

PE - Long Term Plan

	Term 1	Dance: Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Multi-skills: Including fundamental movement skills along with sending and receiving	Multi-skills: Beginning to participate in team games	Gymnastics: Including agility, balance and co-ordination, and begin to apply these	Dance: Perform different movements with music and sound patterns	Sports day activities: Including running, throwing and jumping	Hit, catch and run: Apply throwing and catching in hitting and retrieving based games
Year 2	Multi-skills: Developing fundamental movement skills with sending and retrieving	Multi-skills: Developing simple tactics for attacking and defending	Gymnastics: To develop agility, balance and co-ordination, and begin to use apparatus	Dance: Perform dances using simple movement patterns	Sports day activities: To develop running, throwing and jumping	Hit, catch and run: Developing throwing and catching in hitting and retrieving based games
Year 3	Net/Wall Games: Apply basic principles of tennis, covering the forehand and backhand shots	Invasion Games: Apply basic principles for attacking and defending	Gymnastics: Perform sequences using a range of movement patterns showing balance and control	OAA: - Take part in outdoor and adventurous activity challenges both individually and within a team. – Introduction to maps and problem solving	Athletics: To develop strength, control and balance to demonstrate improvements to achieve their personal best	Strike and field: Apply basic principles for batting and fielding through cricket and rounders
Year 4	Net/Wall Games: Develop basic principles in tennis, covering the forehand and backhand shots and the volley shot	Invasion Games: Develop principles for attacking and defending in competitive games of Netball	Gymnastics: Develop a range of movement patterns and begin to compare and demonstrate improvement through performances	OAA: - Take part in outdoor and adventurous activity challenges both individually and within a team. – Developing map work and orientation of the school site. – Creating simple short courses for others to try	Athletics: To develop strength, control and balance to demonstrate improvements to achieve their personal best	Strike and field: Develop basic principles for batting and fielding through cricket and rounders
Year 5	Net/Wall Games: Applying principles of tennis including the forehand, backhand and volley shot. Looking at playing and refereeing single match rules and doubles.	Invasion Games: Apply basic principles for attacking and defending in competitive games of Netball showing the correct technique and control	Gymnastics: Perform sequences using a range of linking actions and apply flexibility and strength through balancing, jumping and rolling	OAA: - Take part in outdoor and adventurous activity challenges both individually and within a team. – Consolidation of map work and developing trust through various activities	Athletics: To develop strength, control, balance and technique to demonstrate improvements to achieve their personal best	Strike and field: Apply batting and fielding principles through cricket and rounders, and use running, throwing and catching in isolation and in combination
Year 6	Net/Wall Games: Applying and developing principles of tennis including the forehand, backhand and volley shot. Looking at playing and refereeing single match rules and doubles.	Invasion Games: Develop principles for attacking and defending in competitive games of Netball showing the correct technique and control	Gymnastics: Develop sequences using a range of linking actions and develop flexibility and strength by demonstrating improvements from previous performances	OAA: - Take part in outdoor and adventurous activity challenges both individually and within a team. – Consolidation of map work and developing trust through various activities	Athletics: To develop strength, control, balance and technique to demonstrate improvements to achieve their personal best	Strike and field: Develop batting and fielding principles through cricket and rounders, and use running, throwing and catching in isolation and in combination