



## Physical Education Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b> Outdoor Education (including forest school) – In all terms	Games/ Multi skills – fundamental movement skills  Gymnastics - Shapes	Games/Multi Skills throwing, catching and aiming  Dance – Movement control	Street Dance – Movement control (Actions)  Swimming	Games/Multi Skills – team games  Bollywood Dance – Travelling/Dynamics	Games/Multi Skills – Striking and fielding focus  Gymnastics – Introduction to Rolling/Balancing  Zumba Fitness	Outdoor Athletics – Running technique inc. sports Day practice  Cheerleading Dance (Copying Moves)
<b>Year 2</b> Outdoor Education (including forest school) – In all terms  Games – (Including cricket, tennis & hockey skills)	Games /Multi skills – fundamental movement skills  Gymnastics – Linking body shapes and balances	Games – Football  Dance – Elements of dance (actions, space, relationships, dynamics)	Street Dance – Choreographic devices (Actions & Space)  Swimming	Games - Netball  Bollywood Dance – Sequences/Dynamics	Games/Multi skills – striking and fielding  Gymnastics – shape, balance and rolling sequences  Zumba Fitness	Outdoor Adventurous Activities – Beeston Residential  Outdoor Athletics – Jumping inc sports Day Practice  Cheerleading Dance –
<b>Year 3</b> Outdoor Education (including forest school) – In all terms	Gymnastics – Shapes, balance and rolls  Football	Basketball – Keeping possession  Dodgeball – Hand eye co-ordination	Street Dance – Dance motifs  Swimming  Gymnastics – sequences	Tennis – Basics of tennis (shots, movement)  Tri-Golf – <b>Including Inter school competition</b>  Bollywood Dance - Relationships	Cricket – Bowling and fielding. <b>Including Inter school competition</b>  Rounders – Striking the ball.  Zumba Fitness	Swimming  Outdoor Athletics – Throwing inc sports day practice.  Cheerleading Dance – Relationships
<b>Year 4</b> Outdoor Education (including forest school) – In all terms	Gymnastics – Counter balance and symmetry  Indoor Sports hall Athletics - activities and rules	<b>Inter school competition Indoor Athletics Comp</b>  Football – Passing and moving  Dodgeball – rules and roles of the game	Street Dance – Choreographic devices for short sequences  Swimming  Gymnastics – Sequences using compositional devices (speed, level, direction)	Tennis – Serving and effective rally  <b>Sports Leaders Course</b>  Bollywood Dance - Dynamics	Outdoor Adventurous Activities – Petty Pool Residential – climbing / abseiling/archery/rope courses  Cricket – <b>Including Inter school competition</b>  Zumba Fitness	Swimming  Outdoor Athletics – Jumping for distance  Cheerleading Dance – Structure  Rounders – Rules of the game

<b>Year 5</b> Outdoor Education (including forest school) – In all terms	Gymnastics – Mirror and match balances, shapes in the air (Vault/trampoline/bench)  Indoor sports hall Athletics – activities and rules	<b>Inter school competition</b> <b>Indoor Athletics Comp</b>  Hockey – Ball control <b>Including Quiksticks Tournament</b>  Netball – range of passes, Hi 5 rules	Street Dance - Choreographic devices for longer sequences  Swimming  Gymnastics – taking weight on hands, sequences.	Tri-Golf – <b>Including Inter school competition</b>  Tennis – varying shots in a rally  Bollywood Dance - Relationships	Cricket – bowling and fielding. <b>Including Inter school competition</b>  Rounders – batting with accuracy and direction. <b>Including Inter school competition</b>  Zumba Fitness	Swimming  Outdoor Athletics – Sustained running v short distance  Cheerleading Dance – Dynamics
<b>Year 6</b> Outdoor Education (including forest school) – In all terms	Outdoor Adventurous Activities – Robinwood Residential – canoeing/archery/high ropes/crates/abseiling/climbing  Indoor Sportshall Athletics – Including inter school competition	Hockey – passing and moving, tactical play <b>Including Quiksticks Tournament</b>  Tag – Rugby – ball handling, rules of the game	Street Dance – composition in retrograde  Swimming  Netball – positional play	Tri-Golf – <b>Including Inter school competition</b>  Dodgeball – Tactics of the game  Bollywood Dance - Dynamics	Cricket – <b>Including Inter school competition</b>  Zumba Fitness  Rounders – roles and tactics <b>Including inter school competition</b>	Swimming  Outdoor Athletics – technique for distance throwing  Cheerleading Dance – Actions/Gesture/Pathways