



St Aidan's Primary School – Long Term Plan - PE

	Autumn 1 Sept'20 – Oct' 20	Autumn 2 Oct' 20 – Dec' 20	Spring 1 Jan'21 – Feb' 21	Spring 2 Feb' 21 – Apr' 21	Summer 1 Apr' 21 – May' 21	Summer 2 May' 21 – Jul' 21
EYFS	Fundamental Movements: Running / jumping / hopping / skipping / landing / speed / Throwing / Catching	Fundamental Movements: Running / jumping / hopping / skipping / landing / speed / Throwing / Catching	Fundamental Movements: Running / jumping / hopping / skipping / landing / speed / Throwing / Catching	Fundamental Movements: Running / jumping / hopping / skipping / landing / speed / Throwing / Catching	Fundamental Movements: Running / jumping / hopping / skipping / landing / speed / Throwing / Catching	Fundamental Movements: Running / jumping / hopping / skipping / landing / speed / Throwing / Catching
Year 1 (KS1)	Fundamental Movements: Running / jumping / hopping / skipping / landing / speed / Throwing / Catching & Team Games: Non-sport specific (Attacking / Defending / Passing)	Team Games: Non-sport specific (Attacking / Defending / Passing)	Gymnastics Develop flexibility, strength, technique, control and balance	Gymnastics Develop flexibility, strength, technique, control and balance	Team Games: Non-sport specific (Attacking / Defending / Movements)	Fundamental Movements: Running / jumping / hopping / skipping / landing / speed Athletics: Running / Throwing / Jumping
Year 2 (KS1)	Fundamental Movements: Running / jumping / hopping / skipping / landing / speed / Throwing / Catching & Team Games: Non-sport specific (Attacking / Defending / Passing)	Team Games: Non-sport specific (Attacking / Defending / Passing)	Gymnastics Develop flexibility, strength, technique, control and balance	Gymnastics Develop flexibility, strength, technique, control and balance	Team Games: Non-sport specific (Attacking / Defending / Movements)	Fundamental Movements: Running / jumping / hopping / skipping / landing / speed Athletics: Running / Throwing / Jumping
Year 3 (KS2)	Dance: Perform using a range of movement patterns & Fundamental Movements: Running / Jumping / Throwing / Catching in Isolation & Combination	Dance: Perform using a range of movement patterns & Fundamental Movements: Running / Jumping / Throwing / Catching in Isolation & Combination	Competitive games modified where appropriate: Hockey / Tennis (Attacking / Defending / Control /	Competitive games modified where appropriate: Football / Handball (Attacking / Defending / Passing /	Competitive games modified where appropriate: Handball / Multi-Skills (Attacking / Defending / Throwing /	Athletics: Running / Throwing / Jumping In Isolation and combination / Improving personal best

			Movement & Communication)	Dribbling & Shooting)	Catching & Movement)	
Year 4 (KS2)	<p>Dance: Perform using a range of movement patterns &</p> <p>Fundamental Movements: Running / Jumping / Throwing / Catching in Isolation & Combination</p>	<p>Dance: Perform using a range of movement patterns &</p> <p>Fundamental Movements: Running / Jumping / Throwing / Catching in Isolation & Combination</p>	<p>Competitive games modified where appropriate: Hockey / Tennis</p> <p>(Attacking / Defending / Control / Movement & Communication)</p>	<p>Competitive games modified where appropriate: Football / Handball</p> <p>(Attacking / Defending / Passing / Dribbling & Shooting)</p>	<p>Competitive games modified where appropriate: Handball / Multi-Skills</p> <p>(Attacking / Defending / Throwing / Catching & Movement)</p>	<p>Athletics: Running / Throwing / Jumping In Isolation and combination / Improving personal best</p>
Year 5 (KS2)	<p>Fundamental Movements: Running / Jumping / Throwing / Catching in Isolation & Combination &</p> <p>Competitive games modified where appropriate: Hockey / Tennis</p>	<p>Competitive games modified where appropriate: Hockey / Basketball</p> <p>(Attacking / Defending / Passing / Dribbling & Shooting)</p>	<p>Competitive games modified where appropriate: Hockey / Tennis</p> <p>(Attacking / Defending / Control / Movement & Communication)</p>	<p>Competitive games modified where appropriate: Football / Handball</p> <p>(Attacking / Defending / Passing / Dribbling & Shooting)</p>	<p>Orienteering: Outdoor and adventurous activity challenges both individually and within a team</p> <p>Competitive games modified where appropriate: Handball / Multi-Skills</p> <p>(Attacking / Defending / Throwing / Catching & Movement)</p>	<p>Orienteering: Outdoor and adventurous activity challenges both individually and within a team</p> <p>Athletics: Running / Throwing / Jumping In Isolation and combination / Improving personal best</p>
Year 6 (KS2)	<p>Fundamental Movements: Running / Jumping / Throwing / Catching in Isolation & Combination &</p>	<p>Competitive games modified where appropriate: Hockey / Basketball</p>	<p>Competitive games modified where appropriate: Hockey / Tennis</p>	<p>Competitive games modified where appropriate: Football / Handball</p>	<p>Orienteering: Outdoor and adventurous activity challenges both</p>	<p>Orienteering: Outdoor and adventurous activity challenges both individually and within a team</p>

	<p>Competitive games modified where appropriate: Hockey / Tennis</p>	<p>(Attacking / Defending / Passing / Dribbling & Shooting)</p>	<p>(Attacking / Defending / Control / Movement & Communication)</p>	<p>(Attacking / Defending / Passing / Dribbling & Shooting)</p>	<p>individually and within a team</p> <p>Competitive games modified where appropriate: Handball / Multi-Skills</p> <p>(Attacking / Defending / Throwing / Catching & Movement)</p>	<p>Athletics: Running / Throwing / Jumping In Isolation and combination / Improving personal best</p>
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