

PE Long term plan

This plan is subject to changes in the weather, available peripatetic teachers and school sports co-ordinator input.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR R/1 A & B	Gross Motor Skills <ul style="list-style-type: none">- Negotiate space and obstacles safely, with consideration for themselves and others; when using fundamental movement skills		Gross Motor Skills <ul style="list-style-type: none">- Demonstrate strength, balance and coordination when playing;- Yoga- Balancing/ moving/ travelling / balls throwing/ catching throwing, catching, kicking, passing		Gross Motor Skills <ul style="list-style-type: none">- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Swimming	
	Fine Motor Skills <ul style="list-style-type: none">- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all case- Use a range of small tools, including scissors, paint brushes and cutlery				Fine Motor Skills <ul style="list-style-type: none">- Begin to show accuracy and care when drawing	
YEAR 1/2 A	Invasion games/team work Gym Cricket		Swimming Dance Throwing and catching skills		Orienteering Athletics Rounders	
YEAR 1/2 B	Dance - Amy Goodfellow Team Building Yoga		Swimming Fitness Gymnastics		Target Games Striking and Fielding Invasion	
YEAR 3/4 A	Cricket or Dance Yoga		Sports Fundamentals Hockey		Tag Rugby Swimming	
YEAR 3/4 B	Dance Sports Fundamentals		Yoga Hockey		Tag Rugby Swimming	
YEAR 5/6 A	Play Competitive Games [Football, Netball] Develop Flexibility, Strength, Technique, Control and Balance [Gymnastics] Use Running, Jumping, Throwing and Catching Compare and Improve Performance		Play Competitive Games [Football] Swim Competently, Confidently and Proficiently (at least 25 metres) Use a Range of Strokes Effectively Perform Safe Self-rescue Play Competitive Games [Tag Rugby, Unihoc] Use Running, Jumping, Throwing and Catching Compare and Improve Performance		Play Competitive Games [Cricket, Rounders, Tennis] Perform Dances Outdoor and Adventurous Activity Challenges Individually and Within a Team Develop Flexibility, Strength, Technique, Control and Balance [Athletics] Use Running, Jumping, Throwing and Catching Compare and Improve Performance	
YEAR 5/6 B	Play Competitive Games [Football, Netball] Develop Flexibility, Strength, Technique, Control and Balance [Gymnastics] Use Running, Jumping, Throwing and Catching Compare and Improve Performance		Swim Competently, Confidently and Proficiently (at least 25 metres) Use a Range of Strokes Effectively Perform Safe Self-rescue Play Competitive Games [Tag Rugby, Unihoc] Use Running, Jumping, Throwing and Catching Compare and Improve Performance		Play Competitive Games [Cricket, Rounders, Tennis] Perform Dances Outdoor and Adventurous Activity Challenges Individually and Within a Team Develop Flexibility, Strength, Technique, Control and Balance [Athletics] Use Running, Jumping, Throwing and Catching Compare and Improve Performance	