

PE Long Term Plan 2022/23

Class/Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Eaglets	Dance with Sports Cool – Developing short, simple sequences	Gymnastics with Sports Cool – Exploring large and small body shapes	Reception - Unit 2 – Recognising and making simple shapes with their bodies	Reception – Unit B – Simple ways of travelling	Dance with Sports Cool – Use imagination to move on different levels and in different directions	Gymnastics with Sports Cool – Exploring balances, basic rolls and simple jumps
	Outdoor Games with Wigan Athletic – Fundamental movement skills – control and coordination in large and small movements	Outdoor Games with Wigan Athletic – Fundamental movement skills – control and coordination in large and small movements	Outdoor Games with Wigan Athletic – Fundamental movement skills – move confidently in a range of ways, safely negotiating space and controlling and manipulating objects	Outdoor Games with Wigan Athletic – Fundamental movement skills – move confidently in a range of ways, safely negotiating space and controlling and manipulating objects	Outdoor Games with Wigan Athletic – Work as part of a group or class and understand and follow the rules	Outdoor Games with Wigan Athletic – Work as part of a group or class and understand and follow the rules

<p>Year 1 Sparrows</p>	<p>Dance with Sports Cool – Copy routines with simple actions</p>	<p>Gymnastics with Sports Cool – Holding large and small body shapes in position</p>	<p>Year 1 – Unit 1 – Create different patterns in the air and on the floor</p>	<p>Year 1 – Unit F – Developing rolls</p>	<p>Dance with Sports Cool – Work with a partner</p>	<p>Gymnastics with Sports Cool – Linking 3 actions in a sequence</p>
	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills to improve balance and coordination</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing simple movement patterns</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing coordination individually and with others</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing coordination and agility</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing agility both individually and with others</p>	<p>Outdoor Games with Wigan Athletic - Participate in team games developing simple tactics</p>

<p>Year 1/2 – Robins</p>	<p>Dance with Sports Cool – Copy routines with simple actions</p>	<p>Gymnastics with Sports Cool – Holding large and small body shapes in position</p>	<p>Year 1 – Unit 2 – Select movements to create a dance</p>	<p>Year 2 – Unit 1 – Travelling in space with different heights</p>	<p>Dance with Sports Cool – Work with a partner</p>	<p>Gymnastics with Sports Cool – Linking 3 actions in a sequence</p>
	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills to improve balance and coordination</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing simple movement patterns</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing coordination individually and with others</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing coordination and agility</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing agility both individually and with others</p>	<p>Outdoor Games with Wigan Athletic - Participate in team games developing simple tactics</p>

<p>Year 2 – Wagtails</p>	<p>Dance with Sports Cool – Copy routines with simple actions</p>	<p>Gymnastics with Sports Cool – Holding large and small body shapes in position</p>	<p>Year 2 – Unit 1 – Use different levels, directions and speeds for a dance</p>	<p>Year 2 – Unit J – Turn, spin and twist on different body parts</p>	<p>Dance with Sports Cool – Work with a partner</p>	<p>Gymnastics with Sports Cool – Linking 3 actions in a sequence</p>
	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills to improve balance and coordination</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing simple movement patterns</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing coordination individually and with others</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing coordination and agility</p>	<p>Outdoor Games with Wigan Athletic - Fundamental movement skills developing agility both individually and with others</p>	<p>Outdoor Games with Wigan Athletic - Participate in team games developing simple tactics</p>

Year 3 - Blackbirds	Swimming		Dance with Sports Cool – Work in small groups	Gymnastics with Sports Cool – Link 6 actions in a sequence	Year 3 – Unit 2 – Evaluate with some explanation	Year 3 – Unit M – Symmetrical and Asymmetrical balances
	Outdoor Games with Wigan Athletic – Develop flexibility, control and balance in athletic type activities	Outdoor Games with Wigan Athletic – Take part in indoor and outdoor adventurous activities including individual and team challenges	Outdoor Games with Wigan Athletic – Use throwing and catching in combination and isolation	Outdoor Games with Wigan Athletic – Use throwing and catching within competitive games	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities

Year 3/4 - Starlings	Dance with Sports Cool – Work in small groups	Gymnastics with Sports Cool – Link 6 actions in a sequence	Swimming	Swimming	Year 3 – Unit 4 – Describe and evaluate how they could improve their dances	Year 3 – Unit 0 – Travelling with a change of direction
	Outdoor Games with Wigan Athletic – Develop flexibility, control and balance in athletic type activities	Outdoor Games with Wigan Athletic – Take part in indoor and outdoor adventurous activities including individual and team challenges	Outdoor Games with Wigan Athletic – Use throwing and catching in combination and isolation	Outdoor Games with Wigan Athletic – Use throwing and catching within competitive games	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities

<p>Year 4 - Magpies</p>	<p>Year 4 – Unit 1 – Describe and evaluate how they could improve their dances</p>	<p>Year 4 – Unit P – Balance and show specific planned body shapes</p>	<p>Dance with Sports Cool – Work in small groups</p>	<p>Gymnastics with Sports Cool – Link 6 actions in a sequence</p>	<p>Swimming</p>	<p>Swimming</p>
	<p>Outdoor Games with Wigan Athletic – Develop flexibility, control and balance in athletic type activities</p>	<p>Outdoor Games with Wigan Athletic – Take part in indoor and outdoor adventurous activities including individual and team challenges</p>	<p>Outdoor Games with Wigan Athletic - – Use throwing and catching in combination and isolation</p>	<p>Outdoor Games with Wigan Athletic – Use throwing and catching within competitive games</p>	<p>Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities</p>	<p>Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities</p>

<p>Year 5 - Seagulls</p>	<p>Year 5 – Unit 1 – Use visual stimuli as a starting point for dance movement</p>	<p>Year 5 – Unit T – Bridges – balancing on different body parts to create bridge shapes</p>	<p>Dance with Sports Cool – Attempt routines with more complex moves</p>	<p>Gymnastics with Sports Cool – Partner and group balances</p>	<p>Dance with Sports Cool - Work in larger groups</p>	<p>Gymnastics with Sports Cool – Link 9 actions in a sequence</p>
	<p>Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and compare performances</p>	<p>Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and set individual goals and targets</p>	<p>Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others</p>	<p>Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others</p>	<p>Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities</p>	<p>Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities</p>

<p>Year 5/6 - Owls</p>	<p>Year 5 – Unit 2 – Perform basic dance actions with increased control</p>	<p>Year 5 – Unit U – Flight – Demonstrate 5 basic jumps showing different shapes and directions</p>	<p>Dance with Sports Cool – Working in larger groups</p>	<p>Gymnastics with Sports Cool – Link 9 actions in a sequence</p>	<p>Year 6 – Unit 1 – Peer and self assessment</p>	<p>Year 6 – Unit X – Contrasting, matching and mirroring balances and movements</p>
	<p>Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and compare performances</p>	<p>Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and set individual goals and targets</p>	<p>Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others</p>	<p>Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others</p>	<p>Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities</p>	<p>Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities</p>

Year 6 - Eagles	Year 6 – Unit 2 – Perform dances fluently and with control	Year 6 – Unit Y – Working together – Synchronisation and Canon	Dance with Sports Cool – Working in larger groups	Gymnastics with Sports Cool – Link 9 actions in a sequence	Year 6 – Unit 4 – Perform with expression and clear understanding	Year 6 – Working together – Holes and Barriers
	Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and compare performances	Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and set individual goals and targets	Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others	Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities

Gymnastics

Dance

Outdoor Games