



PE: long-term plan

Key:	Master Basic Movement Skills	Participate in Team Games	Perform Dance Using Simple Movement Patterns	Building Confidence and Enjoyment in Physical Activity	Gymnastics	Develop Balance, Agility and Coordination	OAA
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Autumn			Spring		Summer	
	Locomotion: Jumping	Locomotion: Walking	Dance: Dinosaurs	Dance: Nursery Rhymes	Dance: Ourselves	Sports Day
	<i>Landing, balance, two-foot jump</i>	<i>Pace, body control, spatial awareness</i>	<i>Big movements, imagination</i>	<i>Repetition, rhythm, simple actions</i>	<i>Body awareness, simple actions, expression</i>	<i>Taking part, simple races, confidence</i>
EYFS	Ball Skills: Hands 1	Ball Skills: Hands 2	Gymnastics: High & Low	Gymnastics: Moving	Games For Understanding	Rackets, Bats, Balls & Balloons
Robins	<i>Rolling, catching, aiming</i>	<i>Catching, underarm throw, tracking</i>	<i>Changing levels, controlled shapes</i>	<i>Travelling, changing direction, body control</i>	<i>Following rules, turn-taking</i>	<i>Tracking, striking, control</i>
Year 1	Games For Understanding	Ball Skills: Hands 2	Dance: Heroes	Rackets, Bats & Balls	OAA: Team Building	Health & Wellbeing
	<i>Space, teamwork, tactics</i>	<i>Hand-eye coordination, aiming, soft catching</i>	<i>Strong actions, rhythm, expression</i>	<i>Hand-eye coordination, striking</i>	<i>Cooperation, communication</i>	<i>Healthy choices, moving safely</i>
Owls	Locomotion: Jumping	Locomotion: Running	Gymnastics: Wide, Narrow, Curled	Ball Skills: Feet	Play: Playing Games	Sports Day
	<i>Height & distance, control, coordination</i>	<i>Speed changes, straight-line running, safe stopping</i>	<i>Body shape, transitioning, holding positions</i>	<i>Dribbling, control, passing</i>	<i>Fair play, rule-following, basic tactics</i>	<i>Team spirit, effort, basic coordination</i>
Year 2	Ball Skills: Feet	Balls Skills: Hands 2	Locomotion: Dodging	Games For Understanding	Rackets Bats & Balls	Sports Day
	<i>Dribbling, controlling, passing</i>	<i>Consistent catching, overarm throw</i>	<i>Changing direction, spatial awareness</i>	<i>Space, simple tactics, teamwork</i>	<i>Striking, hand-eye coordination</i>	<i>Running technique, respect</i>
Swallows	Locomotion: Jumping	Health and Wellbeing	Gymnastics: Linking	Dance: Explorers	OAA: Team Building	Play: Creating Games
	<i>Power, rhythm, direction</i>	<i>Positive mindset, active choices</i>	<i>Sequence building, flow, transitions</i>	<i>Pathways, creativity, expression</i>	<i>Working together, listening, planning</i>	<i>Inventing rules, cooperation</i>
Year 3 & 4	Netball	Game Sense: Net/Wall	Tennis	Dance: Space	Golf	OAA: Problem Solving
	<i>Footwork, passing accuracy, marking</i>	<i>Rallying, body position, space</i>	<i>Sending & receiving, forehand control</i>	<i>Levels, travel patterns, dynamics</i>	<i>Aiming, swing control, distance judgement</i>	<i>Communication, teamwork strategy</i>
Golden Eagles (25/26)	Swimming	Swimming	Gymnastics: Levels & Direction	Football	Athletics: Throwing and Jumping	Athletics
	<i>Water confidence, technique, control</i>	<i>Streamlined body, breath timing</i>	<i>Controlled travel, pathways</i>	<i>Passing accuracy, dribbling, positions</i>	<i>Power, technique, coordination</i>	<i>Speed, power, technique</i>
Year 3 & 4	Handball	Game Sense Invasion	Gymnastics: Canon & Unison	Dodgeball	Cricket	Hockey
	<i>Power, movement, quick passing</i>	<i>Creating space, tactics, positioning</i>	<i>Timing, synchronisation, partner work</i>	<i>Evasion, quick reactions, aiming</i>	<i>Bowling, batting, fielding</i>	<i>Dribbling, passing, defensive play</i>
Golden Eagles (26/27)	Swimming	Swimming	OAA: Problem Solving	Dance: Wild Animals	Athletics: Competitions	OAA: Orienteering
	<i>Water confidence, technique, control</i>	<i>Stroke efficiency, endurance, rhythm</i>	<i>Communication, teamwork, strategy</i>	<i>Strong actions, characters, rhythm</i>	<i>Performance focus, event rules</i>	<i>Map reading, decision making, navigation</i>
Year 5 Herons	Football	Basketball	Health Related Exercise	Dance: Street Art	Athletics: Running	Cricket
	<i>Dribbling, passing & receiving, positioning</i>	<i>Passing variety, controlled dribbling, shooting technique</i>	<i>Fitness awareness, healthy choices</i>	<i>Sharp movements, style, musicality</i>	<i>Speed, pacing, sprint technique</i>	<i>Batting, fielding, tactics and set up</i>
	Swimming	Swimming	Gymnastics: Counter Balance & Counter Tension	Golf	Tennis	Athletics
	<i>Endurance, stroke efficiency, breathing</i>	<i>Stroke refinement, water-based rescue</i>	<i>Partner balance, weight sharing, control</i>	<i>Aiming, swing control, distance judgement</i>	<i>Rallying, forehand control, court positioning</i>	<i>Pace, strength, event technique</i>
Year 6 Merlins	Football	Top-up Swimming	Tag Rugby	Hockey	Dodgeball	Tennis
	<i>Communication, shooting accuracy, tactical awareness</i>	<i>Water safety, stroke correction, confidence</i>	<i>Evasion, support play, passing backwards</i>	<i>Dribbling, passing, defensive play</i>	<i>Evasion, quick reactions, aiming</i>	<i>Rallying, forehand control, court positioning</i>
	Golf	Gymnastics: Creating Sequences	Health Related Exercise	Dance: Prejudice & Discrimination	Athletics: Throwing & Jumping	OAA: Leadership
	<i>Control, aiming, distance judgement</i>	<i>Transition, flow, balance control</i>	<i>Stamina, strength, goal setting</i>	<i>Expression, storytelling, group work</i>	<i>Explosive power, refining technique</i>	<i>Leading other, responsibility</i>
	Top-up Swimming					