



LONG TERM PLAN: PE (KS1 & KS2)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<u>Games</u> Balls skills and travelling Motor skills	<u>Gym</u> Balancing and jumping Floor work and apparatus Games Jumping and dodging Games with partners and small groups	<u>Dance</u> Cheerleading <u>Games</u> Spatial awareness and stability	<u>Gym</u> Rolling and travelling <u>Games</u> Stability and throwing	<u>Games</u> Striking with an implement, hands and feet Consolidating skills  <u>Dance</u> Countries Creating a sequence	<u>Games</u> Using skills to play games in groups. Making up own games to demonstrate skills
Year 2	<u>Games</u> Aiming, travelling, balls skills, stability	<u>Dance</u> Eco Warriors, under the sea Great fire of London/ <u>Games</u> Throwing and catching Invasion games	<u>Games</u> Agility and communication <u>Gym</u> Balancing travelling rolling	<u>Games</u> Invasion Games Strike and field	<u>Games</u> Strike and field Bat and racquet  <u>Dance</u> Flamenco	<u>Games</u> Strike and field, bat and racquet  <u>Athletics</u> Making up games for Sports Events
Year 3	<u>Games</u> Moving, moving with equipment, passing and receiving, invasion games	<u>Games</u> Defending, passing and receiving, scoring zones <u>Dance</u> Disco and freestyle (Vikings)	<u>Games</u> Net games  <u>Gym</u> Using equipment, apparatus and creating sequences	<u>Games</u> Net games  <u>OAA</u> Navigation, exploration and trust	<u>Games</u> Batting a bouncing ball, bowling technique <u>Swimming</u>	<u>Athletics</u> Jumping over hurdles, running, throwing techniques  <u>Swimming</u>



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<p><b>Year 4</b></p>	<p><u>Games</u> Moving, evasion, Invasion Games <u>OAA</u> Exploring, teamwork, orienteering</p>	<p><u>Games</u> Passing, scoring, defending  <u>Dance</u> Latin and Urban</p>	<p><u>Gym</u> Rolling, balancing, travelling creatively  <u>Swimming</u></p>	<p><u>Games</u> Net games, position, movement, techniques  <u>Swimming</u></p>	<p><u>Games</u> Batting into space, bowling techniques, fielding and the long barrier  <u>Athletics</u> Jumping, running, throwing and team challenges</p>	<p><u>Games</u> Batting into space, bowling techniques, fielding and the long barrier. Developing tactics  <u>Athletics</u> Jumping, running, throwing and team challenges</p>
<p><b>Year 5</b></p>	<p><u>Games</u> Evasion and Invasion games  <u>Swimming</u></p>	<p><u>Games</u> Game tactics, invasion games and techniques  <u>Swimming</u></p>	<p><u>Dance</u> Bollywood and Combat  <u>Games</u> Net Games Tennis – movement, skills and tactics</p>	<p><u>Gym</u> Using apparatus and equipment  <u>Games</u> Volleyball, the dig, the rally, movement and positioning</p>	<p><u>Games</u> Strike and field – dev developing techniques of batting, bowling and fielding  <u>OAA</u> Exploring, navigating, teamwork</p>	<p><u>Games</u> Strike and field – developing techniques of batting, bowling and fielding  <u>Athletics</u> Running, jumping, throwing, relay, planning an event</p>
<p><b>Year 6</b></p>	<p><u>Dance</u> Jazz  <u>Games</u> Dribbling, ball handling, attack and defend</p>	<p><u>Gym</u> Using apparatus and equipment  <u>Games</u> Hockey, netball, handball, football</p>	<p><u>Dance</u> Samba <u>Games</u> Developing volleyball techniques</p>	<p><u>Gym</u> Using a sequence on the apparatus <u>Games</u> Net games – tennis and volleyball</p>	<p><u>Games</u> Pairs cricket and rounders <u>Athletics</u> Running, jumping, throwing, relay, planning an event</p>	<p><u>Games</u> Pairs cricket and rounders <u>Athletics</u> - Running, jumping, throwing, relay, planning an event <u>OAA</u> - PGL</p>