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 Move  2 – How to Move Safely  3 – Exploring Movements  4 – Moving in Different Ways  5 – Moving in Different Directions  6 – Moving at Different Speeds | **Dance**  1 – Introduction to Dance  2 – Acting in Character  3 – In Time with the Music  4 – Group Work  5 – Introduction to Mirroring  6 – Emotions and Expressions | **Working with others**  1 – Cooperating  2 – Sharing  3 – Taking Turns  4 – Helping Others  5 – Working with a Partner  6 – Working Together | **Throwing and catching**  1 – Stopping and Receiving  2 – Rolling & Sending  3 – Catching: The Basics  4 – Throwing: The Basics  5 – Catching a Ball  6 – Throwing and Catching | **Ball skills**  1 – Exploring the Ball  2 – Ball Control  3 – Moving with a Ball  4 – Collecting and Stopping  5 – Bouncing  6 – With a Partner | **Fun and games**  1 – Awareness of Others  2 – Movement Games  3 – Sense Games  4 – Ball Games  5 – Parachute Games  6 – Simple Games |
| **Year 1** | **IN: OAA**  Lesson 1 – Introduction to OAA  Lesson 2 – Parachute Games  Lesson 3 – Scavenger Hunt  Lesson 4 – Compass and Direction  Lesson 5 – Obstacle Course  Lesson 6 – Picture Orienteering | **IN: Fitness**  1- Jumping  2-Speed and agility  3 – Balance, control and coordination  4- turn- taking  5-speed and stamina  6- circuit relays | **IN: Dance**  1 – Introduction to Dance  2 – Moving in Character  3 – Working Together  4 – Creativity and Imagination  5 – Finishing the Routine  6 – Mask Making and Performance | **IN: Gym**  1 – Travelling  2 – Balances  3 – Rolls  4 – Jumps  5 – Linking Movements  6 – Performance | **IN: Dodgeball**  1 – Introduction  2 – Ball Familiarisation  3 – Ball Control  4 – Passing, Throwing and Catching  5 – Simple Games  6 – Final Lesson | **IN: Athletics**  1 – Introduction  2 – Coordination and Movement  3 – Running  4 – Jumping  5 – Throwing  6 – Throwing (Overarm Throw**)** |
| **OUT: Football**  Lesson 1 – Introduction  Lesson 2 – Coordination and Movement  Lesson 3 – Get into Space  Lesson 4 – Ball Control  Lesson 5 – Dribbling  Lesson 6 – Final Lesson | **OUT: Hockey**  Lesson 1 – Introduction  Lesson 2 – Coordination and Movement  Lesson 3 – Ball Control  Lesson 4 – Get into Space  Lesson 5 – Dribbling  Lesson 6 – Final Lesson | **OUT: Multi skills**  Skill development building up to competition/ festival  See PE Lead | **OUT: Athletics**  Lesson 1 – Introduction  Lesson 2 – Coordination and Movement  Lesson 3 – Running  Lesson 4 – Jumping  Lesson 5 – Throwing  Lesson 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 – Introduction  Lesson 2 – Coordination and Movement  Lesson 3 – Ball Skills  Lesson 4 – Fielding – Rolling, Get in Line  Lesson 5 – Batting  Lesson 6 – Final Lesson |
| **Year 2** | **IN: Dodgeball**  Lesson 1 – Introduction  Lesson 2 – Ball Control  Lesson 3 – Aiming  Lesson 4 – Throwing, Catching, Passing  Lesson 5 – Simple Games  Lesson 6 – Final Lesson | **IN: Fitness**  Lesson 1- Speed and agility  Lesson 2 -Balance and coordination  Lesson 3 -Balance, control, coordination  Lesson 4- Teamwork  Lesson 5 – Speed and stamina  Lesson 6 – Fitness relays | **IN: Dance**  1 – Introduction to Dance  2 – Moving to the Beat  3 – Developing the Dance  4 – Create Your Own Phrase  5 – Finishing the Routine  6 – Performance | **IN: Gym**  Lesson 1 – Travelling  Lesson 2 – Shapes & Balances  Lesson 3 – Rolls  Lesson 4 – Jumping  Lesson 5 – Leaps & Hand Apparatus  Lesson 6 – Apparatus Routines | **IN: Hockey**  Lesson 1 – Introduction  Lesson 2 – Coordination and Movement  Lesson 3 – Ball Control  Lesson 4 – Dribbling  Lesson 5 – Passing  Lesson 6 – Final Lesson | **IN: Cricket**  Lesson 1 – Introduction  Lesson 2 – Fielding- Ball Skills  Lesson 3 – Fielding- Throwing and Catching  Lesson 4 – Batting  Lesson 5 – Simple Games  Lesson 6 – Final Lesson |
| **OUT: OAA**  Lesson 1 – Introduction to Orienteering  Lesson 2 – Parachute Games  Lesson 3 – Scavenger hunt  Lesson 4 – Compass & Direction  Lesson 5 – Obstacle Course  Lesson 6 – Picture Orienteering | **OUT: Multi sports – competition**  Skill development building up to competition/ festival  See PE Lead | **OUT: Tennis**  Lesson 1 – Introduction  Lesson 2 – Ball and Racket Familiarisation  Lesson 3 – Sending Skills  Lesson 4 – Receiving Skills  Lesson 5 – Cooperative Rallies  Lesson 6 – Simple Games | **OUT:**  **Athletics**  1 – Introduction  2 – Coordination and Movement  3 – Running (Sprinting)  4 – Jumping  5 – 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 – Introduction  Lesson 2 – Fielding- Ball Skills  Lesson 3 – Fielding- Throwing and Catching  Lesson 4 – Batting  Lesson 5 – Simple Games  Lesson 6 – Final lesson |
| **Year 3** | **IN: Handball**  Lesson 1 – Introduction  Lesson 2 – Ball Control  Lesson 3 – Passing- Catching  Lesson 4 – Passing- Throwing  Lesson 5 – Simple Games  Lesson 6 – Final Lesson | **IN: Fitness**  1 – Lower Body Circuits  2 – Aerobic Circuits  3 – Upper Body Circuits  4 – Boxercise  5 – Core Circuits  6 – Full Body Circuits | **IN: Dance**  1 -Introduction to Street Dance  2 – Fluency of Movement  3 – Choreography and Cooperation  4 – Partner Work  5 – Creative Tutting  6 – Performance  Supporting Content | **IN: Gym**  Lesson 1 – Travelling  Lesson 2 – Key Shapes  Lesson 3 – Rolls  Lesson 4 – Jumps  Lesson 5 – Sequences  Lesson 6 – Apparatus Work | **IN: Hockey**  Lesson 1 – Introduction  Lesson 2 – Stick and Ball Familiarisation  Lesson 3 – Dribbling  Lesson 4 – Passing  Lesson 5 – Shooting  Lesson 6 – Final Lesson | **IN: Cricket**  Lesson 1 – Introduction  Lesson 2 – Fielding- Ball Skills  Lesson 3 – Throwing and Catching  Lesson 4 – Batting- Hitting the Ball  Lesson 5 – Simple Games  Lesson 6 – Final Lesson |
| **OUT: Golf**  **leading to competition**  Lesson 1 – Introduction  Lesson 2 – Putting Technique  Lesson 3 – Putting Games  Lesson 4 – Chipping Technique  Lesson 5 – Chipping Games  Lesson 6 – Crazy Golf | **OUT: OAA**  Lesson 1 – Introduction and teamwork  Lesson 2 – Teamwork  Lesson 3 – Map Skills  Lesson 4 – Indoor Mapping  Lesson 5 – Picture Orienteering  Lesson 6 – Single Control Event | **OUT: Tennis**  Lesson 1 – Introduction  Lesson 2 – Ball and Racket Familiarisation  Lesson 3 – Receiving Skills  Lesson 4 – Cooperative Rallies  Lesson 5 – Simple Games  Lesson 6 – Final Lesson | **OUT: Athletics**  1 – Introduction  2 – Coordination and Movement  3 – Running  4 – Jumping  5 – Throwing  lesson 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 – Introduction  Lesson 2 – Fielding- Ball Skills  