

ST OSWALDS WORLESTON COFE PRIMARY SCHOOL- PE LONG TERM PLAN 2018/19

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
A U T U M T E R M	Fundamental Skills Agility, Balance, Coordination, Throwing and Catching	Gymnastics Activities Including Jumping, Travelling, Rolling and Balancing	Gymnastics Activities Including Jumping, Travelling, Rolling and Balancing	Competitive Games Invasion Games to include modified versions of; Football Netball/ Basketball Tag-Rugby Hockey Handball	Competitive Games Invasion Games to include modified versions of; Football Netball/ Basketball Tag-Rugby Hockey Handball	Competitive Games Invasion Games to include modified versions of; Football Netball/ Basketball Tag-Rugby Handball Hockey	Competitive Games Invasion Games to include modified versions of; Football Netball/ Basketball Tag-Rugby Hockey Handball
		Dance Activities Simple movement patterns using a selection of fundamental skills	Dance Activities Simple movement patterns using a selection of fundamental skills				
	Fundamental Skills Kicking, Balance, Coordination through adapted versions of Football	Games Invasion Games to include modified versions of Football, netball and handball.	Games Invasion Games to include modified versions of Football, netball and handball.				
S P R I N G T E R M	Dance Activities A range of simple movement patterns using a selection of fundamental skills	Gymnastics Activities Including Jumping, Travelling, Rolling and Balancing	Gymnastics Activities Including Jumping, Travelling, Rolling and Balancing	Gymnastics Developing actions and sequences to include – rolling, travelling and jumping	Gymnastics Developing actions and sequences to include – rolling, travelling and jumping	Gymnastics Developing actions and sequences to include – rolling, travelling and jumping	Gymnastics Developing actions and sequences to include – rolling, travelling and jumping
	Gymnastics Activities Including Travelling, Jumping, Balancing, Rocking and Rolling	Dance Activities Simple movement patterns using a selection of fundamental skills	Dance Activities Simple movement patterns using a selection of fundamental skills	Dance Activities To include the use of movement patterns to perform dances	Dance Activities To include the use of movement patterns to perform dances	Dance Activities To include the development of own ideas and movement patterns to perform dances	Dance Activities Development of own ideas and movement patterns to perform dances
		Games Invasion Games – modified versions of; Hockey	Games Invasion Games – modified versions of; Hockey	Competitive Games Racket Games to include skill development through adapted versions of tennis.	Competitive Games Racket Games to include skill development through adapted versions of tennis.	Competitive Games Racket Games focusing on development of attacking and skills in adapted versions of tennis.	Competitive Games Racket Games focusing on development of attacking and skills in adapted versions of tennis.
S U M M E R T E R M	Games Using a range of fundamental skills in games through adapted versions of hockey and tennis	Games Racket Games to include skill development through adapted versions of tennis	Games Racket Games to include skill development through adapted versions of tennis	Athletic Activities Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance	Athletic Activities Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance	Athletic Activities Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance	Athletic Activities Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance
	Athletics Activities Developing and incorporating fundamental skills into adapted versions of athletics events	Athletics Activities Developing running, jumping and throwing skills	Athletic Activities Developing running, jumping and throwing skills	Swimming	Swimming	Competitive Games Team Striking & Fielding Games to include adapted versions of Rounders Cricket	Competitive Games Team Striking & Fielding Games to include adapted versions of Rounders Cricket