PE Long Term Plan

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Skills	Skills	Gymnastics	Gymnastics	Skills	Skills
Yr R	Throwing and catching	Jumping and running/	Travelling-rolling,	Use simply gymnastic	Throwing and catching	Jumping and running/
		moving	jumping, turning	movements on apparatus.		moving
	Dance	Dance				
	Movement to different	Put movements together				
	types of music	to make a story or use a				
		well known story				
	Skills	Skills	Dance	Dance	Skills	Skills
Yr 1	Throwing and catching	Jumping and running/	Explore body and	Put movements to	Throwing and catching	Jumping and running/
		moving	travelling movements	themed music		moving
	Outdoor adventurous	Games activities	Gymnastics	Gymnastics	Athletics	Athletics
	See if you can follow a	Throwing and catching	Use Key steps for body	Explore basic gymnastic	Running short /medium /	Running short /medium /
	trail	games	management/floor	actions on the floor and	long distance	long distance
	Find an object, picture or	Uni hoc sticks for pushing	exercises and vaulting	using apparatus. Copy or	Throwing different	Throwing different
	shape on the trail and	and hitting		create, remember and	apparatus, different types	apparatus, different types
	match.			repeat, short movement	of jumping	of jumping
	macom			phrases of linked actions,		

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	Skills	Skills	Dance	Dance	Net and wall	Striking and Fielding
Yr 2	Throwing and catching		Create and perform	Create and perform	Short tennis	rounders
		Jumping and running	dances using rhythm and	dances using rhythm and		
		/moving	expressive qualities to	expressive qualities to		
			show different moods,	show different moods,		
			ideas and feelings. You	ideas and feelings. You		
			could use stimuli that are	could use stimuli that are		
			linked to theme	linked to theme		
	Outdoor adventurous	Games Activities	Gymnastics	Gymnastics	Athletics	Athletics
		Throwing and catching	Use Key steps for body	Use apparatus	Running short /medium /	Running short /medium /
	Work as a team to get to	games	management/floor	Show how to combine	long distance	long distance
	solve problems.	Uni hoc sticks for pushing	exercises and vaulting	travel and balance	Throwing different	Throwing different
		and hitting		transfer the balance and	apparatus, different types	apparatus, different types
				travel from floor to	of jumping	of jumping
				apparatus		

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	Striking and Fielding	Net and wall	Dance	Dance	Net and wall	Striking and Fielding
Yr 3						
	Cricket	Volley ball	Perform dances,	Perform dances,	Volley ball	Cricket
	Rounders	Short tennis	focusing on creating,	focusing on creating,	Short tennis	Rounders
		Badminton	adapting and linking a	adapting and linking a		
			range of dance actions.	range of dance actions.		
			Use a variety of	Use a variety of		
			subjects, including	subjects, including		
			some traditional, social	some traditional, social		
			and/or historical	and/or historical		
			dances. They work with	dances. They work with		
			a partner and in small	a partner and in small		
			groups.	groups.		
	Outdoor adventurous	Invasion games	Gymnastics	Gymnastics	Athletics	Athletics
	Simple orientation activities using maps and diagrams. Physical challenges and problems to solve, work on their own and in small groups. Follow maps and trails, try to solve physical problems and challenges, and learn how to work safely in a range of situations.	Hockey Netball Football Tag Rugby	Use Key steps for body management/floor exercises and vaulting	Use apparatus Show balances and travel – using different parts of the body. Working on own	Running short /medium / long distance Throwing different apparatus, different types of jumping	Running short /medium / long distance Throwing different apparatus, different types of jumping

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	Striking and Fielding	Net and wall	Dance	Dance	Net and wall	Striking and Fielding
Yr 4						
	Cricket	Volley ball	In this unit children	In this unit children	Volley ball	Cricket
	Rounders	Short tennis	focus on creating	focus on creating	Short tennis	Rounders
		Badminton	characters and narrative through movement and gesture. They gain inspiration from a range of	characters and narrative through movement and gesture. They gain inspiration from a range of	Badminton	
			subjects, and work in pairs and small groups.	subjects, and work in pairs and small groups.		
	Outdoor adventurous	Invasion games	Gymnastics	Gymnastics	Athletics	Athletics
	children learn how to read and follow different maps and symbol trails, solve physical problems and challenges Take part in a range of trust and communication activities, and in some adventure games.	Hockey Netball Football Tag Rugby	Use Key steps for body management/floor exercises and vaulting	Use apparatus Show balances and travel – using different parts of the body. Working on own, pairs or groups	Running short /medium / long distance Throwing different apparatus, different types of jumping	Running short /medium / long distance Throwing different apparatus, different types of jumping

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	Outdoor and	Gymnastics	Gymnastics	Dance	Athletics	Athletics
Yr 5	adventurous Develop orienteering and problem-solving skills in familiar and unfamiliar situations and environments. Emphasis on building trust and working as a team. Follow maps and trails, try to solve physical problems and challenges, and learn how to work safely in a range of situations.	Use apparatus to show balances and travel. Work on own or in group. Be able to support others in their balances Transfer sequences from floor to apparatus	Use Key steps for body management/floor exercises and vaulting	Learn different styles of dance and focus on dancing with other people. Create, perform and watch dances in a range of styles, working with partners and groups. In dance think about how to use movement to explore and communicate ideas and issues, and own feelings and thoughts. Develop an awareness of the historical and cultural origins of different dances.	Running short /medium / long distance Throwing different apparatus, different types of jumping	Running short /medium / long distance Throwing different apparatus, different types of jumping
	Invasion Games	Invasion Games	Net and Wall	Net and Wall	Striking and fielding	Striking and fielding
	Hockey	Hockey	Volley ball	Volley ball	Cricket	Cricket
	Netball	Netball	Short tennis	Short tennis	Rounders	Rounders
	Football Tag Rugby	Football Tag Rugby	Badminton	Badminton		Stool Ball

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	Outdoor and	Gymnastics	Gymnastics	Dance	Athletics	Athletics
Yr 6	adventurous					
	Develop orienteering and problem-solving skills in familiar and unfamiliar situations and environments. Emphasis on building trust and working as a team. Follow maps and trails, try to solve physical problems and challenges, and learn how to work safely in a range of situations.	Use apparatus to show balances and travel. Work on own or in group. Be able to support others in their balances Transfer sequences from floor to apparatus	Use Key steps for body management/floor exercises and vaulting	Focus on using different visual images as the starting point for composing, performing and watching dance. They will extend the range of movements they use and develop new skills in working with a partner, including taking weight, supporting, leaning, balancing and lifting.	Running short /medium / long distance Throwing different apparatus, different types of jumping	Running short /medium / long distance Throwing different apparatus, different types of jumping
	Invasion Games	Invasion Games	Net and Wall	Net and Wall	Striking and fielding	Striking and fielding
	Hockey	Hockey	Volley ball	Volley ball	Cricket	Cricket
	Netball	Netball	Short tennis	Short tennis	Rounders	Rounders
	Football	Football	Badminton	Badminton		Stool Ball
	Tag Rugby	Tag Rugby				