

PE Long Term Plan

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

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

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

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

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Yr 5	<p>Outdoor and adventurous</p> <p>Develop orienteering and problem-solving skills in familiar and unfamiliar situations and environments. Emphasis on building trust and working as a team.</p> <p>Follow maps and trails, try to solve physical problems and challenges, and learn how to work safely in a range of situations.</p>	<p>Gymnastics</p> <p>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</p>	<p>Gymnastics</p> <p>Use Key steps for body management/floor exercises and vaulting</p>	<p>Dance</p> <p>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.</p> <p>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.</p>	<p>Athletics</p> <p>Running short /medium / long distance Throwing different apparatus, different types of jumping</p>	<p>Athletics</p> <p>Running short /medium / long distance Throwing different apparatus, different types of jumping</p>
	<p>Invasion Games</p> <p>Hockey Netball Football Tag Rugby</p>	<p>Invasion Games</p> <p>Hockey Netball Football Tag Rugby</p>	<p>Net and Wall</p> <p>Volley ball Short tennis Badminton</p>	<p>Net and Wall</p> <p>Volley ball Short tennis Badminton</p>	<p>Striking and fielding</p> <p>Cricket Rounders</p>	<p>Striking and fielding</p> <p>Cricket Rounders Stool Ball</p>

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