



**DARWEN ST JAMES' C OF E PRIMARY ACADEMY**  
**PE LONG TERM PLAN**



	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Nursery (Physical Development Milestones)	<p>I can climb confidently and I am beginning to pull myself up on climbing equipment.</p> <p>I can run around, change direction and slow down so I do not bump into things.</p> <p>I can make lines and marks on big pieces of paper etc. and build a simple tower.</p> <p>I am beginning to be independent in my self-care, such as by pulling off my socks or shoes or getting a tissue when necessary, but I still often need adult support for putting my shoes and socks back on, or blowing my nose.</p>					
Pre-School	INTRODUCTION TO PE: UNIT 1	FUNDAMENTALS: UNIT 1	DANCE: UNIT 1	GYMNASTICS: UNIT 1	BALL SKILLS: UNIT 1	GAMES: UNIT 1
EYFS	INTRODUCTION TO PE: UNIT 1	FUNDAMENTALS: UNIT 1	DANCE: UNIT 1	GYMNASTICS: UNIT 1	BALL SKILLS: UNIT 1	GAMES: UNIT 1
Year 1	FUNDAMENTALS	GYMNASTICS	DANCE	TARGET GAMES	NET AND WALL GAMES	STRIKING & FIELDING
	BALL SKILLS	SENDING AND RECEIVING	TEAM BUILDING	INVASION GAMES	MINDFULNESS	ATHLETICS
Year 2	FUNDAMENTALS	GYMNASTICS	DANCE	TARGET GAMES	NET AND WALL GAMES	STRIKING & FIELDING
	BALL SKILLS	SENDING AND RECEIVING	TEAM BUILDING	INVASION GAMES	MINDFULNESS	ATHLETICS
Year 3	FUNDAMENTALS	GYMNASTICS	DANCE	OAA	CRICKET	ATHLETICS
	BALL SKILLS	GOLF	HOCKEY	TENNIS	SWIMMING	SWIMMING
Year 4	FUNDAMENTALS	GYMNASTICS	DANCE	OAA	TENNIS	HOCKEY
	SWIMMING	SWIMMING	HOCKEY	GOLF	CRICKET	ATHLETICS
Year 5	FOOTBALL	GYMNASTICS	DANCE	OAA	BADMINTON	CRICKET
	NETBALL	DODGEBALL	HOCKEY	GOLF	ROUNDERS	ATHLETICS
Year 6	FOOTBALL	GYMNASTICS	DANCE	OAA	BADMINTON	CRICKET
	NETBALL	DODGEBALL	HOCKEY	GOLF	ROUNDERS	ATHLETICS