

PE Long Term Plan 2022-23



		Early Years	Key Stage 1	Year 3/ 4	Year 5	Year 6
Aut 1	Week 1-3	Growing	Multi-skills- <i>Games Core Task 1</i>	Dance- <i>Dance core task 7</i>	Dance- <i>Dance Core Task 7</i>	Swimming
	Week 4-6	Dinosaurs	Football- <i>Games Core Task 2</i>	Tag Rugby- <i>Invasion Games Core Task 1</i>	Tag Rugby- <i>Invasion Games Core Task 8</i>	High 5 Netball- <i>Invasion Games Core Task 8</i>
Aut 2	Week 1-3	Winter	Gymnastics- <i>Gymnastics Core Task 1</i>	Invictus	Health Related Exercise	Swimming
	Week 4-6	Celebrations	Improving Catching- <i>Games Core Task 6</i>	Gymnastics- <i>Gymnastics Core Task 7&8</i>	Basketball- <i>Invasion Games Core Task 6</i>	Football- <i>Invasion Games Core Task 8</i>
Spr 1	Week 1-3	Mini-beasts	Dance- <i>Dance Core Task 1</i>	Basketball- <i>Invasion game Core Task 4</i>	Swimming	Dance- <i>Dance Core Task 7</i>
	Week 4-6	On the Farm	Invictus- <i>Games Core Task 4</i>	Types of Training- <i>Fitness Testing Sheet</i>	Badminton- <i>Net/Wall Core Task 3</i>	Tennis- <i>Net/Wall Core Task 4</i>
Spr 2	Week 1-3	Superheroes	Improving Balance- <i>Gymnastics Core Task 2</i>	Tennis- <i>Net/Wall Core Task 2</i>	Swimming	Types of Training- <i>Fitness Testing Sheet</i>
	Week 4-6	The Jungle	Improving Throwing- <i>Athletics 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	Week 1-3	The Circus	Health Related Exercise- <i>Fitness</i>	Golf- <i>Striking and Fielding Core Task 2</i>	Swimming	Golf- <i>Striking and Fielding Core Task 4</i>

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			<i>Testing Sheet from PPT</i>			
	Week 4-6	Space	Orienteering- OAA Core Task 1	Rounders- Striking and Fielding Core Task 3	Multi-skills- Striking and Fielding Core Task 4	Rounders- Striking and Fielding Core Task 5
Sum 2	Week 1-3	Under the Sea	Athletics- Athletics Core Task 1	Athletics- Athletics Core Task 5	Swimming	Athletics- Athletics Core Task 7
	Week 4-6	At The Beach	Striking and Fielding- Games Core Task 3	Orienteering- OAA Core Task 5	Athletics- Athletics Core Task 6	Orienteering- OAA Core Task 7 & 8

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-4 Invasion Games- 3 Net/Wall- 1 Striking and Fielding- 1 Athletics- 1	Swimming-2 Invasion Games- 3 Net/Wall- 1 Striking and Fielding- 2 Gymnastics- 1 Dance- 1 Athletics- 1 OAA- 1

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