

**Physical Education - Long Term Plan.**

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| --- | --- | --- | --- | --- | --- | --- |
|  | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
| Nursery  | Birth to 3: Walking, running, jumping in different way | 3 and 4 year olds: Kicking, throwing, catching balls | 3 and 4 year olds: Skipping, hopping and standing on one leg. Participating in group activities which they make up themselves, or in teams | 3 and 4 year olds: Develop movement, balancing & ball skills. Use large muscle movements | 3 and 4 year olds: Able to use and remember sequences And patterns of movements which are related to music and rhythm | 3 and 4 year olds: Continue to develop their movement & balancing, skills. Go up steps and stairs, or climb up apparatus, using alternate feet |
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| Reception | Gymnastics  | Dance | Body Management  | Cooperate & Solve Problems | Manipulation & Co-ordination  | Speed Agility Travel |
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| Year 1 | Class Teacher | Gymnastics 1 | Dance 1 | Gymnastics 2 | Dance 2 | Gym 3 | Dance 3 |
| Sports Point Coach | Send & return  | Attack, defend, shoot | Run, jump, throw | Hit, catch & run | Send & return  | Run, jump & throw |
|  |  |
| Year 2 | Class Teacher | Gymnastics 1 | Dance 1 | Gymnastics 2 | Dance 2 | Gym 3 | Dance 3 |
| Sports Point  | Send & return | Attack, defend, shoot | Run, jump, throw | Hit, catch & run | Run, jump & throw | Hit, catch & run |
|  |  |
| Year 3 | Class Teacher | Gymnastics 1  | Dance 1 | Gymnastics 2 | Dance 2 | Gymnastics 3 | Dance 3 |
| Sports Point  | Hockey | Handball | Basketball  | Tag rugby  | Swimming | Swimming |
|  |  |
| Year 4 | Class Teacher | Gymnastics 1 | Dance 1 | Gymnastics 2 | Dance 2 | Gymnastics 3 | Dance 3 |
| Sports Point  | Swimming | Swimming  | Swimming | Swimming | Cricket  | Athletics  |
|  |  |
| Year 5 | Class Teacher | Gymnastics 1 | Dance 1 | Gymnastics 2 | Dance 2 | Gymnastics 3 | Dance 3 |
| Sports Point  | Hockey | Football | Basketball  | Tag rugby  | Cricket  | Athletics |
|  |  |
| Year 6 | Class Teacher | Gymnastics 1 | Dance 1 | Gymnastics 2 | Dance 2 | Gymnastics 3 | Dance 3 |
|  | Sports Point  | Hockey | Basket ball  | Football  | Tag rugby | Cricket  | Athletics  |