

Long Term Planning: PE

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Running <ul style="list-style-type: none"> • Moving at different speeds • Moving in different directions 	Running <ul style="list-style-type: none"> • Running at speed • Running over obstacles 	Running <ul style="list-style-type: none"> • Sprinting • Hurdling 	Running <ul style="list-style-type: none"> • Running at different speeds • Relay running • Changing direction when running 	Running <ul style="list-style-type: none"> • Running for distance • Running over obstacles 	Running <ul style="list-style-type: none"> • Stages of a sprint race • Baton exchanges in relay
	Throwing <ul style="list-style-type: none"> • Throwing for distances • Throwing for accuracy 	Throwing <ul style="list-style-type: none"> • Underarm and overarm throwing • Push Throw 	Throwing <ul style="list-style-type: none"> • Throwing for distance 	Throwing <ul style="list-style-type: none"> • Throwing for accuracy • Throwing for distance 	Throwing <ul style="list-style-type: none"> • Shot put throw • Javelin throw
Jumping <ul style="list-style-type: none"> • Jumping for height • Jumping for distance • Combination of running and jumping • Sequences of jumps 	Jumping <ul style="list-style-type: none"> • Jumping for height and distance • Combination of jumps 	Jumping <ul style="list-style-type: none"> • Standing Long Jump 	Jumping <ul style="list-style-type: none"> • Standing Triple Jump 	Jumping <ul style="list-style-type: none"> • Jumping for distance • Jumping for height 	Jumping <ul style="list-style-type: none"> • Long jump • High jump

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		Rounders <ul style="list-style-type: none"> • Cup catch • Underarm throw • Overarm throw • Batting • Bowling • Long barrier • Game play 			Rounders <ul style="list-style-type: none"> • Variety of throws • Variety of catches • Bowling variations • Ground fielding techniques • Batting variations • Fielding positions • Game play
			Cricket <ul style="list-style-type: none"> • Underarm bowl • Batting grip, stance and hitting • Close catching • Forward drive shot • Modified game play • Kwik Cricket game play 	Cricket <ul style="list-style-type: none"> • Ground fielding techniques • Overarm bowl • Forward defensive shot • Deep field catching • Pull shot • Game play 	
					Tennis <ul style="list-style-type: none"> • Components of fitness for tennis • Forehand • Backhand • Volley • Serves • Mini Tennis game play

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Invasion Games <ul style="list-style-type: none"> • Moving in different directions • Moving with a ball • Changing direction with a ball • Changing direction quickly with a ball • Passing towards a target • Game play 	Invasion Games <ul style="list-style-type: none"> • Dribbling a football • Moving a football with different methods • Throwing and catching • Marking • Protecting a target • Game play 				
			Football <ul style="list-style-type: none"> • Dribbling • Side foot passing • Turning • Block tackle • Shooting • Attacking strategies • Game play 	Football <ul style="list-style-type: none"> • Dribbling with control at speed • Passing accurately • Ball control • Passing on the move • Safe tackling and jockeying • Variety in shooting • Attacking strategies 	
				Handball <ul style="list-style-type: none"> • Passing to outwit opponents • Drive shot • Jump shot • Dribbling • Attacking strategies • Blocking • Marking • Mini Handball game play 	
			Netball <ul style="list-style-type: none"> • Catching • Chest pass • Bounce pass • Overhead pass • Pivoting • Dodging • Marking • Shooting 		Netball <ul style="list-style-type: none"> • Catching • Variety of passes • Pivoting • Passing to a moving target • Moving and passing into space • Moving towards the opponents' net • Pass and receive the ball when moving • Shooting from different angles and distances • High 5 game play
			Hockey <ul style="list-style-type: none"> • Basic dribble • Control • Block tackle • Clip hit • Attacking strategies • Quicksticks game play 		
					Tag Rugby <ul style="list-style-type: none"> • Gripping • Catching • Passing • Pass and receive the ball when moving • Passing to a moving target • Use of width • Tagging • Evasion strategies • Game play
		Basketball <ul style="list-style-type: none"> • Catching • Chest pass • Bounce pass • Overhead pass • Dribbling • Set shot 			

		<ul style="list-style-type: none">• Marking• Mini Basketball game play			
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Dance <ul style="list-style-type: none"> Mr. Wolf's Week 	Dance <ul style="list-style-type: none"> Circus 	Dance <ul style="list-style-type: none"> Natural disasters 	Dance <ul style="list-style-type: none"> Different styles of dance <ul style="list-style-type: none"> Rock'n'Roll Bollywood Salsa Street 	Dance <ul style="list-style-type: none"> Mission Impossible 	Dance <ul style="list-style-type: none"> Hand Jive (Grease)
Dance <ul style="list-style-type: none"> Starry skies 	Dance <ul style="list-style-type: none"> Gunpowder Plot 				
Gymnastics <ul style="list-style-type: none"> Basic shapes and balances Performances with ribbons Short sequences Rolls Routines 	Gymnastics <ul style="list-style-type: none"> Basic shapes and body conditions Travelling methods Handstands and cartwheels Jumping from apparatus Bridges and support positions Performing on equipment 	Gymnastics <ul style="list-style-type: none"> Basic shapes and body conditions Travelling methods Linking balances and traveling Partner balances Floor routines 		Gymnastics <ul style="list-style-type: none"> Balances with control Travelling fluently Group balances with control Complex balances and travelling Use of apparatus in a routine Routines 	

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		OAA <ul style="list-style-type: none"> Verbal communication Non-verbal communication Team work Map reading Star orienteering 			

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Multi-skills <ul style="list-style-type: none"> Basic movements and spatial awareness Moving with a ball Rolling a ball Catching and controlling Aiming Striking 	Multi-skills <ul style="list-style-type: none"> Basic movements and spatial awareness Moving with a ball Rolling a ball Throwing and catching Kicking a ball Control and maintaining possession of a hockey ball 				

Athletics

Striking and Fielding/Net and Wall

Invasion Games

Gymnastics and Dance

Outdoor Adventurous Activities

Multi-skills