

Delta Academies PE Long Term Plan and Skills Progression.

	Autumn		Spring		Summer	
Year 1	Multi-Skills-Fundamentals of movement	Dance	Gymnastics	Games (Skills of;) Hockey	Athletics skills	
	Games (Skills of;) Football		Games (Skills of;) Rugby		Games Kwik Cricket	Skills of. basketball
Year 2	Gymnastics	Dance	Gymnastics	Games (Skills of;) Hockey	Skills Athletics	
	Games Football		Games (Skills of;) Rugby		Games Kwik Cricket	Skills of; Basketball
Year 3	Gymnastics	Dance Topic Theme	Gymnastics	Invasion Games Hockey	Athletics	Games Basketball
	Invasion Games Football		Invasion Games Rugby		Striking/fielding Cricket	
Year 4	Gymnastics	Dance Topic Theme	Gymnastics	Invasion Games Hockey	Athletics Filed and Track	Games Basketball
	Invasion Games Football		Invasion Games Rugby		Striking/fielding Cricket	
Year 5	Gymnastics	Dance Topic Theme	Gymnastics	Invasion Games Hockey	Athletics	Games Basketball
	Invasion Games		Invasion Games		Striking/Fielding	

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	Football		Rugby		Cricket	
Year 6	<b>Gymnastics</b>	<b>Dance</b> Topic Theme	<b>Gymnastics</b>	<b>Invasion Games</b> Hockey	<b>Field and track</b> Athletics.	<b>Invasion Games</b> Basketball
	<b>Invasion Games</b> Football		<b>Invasion Games</b> Rugby		<b>Outdoor Adventure</b> -Orienteering.	

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	Skills Progression					
	Multi-Skills- covered on Autumn and summer	Gymnastics	Dance	Athletics	Striking/ Fielding Net/wall	Outdoor Adventure
Foundation	<b>Moving and handling</b> - skills enabling children to show good control and coordination in large and small movements. Children can handle equipment and tools effectively,					
Year 1	<b>To be applied alongside games.</b>  Basic movements and spatial awareness (FM-A1 H-A1, G-A1, D-A1) Moving in a variety of ways (FM-A2, D-A2) Agility (FM-A3) Agility (FM-4) Balancing (G- A5) Body Point balancing (FM-A6) Dodging (A7) Circuit (A8) Apparatus (FM-A9, G-A5) Ball rolling (A10) Timing and Aiming (A11) Complex Circuits (A12)	Moving in a space (SP1:1) High and low movements (SP1:2) Balancing (SP1:3) Balancing with hands and feet (SP1:4) Jumps and safe landing (SP1:5) Rolls (SP1:6)	Exploring a variety of movements in dance (A2:1) Moving to music (A2:2) Emotional Movement (A2:3) Transition through emotion (A2:4) Moving to a range of tempos (A2:5) Begin to perform (A2:6)	Basics in jogging (SU1:1) Underarm throw, Jumping and hopping (SU1:2) Changing speed (SU1:3) Introduction to obstacles (SU1:4) Throwing at a target (SU1:5) Combination skills- run jump and throw (SU:16)	Kwik Cricket Throwing (SU1:1) Catching (SU1:2) Underarm Throw (SU1:3 & 4) Batting basics/striking concept (SU1:5) Batting/striking and simple play (SU6:6)	
Year 2		Moving in a variety of ways in a space (A1:1) High and Low movements in a simple combination (A1:2)	Exploring a variety of movements and shape in a variety of directions (A2:1)	Body movement and obstacles (SU1:1) Throwing, underarm, overarm and two handed (SU1:2) Hand eye coordination (SU:3) Push and Pull throw (SU:4)	Kwik Cricket Throwing and catching (SU1:1) Throwing and catching at a target (SU1:2)	

