



part of the **enquire**  
learning trust

## Long Term Plan: (PE) 2019/2020

	Autumn		Spring		Summer	
Term:	1	2	3	4	5	6
Year 1	Co-ordination and movement skills	Spatial awareness	Gymnastics	Dance	Athletics	Athletics
Year 2	Basic skills	Gymnastics	Dance	Hockey/Football skills	Rounders'/Tennis	Athletics
Year 3	Netball	Football/rugby	OAA/Dance	Gymnastics/Fitness	Rounders'/Tennis	Athletics
Year 4	Netball	Football/Rugby	OAA/Dance	Gymnastics/Fitness	Rounders'/Tennis	Athletics
Year 5	Football/Rugby	OAA/Fitness	Gymnastics/Fitness	Dance	Rounders'/Tennis	Athletics
Year 6	OAA/Fitness	Football/Rugby	Dance	Gymnastics/Fitness	Rounders'/Tennis	Athletics



<b>PE</b>	<b><u>Medium Term Plan Autumn 1 2019</u></b>
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	Activity	1	2	3	4	5	6	7
Year 1	Co-ordination skills							
Year 2	Basic Skills		Catching and throwing	Running and relays	Aiming towards a target	Jumping and throwing	Running and relays	Races, competitions and throwing
Year 3	Netball	Passing and basic rules	Passing skills and mini games (piggy in the middle)	Passing skills and movement.	Shooting skills and mini games	Adapted games	Adapted games	Mini tournament in class (L1)
Year 4	Netball	Passing and basic rules	Passing skills and mini games (piggy in the middle)	Passing skills and movement.	Shooting skills and mini games	Adapted games	Adapted games	Mini tournament in class (L1)
Year 5	Football/Rugby	Dribbling and short passing skills (football)	Passing and running with the ball (rugby)	Dribbling and longer passing (lofted) (football)	Mini adapted games. Avoiding people. Ball skills (rugby)	Adapted games. Shooting skills. (football)	Adapted games (rugby)	Adapted games (football)
Year 6	OAA / Fitness	Teamwork skills	Fitness - understanding how the body is affected by exercise.	OAA - using a basic map to find large objects (playground based)	Fitness - develop the idea of CrossFit as a tool to develop fitness (short, sharp, intensive exercise)	OAA - developing ideas around maps and how to use properly	Fitness - Different types of fitness activities	Using OAA skills to develop fitness

	Activity	1	2	3	4	5	6	7
Year 1	Spatial awareness							
Year 2	Gymnastics - including basic use of apparatus	Body control and basic jumps	Body control and shapes	Shapes and forward rolls	Forward rolls and movement	Developing simple sequences and rolls	Developing simple sequences and rolls	Performing simple sequences with control
Year 3	Football/Rugby	Football - Dribbling skills	Rugby - holding and carrying a ball correctly	Football - dribbling skills and short passing	Rugby - using a TAG correctly and safely	Football - Dribbling and passing over a larger distance	Rugby - Mini games using TAGs and balls	Mini Games
Year 4	Football/Rugby	Football - dribbling skills and movement with a ball	Rugby - passing and catching a ball using correct techniques	Football - Short passing and control using different part of the foot	Rugby - Mini games using TAGs	Football - Dribbling and passing over a larger distance.	Rugby - Mini games using TAGs and balls	Mini Games
Year 5	OAA / Fitness	Teamwork skills	Fitness - understanding how the body works through exercise	OAA - using a basic map to find large objects	Fitness - develop the idea of CrossFit as a tool to develop fitness	OAA - developing ideas around maps and how to use properly	Fitness - Different types of fitness activities	Using OAA skills to develop fitness
Year 6	Football/Rugby	Dribbling and short passing skills (football)	Passing and running with the ball (rugby)	Dribbling and longer passing (lofted) (football)	Mini adapted games. Avoiding people. Ball skills (rugby)	Adapted games. Shooting skills. (football)	Adapted games (rugby)	Adapted games (football)

	Activity	1	2	3	4	5	6	7
Year 1	Gymnastics	Using your body to create shapes	Travelling in a variety of different ways	To be able to travel in different directions	Using your body to create shapes	Travelling in a variety of different ways	Linking travelling and shapes to create basic routines	Creating and performing routines to an audience
Year 2	Dance	Topic related						
Year 3	OAA Dance - topic related	Basic teamwork skills and challenges	Basic teamwork skills and challenges	I can use a map to identify different parts of the school	Using a map I can position myself in a particular part of the school	Using a map I can position myself in a particular part of the school	I can find objects using a map	I can work as part of a team to create an orienteering challenge
Year 4	OAA Dance - Topic related	Basic teamwork skills and challenges	Basic teamwork skills and challenges	I can use a map to identify different parts of the school	Using a map I can position myself in a particular part of the school	Using a map I can position myself in a particular part of the school	I can find objects using a map	I can work as part of a team to create an orienteering challenge
Year 5	Gymnastics - including use of apparatus	I can use my body to create complex shapes	I understand how to travel across the mat in a variety of ways	I can perform a forward roll and cartwheel with control and consistency	I can perform a forward roll and cartwheel with control and consistency	I can use my knowledge of shapes and travelling to create routines	I can use my knowledge of shapes and travelling to create routines	I can create and perform a short routine with a partner
Year 6	Dance	Topic related						

