

# 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 have the opportunity to develop physically through access to the indoor and outdoor continuous provision areas within the Foundation Stage unit. They also take part in additional adult directed activities to promote physical development and one half hour weekly movement session with specialist support staff.					
<b>Foundation 2</b>	<b>Unit Title</b> – Bats and Balls at the Circus <b>Focus-</b> Net Games	<b>Unit Title</b> – Beanbag Skills <b>Focus-</b> Invasion Games	<b>Unit Title</b> – Balance <b>Focus-</b> Gymnastics (Children will now begin to get changed for PE)	<b>Unit Title</b> – Fictional Characteristics <b>Focus-</b> Dance	<b>Unit Title</b> – Fun Games with Friends <b>Focus-</b> Outdoor Adventure	<b>Unit Title</b> – Fun with Quoits and Cones <b>Focus</b> – Athletics EYFS MH: ELG
<b>Year 1</b>	<b>Unit Title</b> - Partner Games <b>Focus</b> – Strike and field <b>Sports</b> – Tennis, Rounders and Cricket	<b>Unit Title</b> - Ball Control <b>Focus</b> – Invasion <b>Sports</b> – Various	<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>Year 2</b>	<b>Unit Title</b> – Striking for accuracy <b>Focus</b> – Net games <b>Sports</b> – Tennis, badminton and volleyball	<b>Unit Title</b> – Kicking and Dribbling <b>Focus</b> – Invasion <b>Sports</b> – Hockey and Football	<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> – Athletics
<b>Year 3</b>	<b>Unit Title</b> – Striking and exploring <b>Focus</b> – Strike and field	<b>Unit Title</b> – Passing for possession <b>Focus</b> – Invasion <b>Sports</b> – Basketball and football	<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> – Returning <b>Focus</b> – Net games <b>Sports</b> – Tennis and volleyball	<b>Unit Title</b> – Passing and moving <b>Focus</b> – invasion <b>Sports</b> – Netball and Basketball	<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>Swimming</b>	<p><b>There will be a block of swimming in Year 5 that will fit in with the availability of the swimming pool.</b></p> <p>Swim competently, confidently and proficiently over a distance of at least 25m Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations.</p>					
<b>Year 5</b>	<b>Unit Title</b> – Accuracy and rallies <b>Focus</b> – Net games <b>Sports</b> – Badminton, tennis and volleyball	<b>Unit Title</b> – Rules and concepts <b>Focus</b> – Invasion <b>Sports</b> – Football and Netball	<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> –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> – ‘Travelling’ in WW2 <b>Focus</b> – Gymnastics	<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.
<b>As sports people:</b>						

# Physical Education Long Term Plan

Area focus

	Autumn		Spring		Summer	
<u>Year group</u>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation 1	Physical development through EYFS curriculum	Physical development through EYFS curriculum	Physical development through EYFS curriculum	Physical development through EYFS curriculum	Physical development through EYFS curriculum	Physical development through EYFS curriculum
Foundation 2	Net Games	Invasion Games	Gymnastics	Dance	Outdoor adventure	Athletics
Year 1	Strike and Field	Invasion Games	Gymnastics	Dance	Outdoor adventure	Athletics
Year 2	Net Games	Invasion Games	Gymnastics	Dance	Outdoor adventure	Athletics
Year 3	Strike and Field	Invasion Games	Gymnastics	Dance	Outdoor adventure	Athletics
Year 4	Net Games	Invasion Games	Gymnastics	Dance	Outdoor adventure	Athletics
Year 5	Net Games	Invasion Games	Gymnastics	Dance	Outdoor adventure	Athletics
Year 6	Strike and Field	Invasion Games	Gymnastics	Dance	Outdoor adventure	Athletics