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		<p>Balancing with increased control (A1:3)  Balancing on a range of Body parts (A1:4)  Jumping and landing with controlled finish (A1:5)  Complex Rolls (A1:6)</p> <p>Body shapes and weight transferal (SP1:1)  Body Shapes and high and low movements (SP1:2)  Performing at a range of heights (SP1 : 3)  Increasing balance and coordination's (SP1 : 4)  Sequencing and smooth transitions. (SP1 : 5)  Jumps and turns (SP1 : 6)</p>	<p>Moving to music and adapting to speed and tempo (A2:2)  Execution of emotion (A2:3)  Transition through movements and emotion (A2:4)  Develop simple routines including the canon (A2:5)  Performing as a solo or in a group to a theme (A2:6)</p>	<p>Introduction to shot put (SU1:5)  Application of throws for javelin and shot putt. (SU1:6)</p>	<p>Bowling towards a target (SU1: 3)  Batting and striking more accurately (SU1: 4)  Batting, striking and understand some game elements (SU2:5)</p>	
Year 3		<p>Recapping safe landing (A1:1)  Key Shapes (A1:2)  Travelling in different directions and speeds (A1:3)  Creating Sequences (A1:4)  Partner work (A1:5)  Key skills applied in sequences (A1:6)</p> <p>Floor shapes- crab and bridge (SP1:1)  Symmetrical balances (SP1:2)  Asymmetrical balances (SP1;3)  Jumps; Tuck, straddle, pike, (SP1:4)</p>	<p>Knowledge of dance actions (A2:1)  Perform in groups (A2:2)  Transition skills, including speed direction shape and size (A2:3)  Performance elements (A2:4)</p>	<p>Developing sprint techniques (SU:1)  Hurdling techniques (SU:2)  Standing long jump (SU:3)  Throwing at a distance- part 1(SU:4)  Throwing at a distance part 2 (SU:5)  Competition Elements (SU:6)</p>	<p><b>Cricket</b>  Developing underarm bowling accuracy (SU1:1)  Develop batting accuracy and directional batting skills (SU1:2)  Develop close catching and wicket keeping (SU1: 3)  Develop overarm bowling technique (SU1:4)  Learn to use forward defensive shot and the forward drive shot (SU1: 5)  Develop a wide range of fielding techniques (SU1:6)</p>	

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		Rolls; Teddy bear, forward and side roll (SP1:5) Performance and application of all skills on apparatus (SP1:6) Wall bars and ropes (SP1:7)				
Year 4		<p>Travelling fluently and at speed (A1:1) Creating shapes jumps and rolls in a sequence (A1:2) Creating sequences using varied methods of travel and shapes (A1:3) Creating, performing, and evaluating sequences at an increased level(A1:4) Performing jumps and vaults (A1:5) Introduction to wall bars and ropes- executing travel and balance(A1:6) Application (A1:7)</p> <p>Travelling on and over equipment's confidently (knowledge of safe dismount) (SP1:1) Symmetrical balances, travel, and sequence at height (SP1:2) Asymmetrical balances, travel, and sequence at height (SP1:3)</p>	<p>Moving and executing dance actions- Jumps, turn, travel, stillness, gesture (A2:1) Working as a group to create a routine (A2:2) Contrasting dynamics in a routine (A2:3) Expression and performance elements- posture and execution (A2:4)</p>	<p>Running for distance recap (SU:1) Running over obstacles judging height and approach (SU:2) Running for distance- relay (SU:3) Push and pull throws- Introduction to javelin (SU:4) Throwing- fling and heave (SU:5) Jumping for height (SU:6)</p>	<p>Cricket TO Perform underarm bowl accurately towards a target (SU1:1) Tactical directional batting (SU1:2) Close catching and deep field catching (SU1: 3) Perform overarm bowling technique (SU1:4) Application of forward defensive shot and drive in game situations (SU1: 5) Perform a variety of fielding techniques confidently in game play (SU1:6)</p>	

