PE Long Term Plan: Online ‘PE Planning – Sports UK’ used for long, medium and short term plans

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|  | **Autumn** | **Spring** | **Summer** |
| **Reception** | **Movement & Development**1 – How to Move2 – How to Move Safely3 – Exploring Movements4 – Moving in Different Ways 5 – Moving in Different Directions6 – Moving at Different Speeds | **Dance**1 – Introduction to Dance2 – Acting in Character 3 – In Time with the Music 4 – Group Work5 – Introduction to Mirroring6 – Emotions and Expressions | **Working with others** 1 – Cooperating2 – Sharing3 – Taking Turns4 – Helping Others5 – Working with a Partner6 – Working Together | **Throwing and catching** 1 – Stopping and Receiving2 – Rolling & Sending3 – Catching: The Basics4 – Throwing: The Basics5 – Catching a Ball6 – Throwing and Catching | **Ball skills**1 – Exploring the Ball2 – Ball Control3 – Moving with a Ball4 – Collecting and Stopping5 – Bouncing6 – With a Partner | **Fun and games**1 – Awareness of Others2 – Movement Games3 – Sense Games4 – Ball Games5 – Parachute Games6 – Simple Games |
| **Year 1** | **IN: OAA**Lesson 1 – Introduction to OAALesson 2 – Parachute GamesLesson 3 – Scavenger HuntLesson 4 – Compass and DirectionLesson 5 – Obstacle CourseLesson 6 – Picture Orienteering | **IN: Fitness**1- Jumping2-Speed and agility3 – Balance, control and coordination4- turn- taking5-speed and stamina6- circuit relays | **IN: Dance**1 – Introduction to Dance2 – Moving in Character3 – Working Together4 – Creativity and Imagination5 – Finishing the Routine6 – Mask Making and Performance | **IN: Gym**1 – Travelling2 – Balances3 – Rolls4 – Jumps5 – Linking Movements6 – Performance | **IN: Dodgeball**1 – Introduction2 – Ball Familiarisation3 – Ball Control4 – Passing, Throwing and Catching5 – Simple Games6 – Final Lesson | **IN: Athletics**1 – Introduction2 – Coordination and Movement3 – Running4 – Jumping5 – Throwing6 – Throwing (Overarm Throw**)** |
| **OUT: Football**Lesson 1 – IntroductionLesson 2 – Coordination and MovementLesson 3 – Get into SpaceLesson 4 – Ball ControlLesson 5 – DribblingLesson 6 – Final Lesson | **OUT: Hockey**Lesson 1 – IntroductionLesson 2 – Coordination and MovementLesson 3 – Ball ControlLesson 4 – Get into SpaceLesson 5 – DribblingLesson 6 – Final Lesson | **OUT: Multi skills**Skill development building up to competition/ festivalSee PE Lead | **OUT: Athletics** Lesson 1 – IntroductionLesson 2 – Coordination and MovementLesson 3 – RunningLesson 4 – JumpingLesson 5 – ThrowingLesson 6 – Throwing (Overarm Throw) | **OUT: Athletics – sports day events**Refining and practising skills and knowledge taught in athletics unit an application at competitive level in preparation for sports day | **OUT: Cricket**Lesson 1 – IntroductionLesson 2 – Coordination and MovementLesson 3 – Ball SkillsLesson 4 – Fielding – Rolling, Get in LineLesson 5 – BattingLesson 6 – Final Lesson |
