|  |  |
| --- | --- |
| http://enquirelearningtrust.org/wp-content/uploads/2013/11/Part-Of-300x300.png | **Long Term Plan: (PE) 2023/2024** |

****

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Autumn** | **Spring** | **Summer** |
| Term: | **1** | **2** | **3** | **4** | **5** | **6** |
| Year 1  | Co-ordination and movement skills[Mini plans\coord 1.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/coord%201.docx) | Spatial awareness through netball[awareness 1.docx](file:///T%3A/2020%20-%202021/PE/Curriculum/Mini%20plans/awareness%201.docx) | Gymnastics[Mini plans\gymnastics.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/gymnastics.docx) | Dance | Athletics | Rounders |
| Year 2 | Basic skills through tag rugby[Mini plans\Skills 2.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/Skills%202.docx) | Dance  | Gymnastics[Mini plans\gymnastics.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/gymnastics.docx) | Rounders | Athletics  | Netball |
| Year 3 | Netball[Mini plans\Netball 3.4.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/Netball%203.4.docx) | Dance  | Gymnastics[Mini plans\gymnastics.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/gymnastics.docx) | Rugby[Mini plans\Futsal Hockey Rugby Football.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/Futsal%20Hockey%20Rugby%20Football.docx) | Athletics | Rounders |
| Year 4 | Rounders |  Swimming  | Dance | Gymnastics[Mini plans\gymnastics.docx](file://MB-BP-01/Shared%24/StaffShared/2020%20-%202021/PE/Curriculum/Mini%20plans/gymnastics.docx) | AthleticsNetball[Mini plans\Netball 3.4.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/Netball%203.4.docx) | Rugby[Mini plans\Futsal Hockey Rugby Football.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/Futsal%20Hockey%20Rugby%20Football.docx) |
| Year 5 | Swimming | Rugby[Mini plans\Futsal Hockey Rugby Football.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/Futsal%20Hockey%20Rugby%20Football.docx) | Gymnastics | Dance | Athletics Netball | Rounders |
| Year 6 | Rounders | Rugby [Rugby Football.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Futsal%20Hockey%20Rugby%20Football.docx) | Dance | Gymnastics | Athletics  | Netball |



|  |  |  |
| --- | --- | --- |
| **PE** | **Medium Term Plan Autumn 1 2023** |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Year 1 | Co-ordination skills | Running in a straight line over a range of distances. | Running in and out of cones | Balancing on different body parts. | Balancing and moving around an area | Throwing and catching a large soft ball individually. | Catching and throwing a range of balls individually and in groups | Throwing, catching and running |
| Year 2 | Basic Skills | Running in a straight line and changing direction | Catching and throwing | Running and relays | Aiming towards a target | Aiming towards a target | Running and relays | Races, competitions and throwing |
| Year 3 | Netball | Passing and basic rules | Passing skills and mini games. Movement of the ball | Passing skills and movement. | Shooting skills and mini games | Adapted games | Adapted games | Mini tournament in class (L1) |
| Year 4 | Rounders | Hitting a ball accurately  | Hitting a ball and understanding basic rules | Fielding skills | Taking part in rally’s over a greater distance and with greater difficulty | Adapted games (5 in a bucket) | Taking part in mini tournaments | Taking part in mini tournaments |
| Year 5 | Swimming  | Swimming | Swimming | Swimming | Swimming | Swimming | Swimming | Swimming |
| Year 6 | Rounders | Understanding the rules of Rounders’ in a game situation | Batting skills | Fielding skills | Adapted Games (follow the leader) | Adapted Games (3/5 in a bucket) | Taking part in mini tournaments | Intra class tournaments |

****

|  |  |  |
| --- | --- | --- |
| **PE** | **Medium Term Plan Autumn 2 2023** |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Year 1 | Spatial awareness |  |  |  |  |  |  |  |
| Year 2 | Dance | Topic relatedChildren to explore moving around the room to the music (fast and slow) exploring different directions and speeds. | Children to explore moving around the room to the calming music, exploring different levels and moving in different directions with a variety of speeds. | calming music Movement - slow graceful/ glide/ float/ slow light movement, exploring different levels- on tip toes/ rolling on the floor etc.In groups of 4/ 5, create a short routine to a calming piece of music- use different levels/ direction/ turns/ speed. | Children to explore how they could move around the room to a fast paced piece of music (thunder storm): fast/ hectic/ chaotic/ explore different levels and moving in different directions with a variety of speeds. | Fast paced piece of music (thunder storm) In groups of 4 or 5, create a short routine to this piece of music (contrasting from last week)- use different levels/ direction/ turns/ speeds. | In groups choose one routine to practise and develop (from week 3 or week 5)Peer / self assess routines.  | Create final routines and perform to each other (record fot twitter. |
| Year 3 | Dance | Basic teamwork skills and challenges | Children to explore moving around the room to the music (fast and slow) exploring different directions and speeds. | Explore traveling in the space- different levels and balances. | Children to combine speed, direction, levels and balances. | In groups of 4/ 5, create a short routinePeer / self assess routines. | In groups of 4/ 5, create a short routinePeer / self assess routines. | Create final routines and perform to each other (record fot twitter. |
| Year 4 | Swimming  | Swimming | Swimming | Swimming | Swimming | Swimming | Swimming | Swimming |
| Year 5 | Rugby[Mini plans\Futsal Hockey Rugby Football.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Mini%20plans/Futsal%20Hockey%20Rugby%20Football.docx) | Team work challenges  | Using a TAG safely and correctly – non contact | Picking up and carrying a ball | Passing and running with the ball (rugby) | Mini adapted games. Avoiding people. Ball skills (rugby) | Mini adapted games. Avoiding people. Ball skills (rugby) | Adapted games (rugby) |
| Year 6 | Rugby [Rugby Football.docx](file://MB-BP-01/Shared%24/StaffShared/2022-%202023/PE/Curriculum/Futsal%20Hockey%20Rugby%20Football.docx) | Team work challenges  | Using a TAG safely and correctly – non contact | Picking up and carrying a ball | Passing and running with the ball (rugby) | Mini adapted games. Avoiding people. Ball skills (rugby) | Mini adapted games. Avoiding people. Ball skills (rugby) | Adapted games (rugby) |

