

PE LONG TERM PLAN

PE

	Pre-School	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Autumn Go up steps or climb apparatus using alternate feet. Dough disco Move and mark</p>	<p>Autumn Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Morning handwriting Balancing – different movements Funky fingers Relaxing handwriting</p>	<p>Autumn Dance Games Athletics Gymnastics</p>	<p>Autumn Dance - Music and movement Gymnastics – agility and co-ordination/shape Developing basic movements- throwing, catching, running and jumping. Orienteering</p>	<p>Autumn Gymnastics Dance</p>	<p>Autumn Dance - exploring a range of movement patterns, comparing and improving performances. Gymnastics - technique, control and balance, flexibility and strength. Dance Outdoor challenges - orienteering. Swimming</p>	<p>Autumn Gymnastics Dance</p>	<p>Autumn Gymnastics Games Dance</p>
	<p>Spring Use large muscle movements to wave flags, streamers, paint and make marks. Continue to develop their movement e.g. balancing, riding bikes and ball skills. Match their developing physical skills to tasks in the setting. Shows preference to a dominant hand. Write dance</p>	<p>Spring - dance Watch and talk about dance and performance art, expressing their feelings and responses. Explore and engage in music making and dance, performing solo or in groups. Funky fingers Relaxing handwriting</p>	<p>Spring Athletics Gymnastics Outdoor and Adventure Games Playground games</p>	<p>Spring Team games – simple tactics, attacking and defending Travelling, sending and receiving a ball and other equipment Outdoor challenges – orienteering Team games – invasion, competitive net, striking/fielding Gymnastics – balance</p>	<p>Spring Games Outdoor and adventurous activities Team building skill</p>	<p>Spring Team games - competitive and non-competitive, applying basic principles for attacking and defending. Year 4 swimming. Outdoor challenges - orienteering. To develop range of skills in running, jumping, throwing and catching in isolation and in combination. Team games - competitive and non-competitive, applying basic principles for attacking and defending.</p>	<p>Spring Games Gymnastics</p>	<p>Spring Gymnastics Games Dance</p>
	<p>Summer Skip, hop and stand on one leg and hold the pose. Are increasingly able to use and remember sequences and patterns of movements, which are related to music and rhythm. Start taking part in some group activities which they make up themselves in groups or teams. Sticky kids dance</p>	<p>Summer - gym Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Further develop and refine a range of ball skills including: Throwing, catching, kicking, passing, batting and aiming. Develop confidence, competence, precisions and accuracy when engaging in activities that involve a ball. Funky fingers Relaxing handwriting</p>	<p>Summer Outdoor and Adventure Games</p>	<p>Summer Athletics Team games – invasion, competitive net, striking/fielding Sports day practise Outdoor challenges – orienteering</p>	<p>Summer Swimming Athletics</p>	<p>Summer Athletics including Sports Day practice. Racquet/ bat skills - tennis, badminton, rounders and cricket. Gymnastics/ dance Outdoor challenges- orienteering.</p>	<p>Summer Athletics Outdoor and adventurous activities</p>	<p>Summer Gymnastics Games Dance</p>