

PE Long Term Plan 2023-24 (Cycle B)

Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Foundation											
Spatial awareness and different ways of moving - run, jump, skip, hop and crawl. Parachute, multi-step instruction games. Using scooters, three wheel and two, in the outside area with increasing control. Balance Bikes. Gymnastics – simple balances, star, tuck, and pencil jumps, half-turns – floor work. Low level apparatus – bench work. Building to a sequence that involves, a balance, way of moving, half-turn, jump dismount. Throwing and catching				Ball skills - exploring a range of balls; bean bags, air-flow, football, tennis ball etc. Ball skills; throwing and catching. Ball skills - aiming at a target Football skills – dribbling, stopping, passing, goal target. Team Games				Team Games including relay races. Racquet skills. Running, jumping, hopping from foot to foot, running around obstacles, jumping over obstacles, travelling under and over obstacles. Skipping with a rope. Racing and obstacle courses - sports day skills			Swimming
Year 1/2- Following mainly Year 2 plans. For Games/Gym, may need to cover basic skills from Year 1 first											
Games fundamental Unit 1 (combine 1 and 2 plans based on their ability)	Gym Points of contact	Dance Toy Dance (Year 2 unit)	Games fundamental Unit 2 (combine 1 and 2 plans based on their ability)	Gym Ball, wall, tall	Kurling & Boccia intro	OAA (Year 2 unit)	Striking and fielding	Golf (Year 2 unit)	Athletics (Year 2 unit)	Tennis skills/ games (combine 1 and 2 plans based on their ability)	Swimming
3/4- Following Year 4 plans											
Korfball	Hockey	Gymnastics	Football	Dance	OAA & teamwork	Fitness	Tennis	Rounders	Pentathlon	Country Dancing & Maypole	Swimming
Year 5											
Netball Skills	Tag Rugby	OAA & teamwork	Dance Different styles	Kurling & Boccia	Gymnastics	Fitness	Badminton	Cricket	Heptathlon	Heptathlon & sports day	Swimming
Year 6											
Netball High 5	Hockey	Football	Dance	OAA & teamwork	Gymnastics	Fitness	Tennis	Rounders	Decathlon	Decathlon &sports day	Swimming

PE Long Term Plan 2024-25 (Cycle A)

Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Foundation											
Spatial awareness and different ways of moving - run, jump, skip, hop and crawl. Parachute, multi-step instruction games. Using scooters, three wheel and two, in the outside area with increasing control. Balance Bikes. Gymnastics – simple balances, star, tuck, and pencil jumps, half-turns – floor work. Low level apparatus – bench work. Building to a sequence that involves, a balance, way of moving, half-turn, jump dismount. Throwing and catching				Ball skills - exploring a range of balls; bean bags, air-flow, football, tennis ball etc. Ball skills; throwing and catching. Ball skills - aiming at a target Football skills – dribbling, stopping, passing, goal target. Team Games				Team Games including relay races. Racquet skills. Running, jumping, hopping from foot to foot, running around obstacles, jumping over obstacles, travelling under and over obstacles. Skipping with a rope. Racing and obstacle courses - sports day skills			Swimming
Year 1/2- Following mainly Year 1 plans. For Games look at Year 2 skills as well and combine based on ability											
Games fundamental Unit 1 (combine 1 and 2 plans based on their ability)	Gym Jumping Jacks unit 1	Dance Moving words Unit 1	Games fundamental Unit 2 (combine 1 and 2 plans based on their ability)	Dance weather Unit 2	Gym Rock & roll Unit 2	OAA Trails, trust and teamwork	Games fundamental Unit 3	Striking and fielding games	Athletics (Year 1 unit)	Tennis skills/ games (combine 1 and 2 plans based on their ability)	Swimming
3/4- Following Year 3 plans											
Ball handling and games	OAA & team-work	Gymnastics	Tag Rugby	Dance	Kurling & Boccia	Fitness	Racket skills Tennis & badminton	Dance May pole	French cricket	Athletics & sports day	Swimming
Year 5/6– following Year 6 plans											
Netball High 5	Hockey	Football	Dance	OAA & teamwork	Gymnastics	Fitness	Tennis	Rounders	Decathlon	Decathlon &sports day	Swimming