# Physical Education Long Term Plan

| | Autumn Term 1 | Autumn Term 2 | Spring Term 1 | Spring Term 2 | Summer Term 1 | Summer Term 2 |
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| **(Y2/3/4) Cycle A** (2023/24) | Fundamental Skills<br><br>Dance, gymnastics spacial awareness games.<br><br>Coordination, stopping catching, agility and balance | Fundamental Skills<br><br>Team games simplified<br><br>Teamwork, communication | Health and fitness<br><br>Circuits, fitness games<br><br>Look at Heart rate, what is happening to the body as we exercise. | Game skills<br><br>Adapted team games<br><br>Sending and receiving skills, using hands, feet, hockey sticks etc. | Attacking and defending<br><br>Adapted team games<br><br>Attacking and defending skills, denying space. | Problem solving<br><br>OAA/ athletics<br><br>Running, throwing jumping. Problem solving. |
| **(Y2/3/4) Cycle B** (2024/25) | Invasion Games<br><br>Basketball/ Netball/ Tag Rugby<br><br>Coordination Agility Teamwork | Invasion Games. Health, fitness and Wellbeing<br><br>Hockey/ football/ health and fitness<br>Warm up stretching cool down, movement evading defenders | Dance/ Gymnastics<br><br>Dance/ Gymnastics<br><br>Learn basic movements and link to feelings. Respond to music.<br>Develop sequences. Develop reflection skills. | Net wall Games, Striking and fielding<br><br>Tennis/ Cricket<br><br>Send and receive the ball in different ways. Teamwork, coordination. | Athletics, OAA<br><br>Athletics/ Orienteering<br><br>How to run throw and jump, with control and coordination. Problem solving skills. Describe and feedback on performance of others | Multiskills /Athletics<br><br>Multiskills/ Athletics<br><br>Developing fundamental motor skills ABC's. Moving with increased control. |
| **(Y2/3/4) Cycle C** (2025/26) | Invasion Games<br><br>Basketball/ Netball/ Tag Rugby<br><br>Defending and attacking principles. Space creating and denying. | Invasion Games. Health, fitness and Wellbeing<br><br>Hockey/ football/ health and fitness<br>Participate in team games and work as a team. Watch and reflect on others. Understand the importance of keeping fit and healthy. | Dance/ Gymnastics<br><br>Dance/ Gymnastics<br><br>Describe and feedback on performance of others | Net wall Games, Striking and fielding<br><br>Tennis/ Cricket/ Rounder's<br><br>Perform fielding skills with control and coordination. Look at striking a single handed and double handed. | Athletics, OAA<br><br>Athletics/ Orienteering<br><br>How to run throw and jump, with control and coordination.<br>. Problem solving skills. | Multiskills /Athletics<br><br>Multiskills/ Athletics<br><br>Speed, agility and coordination activities. Pacing and perseverance. |

***Sport Aspect*** ***Specific Sport*** ***Core Skill/ Knowledge***

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| **(Y5/6) Cycle A** (2023/24) | Invasion Games<br><br>Basketball/ Netball/ Tag Rugby<br><br>Defending and attacking principles. Skills breakdown, passing dodging. | Invasion Games. Health, fitness and Wellbeing<br><br>Hockey/ football/ health and fitness<br>Participate in team games and work as a team. Use effective positive communication. | Dance/ Gymnastics<br><br>Dance/ Gymnastics<br><br>Evaluate and feedback on performance of others. | Net wall Games, Striking and fielding<br><br>Tennis/ Cricket/ Rounder's<br><br>Sending and receiving skills, hand eye coordination. | Athletics<br><br>Athletics<br><br>How to run throw and jump, with control and coordination. | Multiskills /Athletics<br><br>Multiskills/ Athletics<br><br>Speed, agility and coordination activities. Pacing and perseverance. |
| **(Y5/6) Cycle B** (2024/25) | Invasion Games<br><br>Basketball/ Netball/ Tag Rugby<br><br>Defending and attacking principles. Space creating and denying. Passing, dodging moving with the ball. | Invasion Games. Health, fitness and Wellbeing<br><br>Hockey/ football/ health and fitness<br>Participate in team games and work as a team. Look at tactics when both attacking and defending. | Dance/ Gymnastics<br><br>Dance/ Gymnastics<br><br>Evaluate and feedback on performance of others. Create a sequence as part of a larger routine. | Net wall Games, Striking and fielding<br><br>Tennis/ Cricket/ Rounder's<br><br>Sending and receiving with control and accuracy Striking the ball and tactics when fielding. | Athletics, OAA<br><br>Athletics/ Orienteering<br><br>How to run throw and jump, with control and coordination.<br>. Problem solving skills. Map reading | Multiskills /Athletics<br><br>Multiskills/ Athletics<br><br>Golf, ultimate Frisbee rounder's incorporated. Athletics techniques for throwing and jumping events. |
| **(Y5/6) Cycle C** (2025/26) | Invasion Games<br><br>Basketball/ Netball/ Tag Rugby<br><br>Tactics and formations. Positives and negatives of each. | Invasion Games. Health, fitness and Wellbeing<br><br>Hockey/ football/ health and fitness<br>Dodging, passing and scoring. Healthy lifestyles and circuit training. | Dance/ Gymnastics<br><br>Dance/ Gymnastics<br><br>Evaluate and feedback on performance of others. Perform dances linked to the topic of study. | Net wall Games, Striking and fielding<br><br>Tennis/ Cricket/ Rounder's<br><br>Bowling and batting skills, Serving in tennis, applying skills to game situations. | Athletics, OAA<br><br>Athletics/ Orienteering<br><br>Pacing over various distances, relay changeovers. | Multiskills /Athletics<br><br>Multiskills/ Athletics<br><br>Athletics rules, measuring and competitions. Multiskills applied to games, Danish longball. Handball, tchoukball |

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