



Sacred Heart Catholic Primary School PE Gym Long Term Plan



	Unit 1	Unit 2	Unit 3
Year 1 and 2 A	Focus: I can copy & explore basic actions with some control & co-ordination.	Focus: I can recognise & use space appropriately	Focus: I have begun to choose & link basic actions
Year 1 and 2 B	Focus: I can copy, remember, explore & repeat simple actions varying speed & levels.	Focus: I am beginning to identify the difference between my performance & that of others.	Focus: I am beginning to select simple actions to construct basic sequences.
Year 3 & 4 A	Focus: I can copy, remember, explore & repeat simple actions.	Focus: I can link & vary ideas with control & co-ordination.	Focus: I can apply compositional ideas to sequences alone & with others.
Year 3 & 4 B	Focus: I can copy, remember, explore & repeat simple actions and link & vary ideas with control & co-ordination.	Focus: I can apply compositional ideas to sequences alone & with others.	Focus: I can describe my own & others work noting similarities & differences. I can make suggestions for improvements.
Year 5/6 A	Focus: I can link ideas, skills & techniques with control, precision & fluency when performing basic skills.	Focus: I understand composition by performing more complex sequences.	Focus: I can describe how to refine, improve & modify performances.
Year 5/6 B	Focus: I can perform & create movement sequences with some complex skills & displaying accuracy & consistency.	Focus: I can select & use a wide range of compositional skills in complex sequences alone & in groups. I show an ability to innovate.	Focus: I can analyse skills & can suggest ways to improve quality of performance showing sound knowledge & understanding.