

# P.E. Curriculum Long Term Plan



Class		Invasion Games	Net and Wall Games	Dance	Gymnastics	Striking and Fielding	Multiskills and Athletics
		Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Oaks	Cycle A	Football (ball control) Athletics – basic skills	Hockey (coordination) Ball skills and control - catching	Dance (copying and travelling) Badminton/Tennis (basic skills)	Gymnastics (jumping and balancing) Fitness/yoga	Rounders (running-changing direction) Ball skills passing	Athletics (ABC balance agility and coordination) Running – Cross country style (teamwork)
	Cycle B	Rugby (throwing) Athletics (ABC jumping)	Badminton (hitting) Hockey (aiming)	Dance (partner work) Basketball (passing)	Gymnastics (rolling) Relay games	Cricket (hitting) Rounders – throwing (positioning)	Athletics (running stamina) OAA (teamwork)
Elms	Cycle A	Football (shooting at goal) Basketball (passing)	Hockey (dribbling) Netball (scoring set ups)	Dance (canon/unison) Badminton (avoiding obstacles)	Gymnastics(balancing on equipment) Fitness and Yoga	Cricket (fielding positions) OAA (teamwork)	Athletics (jumping) Dodgeball
	Cycle B	Handball (shooting and scoring) Athletics – sprinting	Tennis (serving and ball speed) OAA (strategy and map reading)	Dance (motif/gesture) Archery	Gymnastics (advanced travelling) Badminton (shuttle placement)	Baseball/Rounders (hitting placements and stopping) Fitness/yoga	Athletics (throwing technique) or tri golf Tri-Golf
Sycamores and Elders	Cycle A	Tag rugby/Handball (attacking and defending) Swimming	Hockey (attacking and defending) Swimming	Dance(working at different levels and body position) Swimming	Gymnastics (Jumps and lifts) Badminton (shuttle placement)	Cricket (bowling) Fitness/yoga	Athletics (body positions for propulsion) Running for distance
	Cycle B	Football (Passing to space and corners) designing warm ups) Swimming	Netball/Basketball (Throws and positions, scoring set ups) Tennis (serving and ball speed) Swimming	Dance (motif/gesture) Swimming	Gymnastics (advanced travelling - making space/counter balancing on equipment) Archery	Rounders/baseball (getting people out/tactics) Tri-Golf	Athletics (throwing techniques) OAA (playing to individuals strengths/self evaluation/tactics)