

PE Long Term Plan

	Autumn Term				Spring Term				Summer Term			
	Term 1		Term 2		Term 3		Term 4		Term 5		Term 6	
Reception		Coordination – Footwork and one leg.		Dance	Gymnastics- Shape and travel	Jumping and landing. Static balance seated	Core strength (movement, gymnastics)	Coordination: ball skills Counter balance: with a partner	Coordination: sending and receiving Agility: reaction/response	Gymnastics Flight and rotation.	Agility: ball chasing Static balance: floor work	Forest School
Year 1	Core skills: Coordination and footwork Static balance one leg.	real dance	Gymnastics- Shape and travel	Jumping and landing seated balance.	Gymnastics- Flight and rotation	Coordination: ball skills Counter balance: with a partner	Ball skills Rolling Throwing Catching Striking	Dynamic balance: on a line Static balance: stance	Coordination: sending and receiving Agility: reaction/response	Forest School	Agility: ball chasing Static balance: floor work	Athletics
Year 2	Core Skills: Coordination and footwork Static balance one leg.	real Gym- balance and travel	Jumping and landing seated balance.	Real Dance	Coordination: ball skills Counter balance: with a partner	Forest School	Dynamic balance: on a line Static balance: stance	Football	Coordination: sending and receiving Agility: reaction/response	Gym- flight and rotation	Athletics	Agility: ball chasing Static balance: floor work
Year 3	Core Skills: Coordination and footwork Static balance one leg	real Dance	Jumping and landing seated balance	Gym- Travel rotation	Dynamic balance: on a line Coordination: ball skills	Invasion Game Netball	Forest School	Coordination: sending and receiving Counter balance: with a partner	Agility: reaction/response Static balance: floor work	OAA	Agility: ball chasing	Net and Wall Tennis
Year 4	Forest School Swimming	Core Skill: Coordination and footwork Static balance one leg	Swimming	Gym Flight and Balance	Dynamic balance: on a line Coordination: ball skills	Invasion Games Football	Real Dance	Coordination: sending and receiving Counter balance: with a partner	Jumping and landing seated balance	Agility: reaction/response Static balance: floor work	Striking and Fielding Cricket	Agility: ball chasing Static balance: stance
Year 5	Agility: ball chasing Coordination: sending and receiving	Forest School	OAA	Dynamic balance: on a line Counter balance with a partner	Static balance- stance Coordination footwork	Swimming	real Gym- Hand apparatus and low apparatus	Static balance: one leg Jumping and landing	Sending and receiving Agility Ball Chasing	Invasion Game Netball	Net and Wall Tennis	Dance
Year 6	Ball skills- Coordination reaction response	Invasion Games Rugby	Seated balance and floor work	Forest School	Swimming Dynamic balance on a line and with a partner Swimming		real Gym- Partner work and large apparatus	Static balance: one leg Jumping and landing	Static balance: stance Coordination: footwork	OAA	Static balance Stance Footwork	Striking and Fielding Cricket

Light purple- planned by teachers