



PE Long Term Plan – St Mary's CE Primary School

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Dance All Aboard T MOVES DANCE REC Dinosaur Dance 6 Lessons to develop early dance skills</p> <p>(ELG PD – GROSS MOTOR SKILLS NEGOTIATING SPACE)</p> <p>Parachute Games LCP FS Physical Development – Sense of space x6 lessons to introduce class to use of parachute games / sharing / following instruction. (ELG PD – GROSS MOTOR SKILLS NEGOTIATING SPACE)</p>	<p>Games Actively teach:</p> <ol style="list-style-type: none"> 1) Sharing and choosing 2) Agreeing rules 3) Negotiating space 4) Working safely <ol style="list-style-type: none"> a) Running races b) Safe simple 'tig' c) Stuck in the mud d) Ball tig – using foam ball e) Pack-man tig (using lines on playground) f) Skipping & jumping races <p>(MOVING ENERGETICALLY / NEGOTIATING WITH OTHERS)</p>	<p>Dance Chinese New Year T MOVE DANCE REC</p> <p>Suggested Series of 3 lessons to develop dance skills – how to prepare for and celebrate Chinese New Year</p> <p>NB lessons to be repeated and extended until skills embedded</p> <p>(ELG PD – GROSS MOTOR SKILLS NEGOTIATING SPACE)</p>	<p>Games Fundamental Skills EASTER theme T MOVES GAMES REC</p> <p>Extend over 3 lessons</p> <p>Key skills: practise throwing and catching a ball and negotiating space effectively to play a team game. (PD – GROSS MOTOR MOVEMENT SKILLS COMBINED)</p>	<p>Games Action Games LCP PHYSICAL DEV RESOURCE</p> <p>Teach series of games to reinforce skills developed so far including:</p> <ul style="list-style-type: none"> -playing safely -following rules -sharing space <ul style="list-style-type: none"> ● The Cat Game ● Musical Statues ● Creep up on the teacher ● Simon Says ● Who's got the honey pot? ● The Farmer's in his den ● Sleeping Lions ● The Wheels on the bus 	<p>Gymnastics Gym in the Jungle T MOVE PE REC (PD- Combine different movement with easy / fluency) Series of 6 lessons to build gymnastic skills encountered earlier this year.</p>



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	<p>Physical Development – movement LCP PHYSICAL DEV RESOURCE MOVEMENT 1 LESSONS 1 -6</p> <p>(PD – DEVELOPING CO-ORDINATION)</p> <p>*NB – these lessons could be developed further to incorporate & teach ‘tig’ or ‘catch’ games using safe movements using techniques taught.</p>	<p>Gymnastics Stretching and Curling (Val Sabin Unit B)</p> <p>(PD - DEVELOPING STRENGTH) DEVELOPING CO-ORDINATION)</p>	<p>Gymnastics Jumping Jack and Rock n Roll T MOVE PE REC Traveling, balance, co-ordination and jumping in varied ways</p> <p>6 lessons to develop basic gymnastics movements.</p> <p>(PD - DEVELOPING STRENGTH) DEVELOPING CO-ORDINATION)</p>	<p>Games (PD - NEGOTIATING OBSTACLES) Extend to using a variety of equipment</p> <p>LCP PHYSICAL DEVELOPMENT FS USING EQUIPMENT Series of 6 lessons to incorporate gradually larger pieces of equipment and to use safely.</p>	<p>Dance Traditional infant / Fairy Tale</p> <p>(ELG PD – GROSS MOTOR SKILLS NEGOTIATING SPACE)</p> <p>Teach simple dances linked to nursery rhymes and fairy tales:</p> <p>-I’m a little teapot -The Hokey-Cokey - Who’s afraid of the Big Bad Wolf?</p>	<p>Games Sports Day Activities Prep and Practise lessons to get ready for Summer Sports Day</p> <p>T MOVES REC PE</p> <p>Games: The Olympics</p> <p>(PD – develop overall body strength, balance, co-ordination and agility)</p>
<p>Year 1</p>	<p>Dance Colours and Moods LCP KS 1 dance Link to park 6 lessons</p>	<p>Dance Dance Workshop Aut 97- Rhythm in the Street</p> <p>Let’s Move 2000 Building bricks - Prog 7</p> <p>Giant construction – Prog 8</p>	<p>Dance March, march, march & Jack & the Beanstalk. Val Sabin KS1 dance: Unit 2</p>	<p>Gymnastics Rocking & Rolling focus T MOVE PE Y1 Gymnastics Traditional Tales Unit (Links with previous literacy taught tales)</p>	<p>Gymnastics Sequencing and flight</p> <p>T MOVE PE Unit ANIMALS</p>	<p>Athletics Fitness skills and learning about healthy living</p> <p>T MOVE PE Incorporate Running & Jumping Unit Y1</p>