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		<p>Jumps; Tuck, straddle, pike (SP1:4)</p> <p>Rolls; Teddy bear, forward and side roll, travelling and sequence at height (SP1:5)</p> <p>Performance and application of all skills on benches and vaults (SP1:6)</p> <p>Sequences on apparatus-fast transition. (SP1:7/8)</p>				
Year 5		<p>Introduction and a range of complex movements (A1:1)</p> <p>Developing shapes in flight (A1:2)</p> <p>Counterbalance (A1:3)</p> <p>Counter Tension (A1:4)</p> <p>Sequences with apparatus, elevation in jumps, body tension (A1:5)</p> <p>Exploring Apparatus and combining complex skills (A1:6)</p> <p>Sequences with apparatus and complex skills (A1:7)</p> <p>Rolling (S1:1) Execution of shapes in flight (S1:2)</p>	<p>Short beat movements and sequences in a sequence (A2:1)</p> <p>Creating a sequence of movements to music (A2:2)</p> <p>Formations (A2:3)</p> <p>Using movement at different levels, including unison and canon, jumps and stunts (A2:4)</p> <p>Evaluating performance (A2:5)</p> <p>Video performance elements (A2:6)</p>	<p>Basic principles of running and sprinting (S1:1)</p> <p>Pacing (S1: 1)</p> <p>Principles Throwing; Javelin and shot put (S1:2)</p> <p>Effective throwing techniques (S1:2)</p> <p>Principles of triple jump (hope, skip and jump) (S1:3)</p> <p>Safety of landing, balance, and soft knees (S1:3)</p> <p>Performance in racing (S1:4)</p> <p>Evaluation of individual and others performance (S1:4)</p> <p>Relay races and baton exchange (S1:5)</p> <p>Application in events (S1:6)</p> <p>Shuttle run (S1:6)</p> <p>Speed bouncing for personal best (S1:6)</p> <p>Long and short distance running (S1:6)</p>	<p><b>Cricket</b></p> <p>Catching a cricket ball and body positioning (SU1:1)</p> <p>Defending a wicket and bat control (SU1: 2)</p> <p>Defending the wicket and running SU1:3)</p> <p>Bowling techniques (SU1:4)</p> <p>Understanding the role of the fielder (SU1:5)</p> <p>Application of skills in a tournament. (SU1:6)</p> <p><b>Tennis</b></p> <p>Controlling the ball and developing effective rallies (SU2:1)</p> <p>Developing the underarm serve (SU2:2)</p> <p>Developing footwork and return of serve (SU2: 3)</p> <p>Positioning on the court (SU2:4)</p>	

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					Recovering after a shot (SU2:5) Developing a serve and how to score. (SU2:6)	
					<b>Rounders in progress</b>	
Year 6		<p>Balancing a range of movements with increasing control and complexity (A1:1)</p> <p>Travel fluently across, over below apparatus with shapes in flight (A1:2)</p> <p>Counterbalance on and off apparatus (A1:3)</p> <p>Counter tension in a group (A1:4)</p> <p>Complex sequences that incorporate all rolls and complex skills on and off apparatus, evaluation of performance (A1:5)</p> <p>Performing Sequences all the above with control and accuracy (A1:6)</p> <p>Perform all rolling techniques with accuracy, balance, and control. (SP1:1)</p>	<p>Short beat movement through a range of shapes, levels, and pathways (A2:1)</p> <p>Create a sequence to music with dynamic performance skills (canon) and strong expression (A2:2)</p> <p>Formations and elevations (Double thigh high base stand (A2:3)</p> <p>Transitions in performances with unison, canons, jumps and double thigh high based stunts (A2:4)</p> <p>Evaluating performance (A2:5)</p> <p>Video performance, enhancement, and adaptation (A2:6)</p>	<p>Running Techniques and evaluation (S1: 1)</p> <p>Field events and personal best (S1:2)</p> <p>Triple jump execution (S1: 3)</p> <p>Racing performance elements (S1:4)</p> <p>Specifics of baton relay racing (S1:5)</p> <p>Application of field and track in competition (S1: 6)</p>	<p><b>Cricket</b></p> <p>Tennis balls? Cricket balls. Fielding techniques, throwing underarm and over, and catching accurately building on body positioning including at targets (Wickets) (SU1:1)</p> <p>Developing batting techniques. Defensive shot and drive shot (Tactical thinking) full sized plastic/ full sized wooden (S1:2)</p> <p>Recap Overarm bowling speed and accuracy. (SU1: 3)</p> <p>Accurately bowl overarm whilst running (SU1:4)</p> <p>Su1: 5- batter retrieving</p>	<p>Core Task (SU2:1)</p> <p>Course and teamwork and communication (SU2:2)</p> <p>Picture Orienteering (SU2: 3)</p> <p>Indoor Mapping (SU2:4)</p>

