

P.E Long Term Plan



| | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
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| Year 1 | <p>Gymnastics Master basic movements; develop balance, agility and coordination.</p> <p>Combine elements of units D and E</p> | <p>Games Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements; develop balance, agility and coordination.</p> <p>Combine aspects of units 1 and 2</p> | <p>Dance Perform dances using simple movement patterns</p> <p>Combine elements from units 1 and 2</p> | <p>Gymnastics Master basic movements; develop balance, agility and coordination.</p> <p>Combine elements of units F and G</p> | <p>Dance Perform dances using simple movement patterns</p> <p>Combine elements from units 4 and 3</p> | <p>Games Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements; develop balance, agility and coordination.</p> <p>Combine aspects of units 3 and 4</p> |
| Year 2 | <p>Gymnastics Master basic movements; develop balance, agility and coordination.</p> <p>Combine elements of units H and I</p> | <p>Games Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements; develop balance, agility and coordination.</p> <p>Combine aspects of units 1 and 2</p> | <p>Dance Perform dances using simple movement patterns</p> <p>Combine elements from units 1 and 2</p> | <p>Gymnastics Master basic movements; develop balance, agility and coordination.</p> <p>Combine elements of units J and K</p> | <p>Dance Perform dances using simple movement patterns</p> <p>Combine elements from units 3 and 4</p> | <p>Games Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements; develop balance, agility and coordination.</p> <p>Combine aspects of units 3 and 4</p> |
| Year 3 | <p>Gymnastics Develop flexibility, strength, technique, control and balance – link actions and</p> | <p>Games Use running, jumping, throwing and catching in isolation Unit 1</p> | <p>Dance Perform dances using a range of movement patterns – link actions and sequences of</p> | <p>Gymnastics Develop flexibility, strength, technique, control and balance – link actions and</p> | <p>Dance Perform dances using a range of movement patterns – link actions and sequences of</p> | <p>Games Use running, jumping, throwing and catching in isolation Unit 4</p> |

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| | sequences of movement. Combine elements of M and N | | movement | sequences of movement. Unit O | movement | |
| Year 4 | Gymnastics Develop flexibility, strength, technique, control and balance – link actions and sequences of movement. Combine elements of P and Q | Games Use running, jumping, throwing and catching in isolation Unit 1 | Dance Perform dances using a range of movement patterns – link actions and sequences of movement | Gymnastics Develop flexibility, strength, technique, control and balance – link actions and sequences of movement. Combine elements of R and S | Dance Perform dances using a range of movement patterns – link actions and sequences of movement | Games Use running, jumping, throwing and catching in isolation Unit 3 with 2/3 lessons from unit 2 |
| Year 5 | Gymnastics Develop flexibility, strength, technique, control and balance – link actions and sequences of movement. Combine elements of T and U | Games Use running, jumping, throwing and catching in isolation Unit 2 | Dance Perform dances using a range of movement patterns – link actions and sequences of movement Swimming one lesson a week | Gymnastics Develop flexibility, strength, technique, control and balance – link actions and sequences of movement. Combine elements of V and W Swimming one lesson a week | Dance Perform dances using a range of movement patterns – link actions and sequences of movement Swimming one lesson a week | Games Use running, jumping, throwing and catching in isolation Unit 3 and any aspect from Unit 4 Take part in OAA challenges Swimming one lesson a week |
| Year 6 | Gymnastics Develop flexibility, strength, technique, control and balance Link actions and sequences of movement – combine units X and Y Swimming one lesson a week | Games Extend running, jumping, throwing and catching in isolation ad combination Competitive games Attacking and defending Choose elements from nits 1-4, Swimming one lesson a week | Dance Perform dances using a range of movement and pattern | Gymnastics Develop flexibility, strength, technique, control and balance Link actions and sequences of movement – combine units Z and A | Dance Perform dances using a range of movement and pattern | Games Extend running, jumping, throwing and catching in isolation ad combination Competitive games Attacking and defending Choose elements from nits 1-4, take part in OAA challenges |