|  |  |  |
| --- | --- | --- |
| **PE** | **Medium Term Plan Spring 1 2024** |  |

****

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 create different balances | Using your body to create shapes | Linking travelling and shapes to create basic routines | Linking travelling and shapes to create basic routines | Creating and performing routines to an audience |
| 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 | Gymnastics/Fitness – including basic use of apparatus | Using your body to create shapes | Simple apparatus practices | Floor exercises | Vaulting  | Routines | Creating a simple routine using a mat | Vaulting |
| Year 4 | **Dance – Topic related** | Basic teamwork skills and challenges | Children to explore moving around the room to the music (fast and slow) exploring different directions and speeds. | Explore traveling in the space- different levels and balances. | Children to combine speed, direction, levels and balances. | In groups of 4/ 5, create a short routinePeer / self assess routines. | In groups of 4/ 5, create a short routinePeer / self assess routines. | Create final routines and perform to each other (record fot twitter. |
| Year 5 | Gymnastics  | 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 |  |  |  |  |  |  |

****



|  |  |  |
| --- | --- | --- |
| **PE** | **Medium Term Plan Spring 2 2024** |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Year 1 | Dance | Topic related |  |  |  |  |  |  |
| Year 2 | Rounders | Throwing to a target  | 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 | Rugby | Rugby – holding and carrying a ball correctly | Rugby – holding and carrying a ball correctly | Passing and running with the ball (rugby) | Passing and running with the ball (rugby) | Rugby – using a TAG correctly and safely | Rugby – Mini games using TAGs and balls | Mini Games |
| Year 4 | Gymnastics – including use of apparatus | I can use my body to create complex shapes | Simple apparatus practices | I can perform a forward roll with control and consistency  | Vaulting | I can use my knowledge of shapes and travelling to create routines | I can use my knowledge of shapes and travelling to create routines | Vaulting |
| 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  |

|  |  |  |
| --- | --- | --- |
| **PE** | **Medium Term Plan Summer 1 2024** |  |

****

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | 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 practice | I can take part in a range of running activities |
| Year 3 | 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 practice | I can take part in a range of running activities |
| Year 4 | NetballAthletics | Sports Day practice | Sports Day practice | Passing and basic rules (recap of rules) | Passing skills and mini games (piggy in the middle) | Shooting skills and mini games | Pivot skills and positional play | Adapted games |
| Year 5 | NetballAthletics | Sports Day practice | Sports Day practice | Passing skills and mini games | Shooting skills and mini games | Pivot skills and positional play | Adapted games | Mini tournament in class (L1) |
| Year 6 | 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 | I can take part in a range of running activities |

|  |  |  |
| --- | --- | --- |
| **PE** | **Medium Term Plan Summer 2 2024** |  |

****

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Activity | 1 | 2 | 3 | 4 | 5 | 6 |
| Year 1 | Rounders | Throwing to a target  | 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 |
| Year 2 | Netball | Bounce Pass | Chest pass | Movement of the ball | Shooting skills | Introduce defender | Adapted games |
| Year 3 | Rounders | Hitting a ball to a target consistently  | Catching skills | Taking part in rally’s to develop control | Catching and fielding skills | Hitting a ball and running between bases | Adapted games |
| Year 4 | Rugby | Team work challenges | Picking up and carrying a ball | Rugby – passing and catching a ball using correct techniques | Passing and running with the ball (rugby) | Using a TAG safely and correctly – non contact | Rugby – Mini games using TAGs |
| Year 5 | Rounders | Understanding the rules of Rounders’ in a game situation | Feilding skills  | Batting skills | Adapted Games (3/5 in a bucket) | Adapted Games (follow the leader) | Intra class tournaments |
| Year 6 | Netball | Passing recap of rules) | Passing skills and mini games  | Shooting skills and mini games | Pivot skills and positional play | Adapted games | Adapted games |