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					<p>All-rounder- batter, fielder, directional tactical batting. Deciding on a run Rules and Game play (SU1:6)</p> <p><b>Tennis</b></p> <p>Agility, balance, and coordination &amp; changing direction (SU2:1) Changing direction, forehand and backhand side (SU2:2) Forehand shots and attacking play (SU2: 3) Playing the backhand shot (SU2:4) Playing the tennis serve (SU2:5) Game play and application of rules and skills (SU2: 6)</p>	
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Invasion Games- Skills Progression					
	Football	Netball	Hockey	Rugby	Basketball
Year 1	<b>Mainly multi skills with aspects of.</b>  Dribbling (A1:1) Passing (A1:2) Passing to a partner (A1:3) Scoring (A1:4) Attacking and defending (A1:5) Attacking, defending and safe tackling (A1:6)	<b>Mainly multi skills with aspects of.</b>  Adjusting distance of pass (A2:1) Pivoting (A2:2) Shot Throw (A2:3) Time Trials (A2:4) Simple defending (A2:5) Simple game play (A2:6)	<b>Mainly multi skills with aspects of.</b>  Introduction- holding a hockey stick (SP1:1) Coordination and movement (SP1:2) Hand eye coordination (SP1:3) Dribbling (SP1:4) Key skills- Passing (SP1:5)	<b>Mainly multi skills with aspects of.</b>  Introduction to the tag belt (SP:1) Seeking out an opponent SP:(2) Passing a ball down a line (slow) (SP:3) Move pass move (SP:4) 1 v 1 and application of the above (SP:5)	<b>Mainly multi skills with aspects of.</b>  Bouncing and catching ball (S2:1) Catching from height (towards one hand) (S2:2) Bounce pass whilst moving (S2:3) Throwing towards a target (S2:4) Firm passes (S2:5) Dribbling in an area basic game play (S2:6)
Year 2	<b>Mainly multi skills with aspects of.</b>  Dribbling with increasing control applying simple turns (A1:1) Passing and stopping a ball in motion (A1:2) Passing to a target from an increased distance (A1:3) Marking the opposition (A1:4) Attacking and defending (A1:5) Safe Tacking and shooting (A1:6)	<b>Mainly multi skills with aspects of.</b>  Adding light pressure to make the pass challenging (A2:1) Pivoting with control and balance (A2:2) Adjusting distance of shot throw (A2:3) Time Trials and improving performance (A2:4) Defending a smaller space (A2:5)	<b>Mainly multi skills with aspects of.</b>  Holding the hockey stick accurately (SP1:1) Co-ordination and movement developing the running movement (SP1:2) Ball control whilst moving at a slow speed (SP1:3) Dribbling with control (SP1:4) Passing to a target (SP1:5)	<b>Mainly multi skills with aspects of.</b>  Introduction to the tag belt and accurate tagging (SP:1) Seeking out an opponent to tag (SP:2) Passing and receiving a ball down a line accurately (slow) (SP:3) Move pass move quickly (SP:4)	<b>Mainly multi skills with aspects of.</b>  Ball familiarisation and static dribbling (SU:1) Chest pass (push) (SU:2) Pass whilst dribbling (SU:3) Defending (SU:4) Attacking (SU:5) Basic game play 3 v 3 (SU:6)