| **Year 2** | **IN: Dodgeball**Lesson 1 – IntroductionLesson 2 – Ball ControlLesson 3 – AimingLesson 4 – Throwing, Catching, PassingLesson 5 – Simple GamesLesson 6 – Final Lesson | **IN: Fitness**Lesson 1- Speed and agilityLesson 2 -Balance and coordinationLesson 3 -Balance, control, coordination Lesson 4- TeamworkLesson 5 – Speed and stamina Lesson 6 – Fitness relays | **IN: Dance**1 – Introduction to Dance2 – Moving to the Beat3 – Developing the Dance4 – Create Your Own Phrase5 – Finishing the Routine 6 – Performance | **IN: Gym**Lesson 1 – TravellingLesson 2 – Shapes & BalancesLesson 3 – RollsLesson 4 – JumpingLesson 5 – Leaps & Hand ApparatusLesson 6 – Apparatus Routines | **IN: Hockey**Lesson 1 – IntroductionLesson 2 – Coordination and MovementLesson 3 – Ball ControlLesson 4 – DribblingLesson 5 – PassingLesson 6 – Final Lesson | **IN: Cricket**Lesson 1 – IntroductionLesson 2 – Fielding- Ball SkillsLesson 3 – Fielding- Throwing and CatchingLesson 4 – BattingLesson 5 – Simple GamesLesson 6 – Final Lesson |
| **OUT: OAA**Lesson 1 – Introduction to OrienteeringLesson 2 – Parachute GamesLesson 3 – Scavenger huntLesson 4 – Compass & DirectionLesson 5 – Obstacle CourseLesson 6 – Picture Orienteering | **OUT: Multi sports – competition**Skill development building up to competition/ festivalSee PE Lead | **OUT: Tennis**Lesson 1 – IntroductionLesson 2 – Ball and Racket FamiliarisationLesson 3 – Sending SkillsLesson 4 – Receiving SkillsLesson 5 – Cooperative RalliesLesson 6 – Simple Games | **OUT:****Athletics**1 – Introduction2 – Coordination and Movement3 – Running (Sprinting)4 – Jumping5 – Throwing 6 – Running for Distance | **OUT: Athletics – sports day events**Refining and practising skills and knowledge taught in athletics unit an application at competitive level in preparation for sports day | **OUT: Rounders**Lesson 1 – IntroductionLesson 2 – Fielding- Ball SkillsLesson 3 – Fielding- Throwing and CatchingLesson 4 – BattingLesson 5 – Simple GamesLesson 6 – Final lesson |
| **Year 3** | **IN: Handball**Lesson 1 – IntroductionLesson 2 – Ball ControlLesson 3 – Passing- CatchingLesson 4 – Passing- ThrowingLesson 5 – Simple GamesLesson 6 – Final Lesson | **IN: Fitness**1 – Lower Body Circuits2 – Aerobic Circuits3 – Upper Body Circuits4 – Boxercise5 – Core Circuits6 – Full Body Circuits | **IN: Dance**1 -Introduction to Street Dance2 – Fluency of Movement3 – Choreography and Cooperation4 – Partner Work5 – Creative Tutting6 – PerformanceSupporting Content | **IN: Gym**Lesson 1 – TravellingLesson 2 – Key ShapesLesson 3 – RollsLesson 4 – JumpsLesson 5 – SequencesLesson 6 – Apparatus Work | **IN: Hockey**Lesson 1 – IntroductionLesson 2 – Stick and Ball FamiliarisationLesson 3 – DribblingLesson 4 – PassingLesson 5 – ShootingLesson 6 – Final Lesson | **IN: Cricket** Lesson 1 – IntroductionLesson 2 – Fielding- Ball SkillsLesson 3 – Throwing and CatchingLesson 4 – Batting- Hitting the BallLesson 5 – Simple GamesLesson 6 – Final Lesson |
