

PE Long Term Plan



	Early Years	Key Stage 1	Year 3	Year 4	Year 5	Year 6
Aut 1	Growing	Dance- <i>Dance Core Task 1</i>	Dance- <i>Dance Core Task 3</i>	Types of Training- <i>Fitness Testing Sheet from PPT</i>	Dance- <i>Core Task 5</i>	Types of Training- <i>Fitness Testing Sheet from PPT</i>
	Dinosaurs	Health Related Exercise- <i>Fitness Testing Sheet from PPT</i>	Health Related Exercise- <i>Fitness Testing Sheet from PPT</i>	Dance- <i>Dance Core Task 4</i>	Health Related Exercise- <i>Fitness Testing Sheet from PPT</i>	Dance- <i>Dance Core Task 6 and 7</i>
Aut 2	Winter	Athletics- <i>Athletics Core Task 1</i>	Multi-skills	Athletics- <i>Athletics Core Task 5</i>	Multi-skills-	Athletics- <i>Athletics Core Task 7</i>
	Celebrations	Orienteering- <i>OAA Core Task 1</i>	Athletics- <i>Athletics Core Task 4</i>	Orienteering- <i>OAA Core Task 5</i>	Athletics- <i>Athletics Core Task 6</i>	Orienteering- <i>OAA Core Task 7 & 8</i>
Spr 1	Mini-beasts	Multi-skills- <i>Games Core Task 1</i>	Gymnastics- <i>Gymnastics Core Task 5 & 6</i>	Invictus	Swimming or <i>Gymnastics Core Task 9 & 10</i>	Invictus
	On the Farm	Invictus- <i>Games Core Task 4</i>	Badminton- <i>Net/Wall Core Task 1</i>	Tennis- <i>Net/Wall Core Task 2</i>	Badminton- <i>Net/Wall Core Task 3</i>	Tennis- <i>Net/Wall Core Task 4</i>
Spr 2	Superheroes	Improving Balance- <i>Gymnastics Core Task 2</i>	Parkour- <i>OAA Core Task 2</i>	Football- <i>Invasion Game Core Task 4</i>	Swimming or Parkour <i>Core Task</i>	Football- <i>Invasion Games Core Task 8</i>

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	The Jungle	Improving Throwing- <i>Athletics Core Task 2</i>	Handball- <i>Invasion Games Core Task 2</i>	Hockey- <i>Invasion Games Core Task 5</i>	Handball- <i>Invasion Games Core Task 7</i>	Hockey- <i>Invasion Games Core Task 10</i>
Sum 1	The Circus	Improving Catching- <i>Games Core Task 6</i>	Volleyball- <i>Net/Wall Core Task 1</i>	Golf- <i>Striking and Fielding Core Task 2</i>	Swimming or <i>Volleyball Core Task</i>	Golf- <i>Striking and Fielding Core Task 4</i>
	Space	<i>Gymnastics- Gymnastics Core Task 1</i>	<i>Basketball- Invasion Games Core Task 1</i>	Rounders- <i>Striking and Fielding Core Task 3</i>	Basketball- <i>Invasion Games Core Task 6</i>	Rounders- <i>Striking and Fielding Core Task 5</i>
Sum 2	Under the Sea	<i>Football- Games Core Task 2</i>	Cricket- <i>Striking and Fielding Core Task 1</i>	High 5 Netball- <i>Invasion Games Core Task 4</i>	Swimming or Cricket <i>Striking and Fielding Core Task 4</i>	High 5 Netball- <i>Invasion Games Core Task 8</i>
	At The Beach	<i>Striking and Fielding- Games Core Task 3</i>	Tag Rugby- <i>Invasion Games Core Task 1</i>	Gymnastics- <i>Gymnastics Core Task 7 & 8</i>	Tag Rugby- <i>Invasion Games Core Task 8</i>	Gymnastics- <i>Gymnastics Core Task 11 & 12</i>

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EARLY YEARS	KEY STAGE 1	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Agility Balance Catching Throwing All covered within each topic.	Games- 5 Dance- 1 Gymnastics- 2 Athletics- 2 OAA- 1	Invasion Games- 3 Net/Wall- 1 Striking and Fielding- 1 Dance- 1 Gymnastics- 1 OAA- 1 Athletics- 1	Invasion Games- 3 Net/Wall- 1 Striking and Fielding- 2 Dance- 1 Gymnastics- 1 OAA- 1 Athletics- 1	Swimming- 6 Invasion Games- 3 Net/Wall- 1 Striking and Fielding- 1 Athletics- 1	Invasion Games- 3 Net/Wall- 1 Striking and Fielding- 2 Gymnastics- 1 Dance- 1 Athletics- 1 OAA- 1

October	November	December	January	February	March	April	May	June	July
Y5/6 Tag Rugby KS1 Indoor Athletics	Paralympic Festival Y5/6 High 5	Gymnastics Festival	EYFS Multisport Y5/6 Basketball	Y3/4 Basketball Sportability Boccia Y4/5 Girls Football	Y5/6 Hockey Y3/4 Quicksticks Hockey Y4 Rugby League Dance Festival	Y3/4 Rugby Union Sportability Invasion Games	Y3 Tennis Y3/4 Orienteering Y5/6 Quick Cricket Fun Run	Y4 Tennis Y5/6 Girls Kwik Cricket Y3/4 Quadkids Athletics Athletics Festival Y5/6 Mini Tennis	KS1 OAA Sportability Striking & Fielding/ Net & Wall Y5/6 Rugby League Y3/4 Kwik Cricket

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