|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  **Term** **P.E & SPORTS LONG TERM PLANNING FOR ARNSIDE PRIMARY SCHOOL 2023/2024** | **Year Early & Years 1 & 2** | **After School Club** | **Year 3 & 4** | **Year 5** | **Year 6** |
|    **Autumn 1**  | **Fundamental Ball Skills** |  | **Football/ Basic Skills** | **Football/ Skills & Team Unit Development** | **Football/ Skills & Team Unit Development/ Fitness in Football** |
|    **Autumn 2** | **Gymnastics &****Core Fitness** |  | **Gymnastics****Basic moves/ Using joints.** | **Gymnastics****Moves and Muscular Development/Spotting** | **Gymnastics/Muscular Development/ Spotting Flexibility and Conditioning.** |
|    **Spring 1**  | **Fundamental Skills** |  | **Netball/ Basketball/Hockey** | **Netball/ Basketball/Hockey****Team Unit Development** | **Netball/ Basketball/Hockey****Team Unit Development/****Components of fitness in Netball.** |
|    **Spring 2** | **Fundamental Catching and Throwing Skills** | **Tag Rugby** | **Cricket/ Basic skills** | **Cricket/ Basic Skills and****Tactics in cricket** | **Cricket/ Basic Skills and****Tactics in cricket/****Fitness in cricket.** |
|    **Summer 1** | **Fundamental Striking Skills** |  | **Tennis** | **Tennis** | **Tennis** |
|    **Summer 2** | **Athletics****Sports Day Activities** |  | **OAA****Orienteering &****Athletics****Sports Day Activities** | **OAA****Orienteering & Athletics****Sports Day Activities** | **OAA****Orienteering & Athletics****Sports Day Activities** |