



PE Long Term Plan

Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
R	Multi- skills (Fundamental skills and movement)	Dance (EG Traditional tales /It's cold outside)	Multi- skills (Fundamental skills and movement)	Gymnastics (Making shapes)	Ball skills (Sending and receiving)	Games activity (EG Mini Olympics)
Y1/2	Games activity (EG Roller ball) Multi-skills (Focus on balancing)	Dance (EG Moving along) Gymnastics (Making shapes)	Dance (EG Themes and dream) Gymnastics (Using apparatus)	Games activity (EG 10 point hoops) OAA (EG Where are we going?)	Games activity (EG bean bag throw) Multi-skills (focus on jumps)	Athletics (EG Off, up and away) Multi- skills (focus on throwing and catching)
Y3/4	Multi-skills (EG SAQ)	Dance (EG Round the clock)	Dance	Invasion game (EG football)	Games activity (EG Arc rounders)	Athletics (EG Faster, higher, further)

	Invasion game (EG Skittles- basketball)	Gymnastics (EG Balancing act)	Gymnastics (Using apparatus)	Games activity (EG mini- tennis)	OAA (EG Gone fishing)	Games activity (EG Boundary line -cricket)
Y5/6	Invasion game (EG Grid rugby) Invasion game (EG Fives and threes- netball)	Dance (EG Indian delight) Aerobatic gymnastics	Dance (EG What's so funny?) Gymnastics (Using apparatus)	Multi- skills (EG SAQ) Games activity (EG Runners- cricket)	Games activity (EG What a racket- tennis) OAA (EG Where am I?)	Athletics (EG Distance challenge) Games activity (EG rounders)

Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Multi- skills (Focus on fundamental movement and travelling)	Dance	Multi- skills (Focus on fundamental movement and travelling)	Gymnastics	Balls skills	Games activity
Y1/2	Games activity (EG Piggy in the middle) Multi-skills (Focus on dynamic balance, kicking, punting)	Dance (EG Cat dance) Gymnastics (Families of actions)	Dance (EG How does it feel?) Gymnastics (Using apparatus)	Games activity (EG Kick rounders) OAA (EG Gone fishing)	Games activity (EG Mini tennis) Multi-skills (Focus on catching close/ far, big/ small balls)	Athletics (EG off, up and away) Multi- skills (Focus on running and stamina)
Y3/4	Multi- skills (EG SAQ) Invasion game (EG End zone- hockey)	Dance (EG Machines) Gymnastics (EG Partner work)	Dance (EG Electricity) Gymnastics (Using apparatus)	Invasion game (EG On the attack- basketball) Games activity (EG Cricket)	Games activity (EG Mini tennis) OAA (EG Search and rescue)	Athletics (EG Pass the baton) Games activity (EG Run the loop- rounders)

Y5/6	Invasion game (EG Tag rugby) Invasion game (EG Calling the shots- football)	Dance (EG Making the grade) Gymnastics (EG Group dynamics)	Dance (EG Masquerade) Gymnastics (Using apparatus)	Invasion game (EG Basketball) Invasion game (EG Calling the shots-hockey)	Games activity (EG Long and thin- badminton) OAA (EG Crystal star challenge)	Athletics (EG Three jump challenge) Games activity (EG Pairs cricket)

NB.

- *Lesson activities are based on core tasks from Easington School Sports Partnership.*

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Partnership2020

- *2 sessions of PE should be taught each week*
- *2 topics per half term- can either be taught approx 3 weeks on one and then the other
OR 1 session of each per week*

- *Fundamental movement skills should be incorporated into all lessons.*

Locomotor Skills Transporting the body in any direction from one point to another	Stability Skills Balancing the body in stillness and in motion	Manipulative Skills Control of objects using various body parts
<ul style="list-style-type: none"> • Walking • Running • Hopping • Skipping • Jumping for height • Jumping for distance • Dodging • Side stepping 	<ul style="list-style-type: none"> • Balancing • Landing 	<ul style="list-style-type: none"> • Catching • Throwing • Kicking • Striking with the hand • Striking with an implement