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	<p>Games – Playground Games & collaboration (Teach traditional playground games)</p>	<p>Games – net & wall Kicking and throwing an object Against a target to a wall</p>	<p>Gymnastics – YOGA FOCUS T MOVE PE Y1 Salute to the Sun (6 focus lessons)</p>	<p>Games – Striking and fielding throwing and catching Multi Skills T MOVE PE Throwing & Catching Unit</p>	<p>Games- Invasion T MOVE PE Y1 Invasion Games Unit</p>	<p>Athletics – Multi Skills, co-ordination and agility T MOVE PE UNIT Multi Skills Sports Day Pack (5 lessons)</p>
Year 2	<p>Gymnastics high and low focus– ‘Cityscapes & Landscapes’ Unit T MOVE PE Y2</p>	<p>Dance The Gunpowder Plot Unit T MOVE PE OR Unit of Dance delivered by OCL Coach</p>	<p>Dance At the seaside LCP KS1 dance: (6 lessons)</p>	<p>Games Invasion Handball -passing & receiving (lead sport focus) Moving into space (Used as intro to effective use of movement / space) Incorporates Y2 T MOVE PE UNIT Invasion Games</p>	<p>Dance copying movement, using pattern, change & culture over time. Val Sabin KS1 dance: unit 4– OR T MOVE PE Plants Unit Pack</p>	<p>Athletics Running, jumping focus- Year 2 Animal Olympics T MOVE Unit Pack</p>
	<p>Games Net and Wall Basic bat & ball skills Year 2 Bat and Ball T MOVE Unit Pack</p>	<p>Gymnastics spinning, turning, twisting</p>	<p>Gymnastics- linking movement T MOVE PE UNIT Y2 Under the Sea (builds on balance and movement / sequencing from previous unit)</p>	<p>Games Striking and Fielding Catching and throwing skills T MOVE PE Y2 Throwing & Catching Unit</p>	<p>Games Invasion Football skills T MOVE PE KS1 Football Skills Pack (6 lessons skills)</p>	<p>Athletics Multi-Skills Build on Olympics Theme and Sports Day Prep</p>



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Year 3	<p>Games Striking and Fielding</p> <p>T MOVE PE Year 3 Striking and Fielding: Fundamentals Unit</p>	<p>Dance Explorers Val Sabin Unit</p>	<p>Gymnastics Movement, Symmetry and apparatus work</p> <p>T MOVE PE Y3 UNIT FOCUS ON MOVEMENT and SYMMETRY</p> <p>INCORPORATE APPARATUS WORK</p>	Swimming	Swimming	Swimming
	<p>Games Invasion T MOVE PE Year 3 Invasion Games: Fundamentals Unit</p> <p>Change of direction/ Football focus where possible</p>	<p>Gymnastics Stretching and curling (focus on shapes)</p> <p>T MOVE PE SHAPE Y3 UNIT</p>	<p>Dance Life on the Nile Lessons led by OCL Coach</p> <p>Series of lessons designed to develop dance linked to Egyptians history lessons.</p>	<p>Games Net & Wall TENNIS AEGON SCHOOL TENNIS PACK DVDS AND HANDBOOK– Y3 LESSONS 1-5</p>	<p>Games Striking & Fielding ROUNDRS T MOVE PE Children’s rounders rules ppt</p> <p>6 lessons to develop rounders-specific game skills building on from fundamentals unit (Revise catching, accurate throwing, striking with aim, fielding & stopping)</p>	<p>Athletics Jumping for distance</p> <p>Elevating Athletics 6 lessons with focus on developing distance jumping skills – extend to simple long jump.</p>



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Year 4	<p>Games Invasion Netball focus</p> <p>T MOVE PE Y4 INVASION GAMES UNIT – focus on developing basic netball skills where possible.</p>	<p>Dance Electricity – Unit 2 Val Sabin Dance. Lessons 1-6 Or T MOVE PE – Year 4 Dance: Water Unit (This could be used as pre-teaching the water cycle)</p>	<p>Dance These shoes were made for walking Giraffes can dance 6 lessons - Val Sabin Dance Yr 4 OR T MOVE PE – Year 4 Dance: Carnival of the Animals Unit (Links to Spring Science)</p>	<p>Games Invasion Handball focus (builds on Y2) 6 lessons to develop games of handball Introduce rules and key skills, develop key skill from earlier unit in each set of handball matches (small-sided)</p>	<p>Games Striking and Fielding Cricket focus KS2 T MOVE PE CRICKET LESSONS 1-6 TO DEVELOP CORE SKILLS</p>	<p>Games Striking & Fielding Rounders focus Builds on from Y3 Use Y5 T MOVE PE - Striking and Fielding: Rounders Unit if necessary</p>
	<p>Games Invasion Rugby T MOVE PE Y4 TAG RUGBY UNIT</p>	<p>Gymnastics Working with Balance focus T MOVE PE - Year 4 Gymnastics Movement</p>	<p>Gymnastics Rolling focus Lesson development focus – Use KS2 Val Sabin Units on Rolling Can include a range of shapes, follow a set of 'rules' to produce a sequence, combine action, balance and shape. Work with a partner to create, repeat and improve a sequence with at least three phases.</p>	<p>Games Net & Wall Tennis recap lessons to build on Y3 -recap AEGON SCHOOL TENNIS DVD AND HANDBOOK LESSONS AGE 7-9 to focus in on repetitive serve & return skills (lesson 4 in the series) Develop into further matchplay practise sessions (lesson 5,6)</p>	<p>Athletics Jumping for height Elevating Athletics 6 lessons to develop jumping styles and techniques (not combination jumping)</p>	<p>Athletics Push Throwing Elevating Athletics Series of 6 lessons to develop technique and power.</p>