| **OUT: Golf** **leading to competition**Lesson 1 – IntroductionLesson 2 – Putting TechniqueLesson 3 – Putting GamesLesson 4 – Chipping TechniqueLesson 5 – Chipping GamesLesson 6 – Crazy Golf | **OUT: OAA**Lesson 1 – Introduction and teamworkLesson 2 – TeamworkLesson 3 – Map SkillsLesson 4 – Indoor MappingLesson 5 – Picture OrienteeringLesson 6 – Single Control Event |  **OUT: Tennis**Lesson 1 – IntroductionLesson 2 – Ball and Racket FamiliarisationLesson 3 – Receiving SkillsLesson 4 – Cooperative RalliesLesson 5 – Simple GamesLesson 6 – Final Lesson | **OUT: Athletics**1 – Introduction2 – Coordination and Movement3 – Running4 – Jumping5 – Throwinglesson 6 – Final Lesson | **OUT:****Athletics – sports day events**Refining and practising skills and knowledge taught in athletics unit an application at competitive level in preparation for sports day | **OUT: Rounders**Lesson 1 – IntroductionLesson 2 – Fielding- Ball SkillsLesson 3 – Fielding- Throwing and CatchingLesson 4 – Batting- Hitting the BallLesson 5 – Simple GamesLesson 6 – Final Lesson |
| **Year 4** | **IN: Swimming**Delivered by qualified Instructors – Eccleshill Swimming Baths | **IN: Swimming**Delivered by qualified Instructors – Eccleshill Swimming Baths | **IN: Swimming**Delivered by qualified Instructors – Eccleshill Swimming Baths | **IN: Swimming**Delivered by qualified Instructors – Eccleshill Swimming Baths | **IN: Swimming**Delivered by qualified Instructors – Eccleshill Swimming Baths | **IN: Swimming**Delivered by qualified Instructors – Eccleshill Swimming Baths |
| **OUT: Tennis**Lesson 1 – IntroductionLesson 2 – Cooperative RalliesLesson 3 – Court TargetsLesson 4 – Rules of Mini TennisLesson 5 – Single GamesLesson 6 – Final Lesson | **OUT: Gym** Lesson 1/2 – Travelling/Shapes & BalancesLesson 2 – Rolls and jumpsLesson 3 – Apparatus & Performance**OUT: Dance**Lesson 1/2 – Introduction to Dance / Performing in CharacterLesson 3/4– Building the Dance /To the BeatLesson 5/6 – Group Choreography/ Performance | **OUT: Tag rugby leading to competition**Lesson 1 – Ball Control and Working as a TeamLesson 2 – Accurate Passing and Catching in a TeamLesson 3 – AttackingLesson 4 – Defending and TaggingLesson 5 – Circuit- Skills and TacticsLesson 6 – Competition | **OUT: OAA**Lesson 1 – Problem SolvingLesson 2 – TeamworkLesson 3 – Map SkillsLesson 4 – Indoor MappingLesson 5 – Picture OrienteeringLesson 6 – Control Plotting | **OUT: Athletics – sports day events**Lesson 1 – IntroductionLesson 2 – RunningLesson 3 – JumpingLesson 4 – ThrowingLesson 5 – Relay RacesLesson 6 – Final Lesson | **OUT: Cricket - comp** Lesson 1 – IntroductionLesson 2 – Fielding- Throwing and CatchingLesson 3 – Batting- Hitting into SpaceLesson 4 – Bowling- UnderarmLesson 5 – TournamentLesson 6 – Final Lesson |
| **Year 5** | **IN: Hockey**Lesson 1 – IntroductionLesson 2 – DribblingLesson 3 – DribblingLesson 4 – Attacking PlayLesson 5 – Defending PlayLesson 6 – Final Lesson | **IN: Fitness**1 – Lower Body Circuits2 – Aerobic Circuits3 – Upper Body Circuits4 – Boxercise5 – Core Circuits6 – Full Body Circuits | **IN: Dance**Lesson 1 – Finding the BeatLesson 2 – Coordination and CooperationLesson 3 – TuttingLesson 4 – Dancing in UnisonLesson 5 – Group ChoreographyLesson 6 – Performance | **IN: Gym**Lesson 1 – TravellingLesson 2 – Individual BalancesLesson 3 – RollsLesson 4 – JumpsLesson 5 – SequencesLesson 6 – Hand Apparatus & Performance | **IN: Volley ball**Lesson 1 – IntroductionLesson 2 – Volleyball ShotsLesson 3 – Attacking PlayLesson 4 – Defending PlayLesson 5 – TournamentLesson 6 – Final Lesson | **IN: Cricket**Lesson 1 – IntroductionLesson 2 – Bowling- at a TargetLesson 3 – Fielding- TacticsLesson 4 – Batting- TacticsLesson 5 – TournamentLesson 6 – Final Lesson |
