



# EMNETH ACADEMY LONG TERM PLAN

**Subject**

P.E.

**Leader**

Lynsey Skate

**ACADEMIC YEAR**

2023/2024

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Stability Skills 1/2  Yoga	Locomotion 1  Cross Country  Dance	Gymnastics small, big, high, low, over, under, through	Locomotion 2  Target Activities	Athletics - 1  Sports Week	Fundamental Movements 1  Games - Intro
1	Fundamental Movement 2  Yoga / HRF	Dance  Yoga  Cross Country	Gymnastics wide, narrow, curled, arched	HR Fitness – CC  Games – Invasion  Net and Wall 1	Athletics 1/2  Sports Week	Striking and Fielding 1  (Flexibility in time to complete games unit skills)
2	Cross Country  OAA / HRF	Dance  Yoga  Cross Country	Gymnastics spinning, turning twisting, travel, levels	HR Fitness – CC  Games – Invasion  Net and Wall 2	Athletics 2  Sports Week	Striking and Fielding 2  (Flexibility in time to complete all games unit skills)
3	Cross Country  OAA / HRF  Sports hall Athletics	Dance  Yoga  Cross Country	Gymnastics travel - advance reflection, symmetry  Tennis	HR Fitness – CC  Games – Tennis  Skipping/Kurling	Rounders  Athletics 2/3  Sports Week	Games – Handball, Hockey, Cricket  (Flexibility in time to complete games unit skills)

4	Cross Country OAA / HRF Sports hall Athletics	Dance Yoga Cross Country	Gymnastics arches, bridges, pushes and pulls Tennis	HR Fitness – CC Games – Tennis Skipping/Kurling	Rounders Athletics 3 Sports Week	Games – Cricket, Hockey, Handball  (Flexibility in time to complete games unit skills)
	Cross Country OAA / HRF Sports hall Athletics	Dance Rugby Cross Country	Gymnastics mirror, match, synchronisation, cannon Netball/Basketball	HR Fitness – CC Games - Badminton Handball	Rounders Athletics 3/4 Sports Week Swimming Lessons	Games - Tri Golf, Cricket, invasion  (Flexibility in time to complete games unit skills)
	Cross Country OAA / HRF Sports hall Athletics	Dance Rugby Cross country	Gymnastics flight, counter balance & tension Netball/Basketball	HR Fitness – CC Games - Badminton Handball	Rounders Athletics 5/6 Sports Week	Games - Tri Golf, Cricket, invasion  (Flexibility in time to complete games unit skills)  Swimming top up

PE Passport Units highlighted green.