

# PE Long term plan



## AUTUMN

## SPRING

## SUMMER

**F2**

- Gymnastics- travelling, jumping
- Fundamental skills (over two terms) - balance, control, ball skills
- Dance-linking shapes and actions

- Gymnastics- balancing and rocking
- Fundamental skills (over two terms)- kicking, starting and stopping
- Dance- perform as a character

- Dance- dance to the beat, vary levels and speed
- Fundamental skills-kicking
- Gymnastics – shapes linking with jumps
- Athletics-running technique, developing coordination

**YEAR 1**

- Gymnastics L1-3 shapes, travelling
- Dance –L 1- 3 animals/characters
- Games (over two half terms) L1-6

- Dance L4-6 combining movements
- Gymnastics L 3- 6 rocking and balancing
- Games (over two half terms) L6 - 10

- Health and Fitness (over two half terms) - cardiovascular endurance, body parts, flexibility, balance
- Athletics (over two half terms)- running technique, throwing, jumping

**YEAR 2**

- Gymnastics L1 -3 bearing weight, travel
- Dance L 1 – 3 Great Fire of London
- Games L 1- 6 (over two half terms)

- Dance L4-6 (Great Fire of London)
- Gymnastics L4-6 (balancing, sequences, rocking)
- Games L 7-11 (over two half terms)

- Health and Fitness (over two half terms) cardiovascular endurance, diet, breathing rates
- Athletics (over two half terms) running, throwing, jumping

**YEAR 3**

- Swimming (2 x half terms)
- Gymnastics-shapes, travel, jumping
- Keeping possession - hockey

- Swimming (2 x half terms)
- Dance- unison, speed, paired sequence
- Linking actions - Basketball

- Swimming (2 x half terms)
- Sending and receiving – tennis
- Gym – balancing, rocking and rolling

**YEAR 4**

- H & F – endurance, strength, balance
- Gymnastics L1 – 3- travelling, linking shapes
- Linking actions- hockey
- Keeping possession - football

- Linking actions –tag rugby
- Keeping possession – basketball
- Gymnastics L 4 – 6 balancing, rolling, sequences
- Sending and receiving- tennis

- OAA –teamwork, maps
- Dance - circus
- Sending and receiving – rounders
- Athletics -sprinting and jumping

**YEAR 5**

- Gymnastics L 1 – 3 shapes and rotations
- Creating and closing space – tag rugby
- Linking actions – football
- H and F – endurance, strength and balance

- Gymnastics L3-5 balancing, cartwheels
- Tactics and strategies – hockey
- Creating and closing space – netball
- OAA – reaction, coordination and symbols

- Dance- Olympic theme
- Linking actions – cricket (over two half terms)
- Athletics – sprint, Long jump

**YEAR 6**

- Gymnastics L 1,2,3- linking shapes, balance, jumps
- Linking actions – hockey
- Creating and closing space - rugby
- H & F – endurance, flexibility

- Dance- unison, canon, speed
- Athletics – L1-5
- Tactics and Strategies - basketball
- Tactics and Strategies- netball

- Gym L4-6 shapes, balances, rolls, taking weight on hands
- Swimming
- Linking actions- tennis (over two half terms)