

**PE and Computing Long Term Plans**

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|  | Physical Education Objective | How this will be achieved | Computing Objective | How this will be achieved |
| Year 3 | Use running, jumping, catching and throwing in isolation  Play competitive games, modified as appropriate  Develop flexibility and control in gym, dance and athletics  Compare performances to achieve personal bests  Swimming proficiency at 25m  **Stoke Hill Objective** | Warm ups, skills sessions –specifically ball skills unit, athletics lessons,  Small sided games in hockey, football and tag rugby  In gym & dance warm ups  learning and improving key skills in gym  control – creating and improving sequences of movement  athletics – standing long jump, throwing cricket ball – measurements& Golden Mile  Swimming lessons for a half term progress monitored  Y3 Sports afternoon organised by Year6 | Design, write and debug programs that accomplish specific goals, including controlling or simulating physical systems; solve problems by decomposing them into smaller parts  Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.  **Stoke Hill Objective** | Interactive map of Europe using scratch.  Use a programme to create geometric patterns linked to modern art. Possibly MSW Logo.  Use garage band to create carnival soundtracks.  Create a multimedia presentation about their country using photographs imported into PowerPoint. |
| Year 4 | Use running, jumping, catching and throwing in isolation  Play competitive games, modified as appropriate  Develop flexibility and control in gym, dance and athletics  Compare performances to achieve personal bests  Swimming proficiency at 25m  **Stoke Hill Objective** | Re-teaching of underarm overarm throw, athletics – sprint, /Golden Mile , javelin and cricket ball throw  Mini- tournaments at end of each games unit  Movement sequences to include specific skills  Control of implements in throwing technique  Athletics –javelin &cricket ball throw, Golden Mile, improved skills – observe before/after video clips of skills and sequences  Improve distances to develop stamina  Outdoor and Adventurous – orienteering on small field and playgrounds, campfire – damper cooking | Use sequence, selection, and repetition in programs; work with variables and various forms of input and output  Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.  Understand computer networks including the internet; how they can provide multiple services, such as the world wide web; and the opportunities they offer for communication and collaboration  **Stoke Hill Objective** | Using Scratch Learn to Code Book 2.  Think you Know cybercafé and Hector’s World. Scenarios.  Research for topics.  Understand e-mail link to literacy – Rainforest book.  Use Symbol to make a webpage.  Home Learning poster / PowerPoint on Earthquakes.  Improve typing skills (Year 4 children feedback this year). |
| Year 5 | Use running, jumping, catching and throwing in isolation and in combination  Play competitive games, applying basic principles  Develop flexibility and control in gym, dance and athletics  Take part in Outdoor and Adventurous activities  Compare performances to achieve personal bests  Swimming proficiency at 25m  **Stoke Hill Objective** | 400m run  Netball – footwork rules within the game Hockey/ football- passing skills under pressure of opposition in games  Begin umpiring  Attack/Defence principles and tactics within a game  Tournaments over last 2 weeks of games units  Learn standing triple jump technique in athletics, develop javelin  Orienteering –rear grounds large field – copy controls – take responsibility  Shelter Building  Video clips of performance – at beginning of unit used to motivate improvement – record and compare at end  Once 25m achieved, further develop self rescue techniques. Introductory lifesaving sessions for HAP  Participate in a PE club for at least one term in the year | Use logical reasoning to explain how some simple algorithms work and to detect and correct errors in algorithms and programs  Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.  Use search technologies effectively, appreciate how results are selected and ranked, and be discerning in evaluating digital content  **Stoke Hill Objective** | E-Safety- creating posters on iPads and laptops  Microsoft Word checklist at the beginning of the year to assess basic skills of the children  Coding- hour of code website to research and understand how it works.  Create their own game using Scratch |
| Year 6 | Use running, jumping, catching and throwing in isolation and in combination  Play competitive games, applying basic principles  Develop flexibility and control in gym, dance and athletics  Take part in Outdoor and Adventurous activities  Compare performances to achieve personal bests  **Stoke Hill Objective** | 400m run, Hammer throw, Discus  More refined use of combinations in games situations  Invasion games – attack/defence  Spatial awareness  Year group tournament  Develop refereeing skills  Develop sequences in small groups  Heatree House Clip and Climb  Tent pitching  Camp fire & marshmallows/dampers  Golden Mile, hammer and discus throws  Fitness – improve circuit training scores  Video analysis – before and after during games lessons  Organise Sports afternoon for Year 3 to buddy up with Year 6 | Select, use and combine a variety of software (including internet services) on a range of digital devices to design and create a range of programs, systems and content that accomplish given goals, including collecting, analysing, evaluating and presenting data and information  Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact. | Flappy birds research followed by game making using Scratch2  Use of VideoFX  Laptops &IPads to support wider learning throughout.  Use of Poplett for Science revision.  Use of Word (tables) and Excel (graphs) for data in Maths.  Year assemblies + e-safety day. |

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| Year 3 | Ball Skills  Gym | Tag Rugby  Dance | Hockey  Gym | Swimming  Football | Outdoor & Adventurous  Tennis | Athletics  Cricket |
| Year4 | Swimming  Gym | Netball  Dance | Tag Rugby  Gym | Football or Hockey  Outdoor & Adventurous | Cricket  Tennis | Athletics  Rounders |
| Year5 | Tag Rugby  Gym | Swimming  Dance | Football  Outdoor & Adventurous | Hockey  Netball | Cricket  Tennis | Athletics  Rounders |
| Year6 | Hockey  Gym | Tag Rugby  Outdoor & Adventurous | Football  Fitness | Netball  Dance | Tennis  Cricket | Athletics  Rounders |