Physical Education Long Term Plan 2023-24

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Year Group | Area | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | | Summer 1 | Summer 2 | |
| **Reception** | Indoor | Object Manipulation | Fundamental Skills 1 | Gym- Rocking & Rolling | Gymnastics- Flight- Bouncing, Jumping & Landing | | Dance- Seasons |  | |
| Outdoor |  |  |  | Fundamental Skills 2 | |  | Athletics 1 | |
| **Year 1** | Indoor | Dance –  Dances Around the UK/World (SCG) | Gymnastics – Pathways- Small & Long | Gymnastics- Wide, Narrow & Curled Rolling & Balancing | Gymnastics- Balancing & Spinning on Points & Patches | | Dance – Fire of London | Dance - Animals | |
| Outdoor | Movement Skills 2 | Net & Wall Game Skills 1 | Target Games 2 | Invasion Game Skills 1 | | Striking & Field Game Skills 1 | Athletics 2 | |
| **Year 2** | Indoor | Dance - Bollywood | Gymnastics- Stretching, Curling & Arching | Gymnastics- Pathways- Straight, Zigzag & Curving | Gymnastics- Spinning, Turning & Twisting | | Dance - WW2  1940s Dances | Dance – Under the Sea | |
| Outdoor | Movement Skills 3 | Net & Wall Game Skills 2 | Target Games 3 | Invasion Game Skills 2 | | Striking & Field Game Skills 1 | Athletics | |
| **Year 3** | Indoor | Health Related Fitness | Gymnastics- Receiving Body Weight | Dance – Dance Around the World | Dance- Egyptians | | Gymnastics- Linking Movements Together | Tennis (outdoor) | |
| Outdoor | Orienteering | Netball | Hockey | Dodgeball | | Rounders | Athletics | |
| **Year 4** | Indoor | Health Related Fitness | Boccia/Kurling | Dance - Space | Gymnastics – Arching and Bridging | | Gymnastics – Rolling and Travelling Low | Badminton | |
| Outdoor | Football | Outdoor Adventurous Activity | Basketball | Tag Rugby | | Cricket | Athletics | |
| **Year 5** | Indoor | Health Related Fitness | Dodgeball | Gymnastics – Partner Work – Under and Over | Gymnastics – Matching, Mirroring and Contrast | | Dance – Dance Through The Ages | Dance – The Hakka | |
| Outdoor | Leadership | Netball | Hockey | Tennis | **OAA (R)** | Rounders | Athletics | |
| Swimming | |
| **Year 6** | Indoor | Health Related Fitness | Boccia/Kurling | Dance – British Values | Gymnastics - Flight | | Gymnastics – Group and Sequencing | Badminton | |
| Outdoor | Football | Team Building and Problem Solving | Basketball | Tag Rugby | | Cricket | Athletics | **Team Building (R)** |
| Swimming | |