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| **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** |