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		Simple Game play (A2:6)		1 v 1 and application of the above (S2:5)	
<b>Year 3</b>	Dribbling a football with both feet (A1:1) Passing with controlled accuracy across a distance (A1:2) Using space effectively to attack and defend (A1:3) Shooting and tactics for scoring (A1:4) Teamwork- the role of the team (A1:5) Game Play (A1:6)	Catching and chest pass (1) Develop passing techniques (2) Footwork and Pivoting (3) Dodging and marking (4) Shooting Techniques and game space (5) Positions and teamwork (6)	Grip and Dribbling (SP1:1) Push pass (sP1:2) Passing and travelling (SP1:3) Attacking and defending (SP1:4) Shooting (SP1:5) Application of skills in a game (SP1:6)	Passing and Catching (SP: 1) Passing at distance (SP:2) Basics of Tagging (SP:3) Basics of Defending (SP:4) Basics of Attacking (SP:5) Basics of gameplay (SP::6)	Dribbling skills, changing direction (SU:1) Dribbling and turning skills, passing (SU:2) Basics of different types of passes, receiving and working as a team (SU:3) Introduction to combining passing and shooting (SU:4) Combine dribbling, passing, and shooting (SU:5) Basic gameplay (SU:6)
<b>Year 4</b>	Dribbling and turning at speed (A1:1) Side foot passing (A1:2) Basics of a block tackle (A1:3) Developing increased attacking strategies (A1:4) Shooting from a range of distances and tactics (A1:5) Game play (A1:6)	Catching and chest pass with increased distances (A2:1) Develop and understand passing techniques (A2:2) Footwork and pivoting for tactics (A2:3) Apply the dodging and marking technique with speed (A2:4) Shooting techniques and space in game play (A2:5) Playing as part of a team (A2:6)	Grip and dribbling with speed and control (S1:1) Push pass and receiving (S1:2) Passing accurately and travelling with speed (S1:3) Attacking and defending principles (S1;4) Shooting from a range of distances (S1:5) Application of skills in game play (intra academy) (S1:6)	Passing and catching with accuracy (SP:1) Passing at a range of distances (SP:2) Tagging (SP:3) Defending- evasion (SP:4) Attacking and fall back (SP:5) Game play rules and intra academy tournaments (SP:6)	Perform dribbling skills confidently and begin to change direction (SU:1) Dribbling, turning, and performing a range of passes (chest pass, shoulder pass, bounce pass) (SU:2) Greater understanding of passes, receiving the ball confidently. (SU:3) Begin to combine passing and shooting with control (SU:4) Begin to combine dribbling, passing, and shooting with control and accuracy. (SU:5) Gameplay and rules (SU:6)
<b>Year 5</b>	Ball familiarisation and Passing accurately (A1:1)	Variation of passes including shoulder pass (A2:1)	Dribbling with control and accuracy around obstacles (SP1:1)	Ball handling and catch the ball on the move (SP:1) Passing for advantage (SP:2)	Perform dribbling skills with accuracy and control. Confidently

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	Controlled running with the ball (A1:2) Dribbling and turning at speed (A1:3). Turning and Tackling and jockeying (A1:4) Heading and goal keeping (A1:5) Shooting and Game play (A1:6)	Receiving passes in a space (A2:2) Netball tactics (A2:3) Footwork and pivoting (A2:4) Positioning and roles high 5 (A2:5) Pivoting (A2:5) Demonstrate the netball shot (A2:6) Game play application (A2:6)	Dribbling and push pass with accuracy to another team member (SP1:2) Passing towards a moving object and scoring goals (SP1:3) Attacking and defending a large area (SP1:4) Roles of the team (SP1:5) Game play (SP1:6)	Passing and moving in gameplay (SP:3) Possession and taking opportunities in game play (SP:4) Attacking and defending Apply evasion techniques with confidence and accuracy (SP:5) Game play and intra school tournament (SP:6)	change direction and understand rules and illegal dribbling (SU:1) Dribbling, turning, and passing at speed with a range of passes (SU:2) Secure understanding of the different types of passes. Passing and retrieving the ball with greater accuracy and control (SU:3) Use passing and shooting techniques confidently and accurately, begin to intercept(SU:4) Combine and perform dribbling passing and shooting in gameplay. Greater understanding of gameplay and rules (SU:6)
Year 6	Passing and retrieving the ball in motion (AU:1) Accurately controlling the ball with both sides of the foot in motion (AU:2) Safe tackling, jockeying and field position (3) Rules and gameplay tactics (AU:4) Heading and goal keeping in gameplay (AU:5) Varied shooting and scoring techniques in gameplay (AU:6)	Variation of passes including shoulder pass (1) Receiving passes in smaller and larger spaces confidently (2) Netball tactics (3) Footwork and pivoting, speed of response (4) Positioning and roles high 5 (5) Pivoting in game play (5) Netball shot in game play (6) Game play application (6)	Dribbling with control, accuracy and around obstacles at speed (SP1: 1) Dribbling with both sides of the hockey stick and executing a pass accurately to a moving target (SP1: 2) Passing and receiving the ball and scoring goals form a range of distances (SP1: 3) Attacking and defending across a large area (SP1: 4) Adapting to various role in team play (SP1: 5) Game play and intra academy tournaments (6)	Ball handling and transitions across the body on the move and at speed (SP:1) Passing and receiving to take an advantage over the opposition (evasion) (SP:2) Passing and receiving at speed, communication (SP3) Possession and tactics to create and advantage (SP:4) Attacking and defending, use of width of field, looking for space in field play (SP:5) Game play and secure understanding of rules (SP:6)	Perform dribbling skills with accuracy, control, and speed. Confidently change direction to seek out opponents/team members. Sufficient knowledge of illegal dribbling (SU:1) Dribbling with control and accuracy. Confidently perform a range of passes across a variety of distances (SU:2) Pass and retrieve the ball with accuracy and control in game play situations. (SU:3) Perform passing a shooting technique