| **OUT: Tennis**Lesson 1 – IntroductionLesson 2 – Cooperative RalliesLesson 3 – Court TargetsLesson 4 – Simple GamesLesson 5 – Competitive Mini GamesLesson 6 – Final Lesson | **OUT: OAA**Lesson 1 – Problem SolvingLesson 2 – TeamworkLesson 3 – Line OrienteeringLesson 4 – Indoor MappingLesson 5 – Single Control EventLesson 6 – Control Plotting | OUT: HandballLesson 1 – IntroductionLesson 2 – Ball ControlLesson 3 – Ball ControlLesson 4 – Attacking PlayLesson 5 – TournamentLesson 6 – Final Lesson | **OUT: Athletics**Lesson 1 – IntroductionLesson 2 – Run for SpeedLesson 3 – Throwing for DistanceLesson 4 – Jump for DistanceLesson 5 – Mini OlympicsLesson 6 – Final Lesson | **OUT:****Athletics – sports day events**Refining and practising skills and knowledge taught in athletics unit an application at competitive level in preparation for sports day | **OUT: Rounders**Lesson 1 – IntroductionLesson 2 – Fielding TacticsLesson 3 – BowlingLesson 4 – Batting- TacticsLesson 5 – TournamentLesson 6 – Final Lesson |
| **Year 6** | **IN: Tennis**Lesson 1 – IntroductionLesson 2 – Cooperative RalliesLesson 3 – Court TargetsLesson 4 – Single GamesLesson 5 – Competitive Mini GamesLesson 6 – Final Lesson | **IN: Fitness**1 – Lower Body Circuits2 – Aerobic Circuits3 – Upper Body Circuits4 – Boxercise5 – Core Circuits6 – Full Body Circuits | **IN: Dance**Lesson 1 – Introducing the DanceLesson 2 – Question and AnswerLesson 3 – Canon and UnisonLesson 4 – Confidence and TimingLesson 5 – Group ChoreographyLesson 6 – Performance | **IN: Gym**Lesson 1 – TravellingLesson 2 – Shapes & BalancesLesson 3 – RollsLesson 4 – JumpsLesson 5 – Apparatus & Group WorkLesson 6 – Group Performance | **IN: Cricket**Lesson 1 – IntroductionLesson 2 – Fielding- TacticsLesson 3 – Bowling- TacticsLesson 4 – Batting- TacticsLesson 5 – TournamentLesson 6 – Final Lesson | **IN: Volley ball**Lesson 1 – Introduction LessonLesson 2 – Volleyball ShotsLesson 3 – Attacking PlayLesson 4 – Defending PlayLesson 5 – TournamentLesson 6 – Final Lesson |
| **OUT: Hockey**Lesson 1 – IntroductionLesson 2 – DribblingLesson 3 – Attacking PlayLesson 4 – Defending PlayLesson 5 – TournamentLesson 6 – Final Lesson | **OUT: OAA**Lesson 1 – Problem SolvingLesson 2 – TeamworkLesson 3 – Picture Orienteeringlesson 4 – Indoor MappingLesson 5 – Single Control EventLesson 6 – Control Plotting | **OUT: Handball** Lesson 1 – IntroductionLesson 2 – PassingLesson 3 – Attacking PlayLesson 4 – Defending PlayLesson 5 – TournamentLesson 6 – Final Lesson | **OUT: Athletics**Lesson 1 – IntroductionLesson 2 – Run for SpeedLesson 3 – Throwing for DistanceLesson 4 – Jump for DistanceLesson 5 – Mini OlympicsLesson 6 – Final Lesson | **OUT:****Athletics – sports day events**Refining and practising skills and knowledge taught in athletics unit an application at competitive level in preparation for sports day | **OUT: Rounders**Lesson 1 – IntroductionLesson 2 – Fielding TacticsLesson 3 – BowlingLesson 4 – Batting TacticsLesson 5 – TournamentLesson 6 – Final Lesson |