	Activity	1	2	3	4	5	6	7
Year 1	Dance	Topic related						
Year 2	Hockey/Football skills	Short dribbling using both feet	Short dribbling and passing using both feet	Dribbling through obstacles and passing	Holding a Hockey stick correctly and dribbling	Holding a Hockey stick correctly and passing	Passing and dribbling over short distances	Adapted games in Hockey/Football
Year 3	Gymnastics/Fitness - including basic use of apparatus	Using your body to create shapes	Exploring different ways to travel	Shape and travel routines	Performing a basic forward roll with control	Performing a basic forward roll with control	Creating a simple routine using a mat	Perform routines to class
Year 4	Gymnastics - including use of apparatus	I can use my body to create complex shapes	I understand how to travel across the mat in a variety of ways	I can perform a forward roll with control and consistency	I can perform a forward roll with control and consistency	I can use my knowledge of shapes and travelling to create routines	I can use my knowledge of shapes and travelling to create routines	I can create and perform a short routine
Year 5	Dance	Topic related						
Year 6	Gymnastics - including use of apparatus	I can use my body to create complex shapes	I understand how to travel across the mat in a variety of ways	I can perform a forward roll, cartwheel and headstand with control and consistency	I can perform a forward roll. Cartwheel and headstand with control and consistency	I can use my knowledge of shapes and travelling to create routines	I can use my knowledge of shapes and travelling to create routines	I can create and perform a routine using synchronisation

	Activity	1	2	3	4	5	6	7
Year 1	Athletics	Running skills - short distance	Running skills - longer distances	Jumping skills	Jumping skills	Throwing skills	Running, jumping and throwing	Running, jumping and throwing
Year 2	Rounders'/Tennis	Using balance to keep a ball on a racket	Hitting a ball over a short distance	Hitting a ball to a partner consistently	Taking part in a rally of shots with a partner/group	Hitting a ball and running between bases	Understand the difference between batting and fielding	Playing mini games to develop skills
Year 3	Rounders'/Tennis	Hitting a ball to a target consistently	Taking part in rally's to develop control	Playing a mini game of tennis against an opponent	Playing a mini game of tennis against an opponent	Hitting a ball and running between bases	Catching and fielding skills	Playing mini games to develop understanding
Year 4	Rounders'/Tennis	Hitting a ball accurately	Taking part in rally's over a greater distance and with greater difficulty	Taking part in mini tournaments	Taking part in mini tournaments	Hitting a ball and understanding basic rules	Fielding skills and mini games	Adapted games (5 in a bucket)
Year 5	Rounders'/Tennis	Taking part in mini games of tennis	Taking part in mini games of tennis	Intra class tournaments	Understanding the rules of Rounders' in a game situation	Adapted Games (follow the leader)	Adapted Games (3/5 in a bucket)	Rounders' games
Year 6	Rounders'/Tennis	Taking part in mini games of tennis	Taking part in mini games of tennis	Intra class tournaments	Understanding the rules of Rounders' in a game situation	Adapted Games (follow the leader)	Adapted Games (3/5 in a bucket)	Rounders' games

	Activity	1	2	3	4	5	6
Year 1	Athletics	I can take part in a range of running activities	I can take part in a range of throwing activities	I can take part in a range of throwing activities	Sports Day practice	Sports Day practice	Sports day
Year 2	Athletics	I can take part in a range of running activities	I can take part in a range of throwing activities	I can take part in a range of throwing activities	Sports Day practice	Sports Day practice	Sports day
Year 3	Athletics	Pupils compete and take part in a range of running/relay events	Pupils take part in a range of throwing and jumping activities	Take part in a number of Sports Day based activities	Sports Day practice	Sports Day practice	Sports day
Year 4	Athletics	Pupils compete and take part in a range of running/relay events	Pupils take part in a range of throwing and jumping activities	Take part in a number of Sports Day based activities	Sports Day practice	Sports Day practice	Sports day
Year 5	Athletics	Pupils compete and take part in a range of running/relay events	Pupils take part in a range of throwing and jumping activities	Take part in a number of Sports Day based activities	Sports Day practice	Sports Day practice	Sports day
Year 6	Athletics	Pupils compete and take part in a range of running/relay events	Pupils take part in a range of throwing and jumping activities	Take part in a number of Sports Day based activities	Sports Day practice	Sports Day practice	Sports day