixing through involvement in inter, intra school competition and extra-curricular clubs.

Examples of Social lessons in Physical Education:

- Creating a sense of community in lessons and clubs
- Interact with the community and primary schools through coaching
- Encourage students to recognise and respect social differences and similarities
- Celebrate sporting success both in and out of school
- Encouraging the attendance to extracurricular activities
- Promoting team work throughout lessons supporting one another to develop their skills in a cooperative situation.

## **Cultural Development in Physical Education**



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The PE department can encourage a willingness to participate in sporting opportunities that will help to develop positive attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities.

Examples of Cultural lessons in Physical Education:

- Discussing World Cups and Olympic games
- Exploring and respecting a variety of different cultural dances
- Gaining an understanding of different sports and their foundations
- Use of international examples of different athletes and their achievements
- Cultural engagement through elite performers both at school and in their own sporting environment.