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<p>Year 5</p>	<p>Outdoor and adventurous – Site orienteering Out & Back</p> <p>6 lessons using school pack orienteering out & back practise in teams</p>	<p>Dance Volcanoes – Val Sabin Unit 4 (respond to stimuli, basic composition, group dances)</p>	<p>Gymnastics Functional use of limbs (Val Sabin Unit KS2)</p> <p>Incorporate use of large-scale apparatus to develop sequence and performance through a circuit and across the floor space.</p>	<p>Games striking and fielding Cricket</p> <p>KS2 T MOVE PE CRICKET LESSONS 1-6 TO RECAP AND EXTEND CORE CRICKET SKILLS FROM Y4</p> <p>DEVELOP MATCHPLAY TACTICS & KWIK CRICKET</p>	<p>Games Net and Wall TENNIS</p> <p>AEGON SCHOOL TENNIS DVD AND HANDBOOK LESSONS AGE 9-11</p>	<p>Games Net & Wall -TENNIS</p> <p>AEGON SCHOOL TENNIS DVD AND HANDBOOK LESSONS AGE 9-11 FOCUS ON MATCHPLAY & TACTIC DEVELOPMENT</p>
	<p>Games - Invasion Netball focus</p> <p>T MOVE PE Y5 INVASION GAMES</p>	<p>Gymnastics Flight focus</p> <ul style="list-style-type: none"> T MOVE PE - Year 5 Gymnastics: Movement Unit <p>Pupils will make complex or extended sequences & perform consistently to different audiences.</p>	<p>Dance English Country Dance Val Sabin Unit Lessons to develop traditional English Country Dance Style</p>	<p>Games Invasion Football</p> <p>UKS2 T MOVE PE FOOTBALL SKILLS LESSONS 1-6 DEVELOPING KEY SKILLS</p>	<p>Athletics Running for speed</p> <p>Running over obstacles</p> <p>Elevating Athletics 3 lessons of each to develop skills (Incorporate relay races)</p>	<p>Athletics Fling & Heave throwing focus (3 lessons) Elevating Athletics Unit lessons</p> <p>Sports Day Prep (3 lessons)</p>



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Year 6	<p>Dance ‘Rainforest’-explore, improve. & combine.</p> <p>OCL Coach-led sessions to develop class dance.</p>	<p>Gymnastics Matching and mirroring focus</p> <p>Working in pairs to incorporate skills floor and apparatus.</p> <p>T MOVE PE Gymnastics: Movement Unit</p>	<p>Gymnastics Synchronisation and canon Val Sabin Unit</p> <p>Working in pairs to incorporate skills floor and apparatus.</p> <p>Focus: working to specific timings.</p>	<p>Athletics Running over distance</p> <p>Developing stamina</p> <p>Prep for Cross Country running at Secondary School</p>	<p>Games Net & Wall Badminton skills (outdoor)</p> <p>This unit as natural progression from tennis in Y5</p>	<p>Athletics Combination jumping</p> <p>Elevating Athletics</p> <p>To build from long jump to triple jump. (3 lessons)</p> <p>Sports Day Prep (3 lessons)</p>
	<p>Games - Invasion Rugby</p> <p>Series of lessons To develop skills in tag rugby:</p> <p>Select the appropriate action for the situation.</p> <p>Create and use a variety of tactics to help a team.</p> <p>Create and use space to help a team.</p> <p>Focus on small-sided match play</p>	<p>Games – Invasion Netball</p> <p>T MOVE PE Y6 NETBALL UNIT LESSONS</p> <p>Select the appropriate action for the situation.</p> <p>Create and use a variety of tactics to help a team.</p> <p>Create and use space to help a team.</p>	<p>Dance Performance, choreography and improvement</p> <p>T MOVE PE Year 6 Dance: Electricity Unit (Pre-learning focus link to science)</p>	<p>Outdoor and adventurous – Map skills and direction</p> <p>Use complex orienteering cards – school pack</p> <p>Develop map-reading skills with orienteering a school plan.</p>	<p>Games – Striking and field Cricket</p> <p>-incorporating all skills and matchplay tactics</p>	<p>Games Striking and field Rounders</p> <p>-focus on revision of skills and matchplay tactics from Y4</p>