

PE Long Term Plan Sept 2021 - July 2022

Mrs. L. Skate

	Reception	Class 1 Year1	Class2 Year 2	Class 3 Year 3	Class 4 Year 4	Class 5 Year 5	Class 6 Year 6
Autumn 1st	Stability Skills 1/2 Yoga	Fundamental Movement 2 Yoga/ HRF	Cross Country OAA / HRF Personal Challenge	Cross Country OAA / HRF Sportshall Athletics	Cross Country OAA / HRF Sportshall Athletics	Cross Country OAA / HRF Sportshall Athletics	Cross Country OAA / HRF Sportshall Athletics
Autumn 2nd	Locomotion 1 Cross Country Dance	Dance Yoga Cross Country	Dance Yoga Cross Country	Dance Yoga Cross Country	Dance Yoga Cross Country	Dance Swimming Cross Country	Dance, Yoga Cross country
Spring 1st	Gymnastics small, big, high, low, over, under, through Locomotion 2	Gymnastics wide, narrow, curled, arched	Gymnastics spinning, turning twisting, travel, levels	Gymnastics travel - advance reflection, symmetry Tennis	Gymnastics arches, bridges, pushes and pulls Tennis	Gymnastics mirror, match, synchronisation, cannon Netball	Gymnastics flight, counter balance & tension Netball
Spring 2nd	Fine motor skills Target Activities	HR Fitness -CC Games - Invasion Net and Wall 1	HR Fitness-CC Games - Invasion Net and Wall 2	HR Fitness-CC Games - Tennis Skipping/Kurling	HRFitness -CC Games - Tennis Skipping/Kurling	HR FitnessCC Games- Tri Golf Skipping/Kurling	HR Fitness - CC Games-Tri Golf Skipping/Kurling
Summer 1st	Athletics - 1 Sports Week	Maypole Athletics 1/2 Sports Week	Maypole Athletics 2 Sports Week	Cricket Athletics 2/3 Sports Week	Cricket Athletics 3 Sports Week	Cricket Athletics 3/4 Sports Week	Cricket Athletics 5/6 Sports Week
Summer 2nd	Fundamental Movements1 Athletics - 1 - link to Sports week Games - Intro	Striking and Fielding 1 (Flexibility in time to complete games unit skills)	Striking and Fielding 2 (Flexibility in time to complete games unit skills)	Games- Rounder's, Hockey, Handball (Flexibility in time to complete games unit skills)	Games- Rounders, Hockey , Handball (Flexibility in time to complete games unit skills)	Games - Badminton Rounders (Flexibility in time to complete games unit skills)	Games - Badminton, Rounders, Handball (Flexibility in time to complete games unit skills) Swimming top up

Lessons may change due to Covid restrictions and competition preparation.

Personal challenges to take place throughout the year.