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					<p>accurately, with control and under pressure in game play situations (SU:4)</p> <p>Perform a wide variety of passes, dribbling and shooting in game play situations. (SU:5)</p> <p>Apply and perform skills and rules sufficiently in gameplay and tournaments. (SU:6)</p>
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Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Vocabulary - Gymnastics					
Points Patches High Low Travel strong (tension) stretch (extension) control Flight Bounce Jump Flexible Balance Stretch Spin Shape Land Wide	High Low Travel Slide Rolling Jump Land Flexible Tension Extension Stretch Shape Linking Sequence Technique Leap Direction Bridges transition	Pathway Flexible Travel Roll Jump Levels Speeds Sequence Direction co-ordination tuck straddle pike tension extension even uneven symmetrical asymmetrical balance performance	Balance Travel Shape Extension Execution Tension Direction Sliding Rolling Contrasting Communication leaping cartwheel handstand twisting turning speeds levels Spin flexibility co-ordination Warm up Cool down Symmetrical Asymmetrical	Balance Travel Shape Roll Turn Jump Slide Levels Speed Direction Sequence Extension Tension Strong contrasting communication leadership Spin Rotate Axis Flight Wheel Spring Leap land Warm up Cool down Acceleration deceleration	Counter-balance Counter-tension Balance Travel Shape Extension Tension Matching Mirroring contrasting communication leadership Synchronisation Canon Warm up Cool down



Vocabulary – Dance					
Movement	Performance	Turn	Unison	Gesture	Gesture
Routine	Pattern	Jump	Flow	Jump	Jump
Formation	Express	Travel	Choreograph	Stillness	stillness
Explore	Explore	Express	Formation	Travel	travel
Rhythm	Direction	Explore	Canon	Expression	stunt
Perform	Pathways	Mimic	Explore	Clarity	expression
Music	Music	Mime	Narrative	Mimic	Combine
Direction	Travel	Timing	Character	Mime	clarity
Copy	Spring	Music	Transition	Formation	mimic
Watch	Speeds	Flow	Mirroring	Explore	mime
Travel	Levels	Movement	Music	Timing	Explore
	Control	Patterns	Beats	Music	timing
	Extension	Beats	Rhythm matching	Movement	movement
	Timing	Rhythm	Gestures	Patterns	Structure
	Beats	Dynamic	Performance	Music	Fluent
	Tempo	Transition	Perform	Rhythm	patterns
	Emotion	Rotation	Evaluate	Performance	music beats Performance
	routine	Performance		Perform	Perform
				Robotic	rhythm
				Action	Fitness
				Reaction	Health and well being
				Warm up	Evaluate
				Evaluate Improvise	Improvise