

PE LONG TERM PLAN

Swimming all children all year (FS children begin in Spring Term)  
Outdoor activities covered through residential course (Marrick priory Y3/4, Bewerley Park Y5/6) and Forest School Activities

<b>Year</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
EYFS & 1	Perform basic dances using simple movement patterns	Agility Balance Coordination skill development: Balancing, jumping, landing.	Agility Balance Coordination skill development: throwing and catching	Agility Balance Coordination skill development: Rolling , shapes, sequences	Developing tactics for attacking and defending – Games	Running, Jumping, throwing and catching - athletic activities
2, 3 and 4 5 and 6	Develop fitness – improving strength stamina and flexibility Plus Gymnastics	Throwing ,catching communication skills – <i>invasion games</i>	Perform dances using a range of movement patterns	play competitive games Net/wall	Play competitive games Striking/fielding	Develop flexibility, strength, technique, control and balance Athletics Activities