

# Physical Education Long Term Plan

Year Group	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Foundation 1</b>	The children will have personalised targets which meet the goals, both inside and outside the classroom, for 'Physical Development: Gross Motor Skills' in the EYFS framework.					
<b>Foundation 2</b>	The children will have personalised targets which meet the goals, both inside and outside the classroom, for 'Physical Development: Gross Motor Skills' in the EYFS framework.				<b>Unit Title</b> – Balance <b>Focus</b> – Gymnastics	<b>Unit Title</b> – Beanbag skills <b>Focus</b> – Invasion
<b>KS1 Cycle A</b>	<b>Unit Title</b> - Ball Control <b>Focus</b> – Invasion <b>Sports</b> - Various	<b>Unit Title</b> - Partner Games <b>Focus</b> – Strike and field <b>Sports</b> – Tennis, Rounders and Cricket	<b>Unit Title</b> – 'Jump' into the past <b>Focus</b> – Gymnastics	<b>Unit Title</b> – Fictional characters, Traditional tales <b>Focus</b> – Dance	<b>Unit Title</b> – Creative Play <b>Focus</b> – Outdoor Adventure	<b>Unit Title</b> – Running and Jumping <b>Focus</b> – Athletics
<b>KS1 Cycle B</b>	<b>Unit Title</b> – Kicking and Dribbling <b>Focus</b> – Invasion <b>Sports</b> – Hockey and Football	<b>Unit Title</b> – Striking for accuracy <b>Focus</b> – Net games <b>Sports</b> – Tennis, badminton and volleyball	<b>Unit Title</b> – Balance and co-ordination <b>Focus</b> – Gymnastics	<b>Unit Title</b> – Dance the UK, Traditional dances <b>Focus</b> – Dance	<b>Unit Title</b> – Rule making <b>Focus</b> – Outdoor adventure	<b>Topic Title</b> - Movements <b>Focus</b> – Athletic
In KS1 the skills will be mapped to ensure progression between the year groups						
<b>Year 3</b>	<b>Unit Title</b> – Passing for possession <b>Focus</b> – Invasion <b>Sports</b> – Basketball and football	<b>Unit Title</b> – Striking and exploring <b>Focus</b> – Strike and field	<b>Unit Title</b> – Symmetrical shapes <b>Focus</b> – Gymnastics	<b>Unit Title</b> – Ancient Egypt <b>Focus</b> – Dance	<b>Unit Title</b> – Thinking aloud <b>Focus</b> – Outdoor adventure <b>Sports</b> – orienteering	<b>Unit Title</b> – Being an athlete <b>Focus</b> – Athletics
<b>Year 4</b>	<b>Unit Title</b> – Passing and moving <b>Focus</b> – invasion <b>Sports</b> – Netball and Basketball	<b>Unit Title</b> – Returning <b>Focus</b> – Net games <b>Sports</b> – Tennis and volleyball	<b>Unit Title</b> – Perfecting sequencing, The water cycle <b>Focus</b> – Gym	<b>Unit Title</b> – Electricity <b>Focus</b> – Dance	<b>Unit Title</b> – Decisions <b>Focus</b> – Outdoor adventure	<b>Unit Title</b> – Record breaking <b>Focus</b> – Athletics
<b>Year 5</b>	<b>Swimming</b>	Swimming	<b>Unit Title</b> – 'Viking' balance <b>Focus</b> – Gymnastics	<b>Unit Title</b> – Dance style Rock and roll <b>Focus</b> – Dance	<b>Unit Title</b> – Leadership <b>Focus</b> – Outdoor adventure	<b>Unit Title</b> – Olympic Training <b>Focus</b> – Athletics
<b>Year 6</b>	<b>Unit Title</b> – 'Travelling' in WW2 <b>Focus</b> – Gymnastics	<b>Unit Title</b> – Teamwork <b>Focus</b> – Striking and fielding <b>Sports</b> – Tennis and rounders	<b>Unit Title</b> – Competitive <b>Focus</b> – Invasion <b>Sports</b> – Netball and Basketball	<b>Unit Title</b> – Dance Style 'Street dance' <b>Focus</b> – Dance	<b>Unit Title</b> – Finding success <b>Focus</b> – outdoor adventure	<b>Unit Title</b> – Going for Gold <b>Focus</b> – Athletics
						<b>Swimming</b> – Will be available for those children who did not achieve 25m.