

# PE Long term plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Early Years</b>	<b>Gymnastics</b> (Balances) - CT What parts of my body can I balance on?	<b>Dance and Yoga</b> (Shapes and Strength) - CT What shapes can I make with my body?	<b>Gymnastics</b> (Rolls) - CT How do I roll in different directions?	<b>Dance and Yoga</b> (Travelling) - CT How can I travel across a dance floor?	<b>Dance and Yoga</b> (Rhythm) - CT How can I move to a beat? <b>Athletics</b> (Track and Field) – SC How fast can I run?	<b>Athletics</b> (Track and Field) - SC Can I move with control and coordination? <b>FMS Games</b> (Teamwork) - CT How can I play a game involving others?
	<b>FMS Games</b> (Shape) - SC What different ways can I move my body in a game?	<b>FMS Games</b> (Ball Skills) - SC How can I pass a ball to win a game?	<b>FMS Games</b> (Teamwork) - SC How can I use others to win a game?	<b>FMS Games</b> (Ball Skills) - SC How can I aim a ball to win a game?	<b>Outdoor adventurous</b> What risks can I see?	
<b>Year One</b>	<b>Games</b> (Teamwork) - SC How do I know where my teammates are?	<b>Gymnastics</b> (Rolls and Inversions) - SC How can I control my rolls?	<b>Games</b> (Ball skills) - SC How can I hit a ball accurately?	<b>Games</b> (Striking and Fielding) - SC How can I strike and field effectively?	<b>Athletics</b> (Field) - SC How far can I throw?	<b>Athletics</b> (Track) - SC How far can I run? <b>Gymnastics</b> (Apparatus) - CT How can I use apparatus safely?
	<b>Outdoor adventurous</b> How do I know when I need help?	<b>Swimming</b>	<b>Dance</b> (Control and coordination) - CT How can I dance with control and coordination?	<b>Swimming</b>	<b>Swimming</b>	
<b>Year Two</b>	<b>Swimming</b>	<b>Dance</b> (Levels) - CT How can I use different levels in a dance?	<b>Swimming</b>	<b>Games</b> (3Tees Cricket) - SC How can I strike and field with control?	<b>Dance</b> (Props) - CT How can I include props in a dance?	<b>Swimming</b> <b>Athletics</b> (Track) - SC What are the different ways I can run? <b>Outdoor adventurous</b> How else could I achieve a goal?
	<b>Games</b> (Ball Skills) - SC What different ways can I pass a ball with accuracy and control?	<b>Gymnastics</b> (Rolls and Inversions) - SC How can I travel using rolls?	<b>Gymnastics</b> (Apparatus) - CT How many ways can I climb and hang on apparatus?	<b>Dance</b> (Partners) - CT What different ways can I dance with other people?	<b>Athletics</b> (Field) - SC How far can I throw accurately?	
<b>Year Three</b>	<b>Swimming</b>	<b>Outdoor adventurous</b> How could I work with others to achieve a goal?	<b>Swimming</b>	<b>Athletics</b> (Indoor Athletics) - SC How fast can I sprint to 40 metres?	<b>Dance</b> (Performing expressively) - CT How can I dance expressively?	<b>Athletics</b> (Track and Field) How can I develop a range of throwing and jumping techniques? <b>Swimming</b>
	<b>Athletics</b> (Cross Country) - SC What running style should I use over longer distances?	<b>Games</b> (Ball skills) - SC How can I kick, throw and catch with control?	<b>Gymnastics - SC</b> (Rolls and Inversions) How can I include rolls in a sequence?	<b>Games</b> (Netball) - CT How do I play netball?	<b>Games</b> (Tennis) - SC How do I strike a ball in tennis?	

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<b>Year Four</b>	<b>Athletics</b> (Cross Country) - SC How can I conserve my energy when running?	<b>Swimming</b>	<b>Gymnastics</b> (Rolls and Inversions) - SC How can I travel involving flight?	<b>Swimming</b>	<b>Athletics</b> (Field and Track) - SC How should I throw or jump for an event? <b>Outdoor adventurous</b> (Residential) How can I effectively lead and be a team member?	<b>Dance</b> (Story telling) - CT How can I use longer sequences to show a story?
	<b>Games</b> (Tag Rugby) - CT How can I play Tag Rugby fairly?	<b>Games</b> (Ball skills) - SC How can I pass tactically?	<b>Dance</b> (Dynamics to convey an idea) - CT How can I express/change a mood in dance?	<b>Athletics</b> (Indoor Athletics) - SC How fast can I sprint to 50 metres?	<b>Swimming</b>	<b>Games</b> (Rounders) - SC How can I strike a bowled ball with accuracy?
<b>Year Five</b>	<b>Swimming</b>	<b>Dance</b> (Dynamics to convey a theme) - CT What imaginative ways can I use to express an idea?	<b>Gymnastics</b> (Rolls and Inversions) - SC How do I include rolls and inversions in a complex sequence?	<b>Swimming</b>	<b>Swimming</b>	<b>Athletics</b> (Track and Field) - SC How do I effectively navigate hurdles?
	<b>Games</b> (Football) - SC How can we work together to gain possession?	<b>Games</b> (Hockey) - SC How can we work together to gain possession?	<b>Outdoor adventurous</b> How can I remain positive when faced with a challenge?	<b>Athletics</b> (Indoor Athletics) - SC How fast can I sprint to 60 metres?	<b>Games</b> (Cricket) - SC What are the most appropriate tactics for Cricket?	<b>Games</b> (Netball) - CT How can I effectively defend and attack in netball?
<b>Year Six</b>	<b>Outdoor adventurous</b> (Residential) How can I work in a team with commitment and respect?	<b>Swimming</b>	<b>Swimming</b>	<b>Games</b> (Netball) - SC How can I strategically play netball?	<b>Athletics</b> (Track and Field) - CT How can I throw or jump to win?	<b>Swimming</b>
	<b>Dance</b> (Strength and precision) - CT Can I maintain a theme throughout a dance?	<b>Games</b> (Hockey) - SC How can I strategically play Hockey?	<b>Athletics</b> (Indoor Athletics) - SC How fast can I sprint to 75 metres?	<b>Gymnastics</b> (Rolls and Inversions) - CT Can I complete a well-executed roll and inversion in a sequence?	<b>Games</b> (Cricket) - SC How can I strategically play cricket?	<b>Games</b> (Rounders) - SC How can I strategically play rounders?
	<b>Games</b> (Football) - SC How can I strategically play football?					
	<b>Games</b> (Dodgeball) – SC Can I dodge successfully?	<b>Games</b> (Dodgeball) Can I throw with power at a moving target?	<b>Multi skills</b> (Various) Can I improve my throwing, catching and teamwork?	<b>Games</b> (Football) – SC Can I keep possession of the ball within a team?	<b>Games</b> (Tennis) – SC Can I strategically place shots away from my opponent?	<b>Athletics</b> (Fitness) Can I improve my stamina?