Scartho Gateway Academy

Long-term plans – Physical Education

	Autumn Term		Spring Term		Summer Term	
EYFS	**Movement and sequences** Walking Running Jumping Hopping Skipping Rolling Crawling Climbing		**Strength and Balance** Strength-upper and lower body Core strength Posture Coordination Apparatus Paired work Group work		**Object control** Carrying Dribbling Rolling Stopping Throwing Catching Kicking Batting	
Year 1	Gymnastics Solo sequence	Dance Amazing animals (Party time)	Indoor Athletics (Personal Best)	Games Tennis	Games Striking and Fielding *(Boccia/ Striking Mini Golf)*	Invasion Games Dribble Races
Year 2	Gymnastics Solo sequence	Dance Amazing animals (Party time)	Indoor Athletics (Personal Best)	Games Tennis	T-ball	Invasion Games Dribble Races
Year 3	Gymnastics Solo Sequence	Dance world showcase	Indoor Athletics (Personal Best)	Games Tennis	Games Striking and Fielding (Chase the Batter)	Invasion games 3 hoop ball
Year 4	Gymnastics Apparatus	Dance Tell me a story	Indoor Athletics (Personal Best)	Games (Tennis)	Striking and field Quick Cricket	Invasion games (Hockey)
Year 5	Gymnastics Apparatus	Dance Tell Me a story	Indoor Athletics (Personal Best)	Games (Tennis)	Striking and field Rounders	Netball/ Athletics (Personal Best)
Year 6	Gymnastics Apparatus	Dance Tell Me a story	Indoor Athletics (Personal Best)	Games (Tennis)	Striking and field Rounders	Netball/ Athletics (Personal Best)