Lesson 3 – Fielding- Throwing and Catching  Lesson 4 – Batting- Hitting the Ball  Lesson 5 – Simple Games  Lesson 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 – Introduction  Lesson 2 – Cooperative Rallies  Lesson 3 – Court Targets  Lesson 4 – Rules of Mini Tennis  Lesson 5 – Single Games  Lesson 6 – Final Lesson | **OUT: Gym**  Lesson 1/2 – Travelling  /Shapes & Balances  Lesson 2 – Rolls and jumps  Lesson 3 – Apparatus & Performance  **OUT: Dance**  Lesson 1/2 – Introduction to Dance / Performing in Character  Lesson 3/4– Building the Dance /To the Beat  Lesson 5/6 – Group Choreography/ Performance | **OUT: Tag rugby leading to competition**  Lesson 1 – Ball Control and Working as a Team  Lesson 2 – Accurate Passing and Catching in a Team  Lesson 3 – Attacking  Lesson 4 – Defending and Tagging  Lesson 5 – Circuit- Skills and Tactics  Lesson 6 – Competition | **OUT: OAA**  Lesson 1 – Problem Solving  Lesson 2 – Teamwork  Lesson 3 – Map Skills  Lesson 4 – Indoor Mapping  Lesson 5 – Picture Orienteering  Lesson 6 – Control Plotting | **OUT: Athletics – sports day events**  Lesson 1 – Introduction  Lesson 2 – Running  Lesson 3 – Jumping  Lesson 4 – Throwing  Lesson 5 – Relay Races  Lesson 6 – Final Lesson | **OUT: Cricket - comp**  Lesson 1 – Introduction  Lesson 2 – Fielding- Throwing and Catching  Lesson 3 – Batting- Hitting into Space  Lesson 4 – Bowling- Underarm  Lesson 5 – Tournament  Lesson 6 – Final Lesson |
| **Year 5** | **IN: Hockey**  Lesson 1 – Introduction  Lesson 2 – Dribbling  Lesson 3 – Dribbling  Lesson 4 – Attacking Play  Lesson 5 – Defending Play  Lesson 6 – Final Lesson | **IN: Fitness**  1 – Lower Body Circuits  2 – Aerobic Circuits  3 – Upper Body Circuits  4 – Boxercise  5 – Core Circuits  6 – Full Body Circuits | **IN: Dance**  Lesson 1 – Finding the Beat  Lesson 2 – Coordination and Cooperation  Lesson 3 – Tutting  Lesson 4 – Dancing in Unison  Lesson 5 – Group Choreography  Lesson 6 – Performance | **IN: Gym**  Lesson 1 – Travelling  Lesson 2 – Individual Balances  Lesson 3 – Rolls  Lesson 4 – Jumps  Lesson 5 – Sequences  Lesson 6 – Hand Apparatus & Performance | **IN: Volley ball**  Lesson 1 – Introduction  Lesson 2 – Volleyball Shots  Lesson 3 – Attacking Play  Lesson 4 – Defending Play  Lesson 5 – Tournament  Lesson 6 – Final Lesson | **IN: Cricket**  Lesson 1 – Introduction  Lesson 2 – Bowling- at a Target  Lesson 3 – Fielding- Tactics  Lesson 4 – Batting- Tactics  Lesson 5 – Tournament  Lesson 6 – Final Lesson |
| **OUT: Tennis**  Lesson 1 – Introduction  Lesson 2 – Cooperative Rallies  Lesson 3 – Court Targets  Lesson 4 – Simple Games  Lesson 5 – Competitive Mini Games  Lesson 6 – Final Lesson | **OUT: OAA**  Lesson 1 – Problem Solving  Lesson 2 – Teamwork  Lesson 3 – Line Orienteering  Lesson 4 – Indoor Mapping  Lesson 5 – Single Control Event  Lesson 6 – Control Plotting | OUT: Handball  Lesson 1 – Introduction  Lesson 2 – Ball Control  Lesson 3 – Ball Control  Lesson 4 – Attacking Play  Lesson 5 – Tournament  Lesson 6 – Final Lesson | **OUT: Athletics**  Lesson 1 – Introduction  Lesson 2 – Run for Speed  Lesson 3 – Throwing for Distance  Lesson 4 – Jump for Distance  Lesson 5 – Mini Olympics  Lesson 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 – Introduction  Lesson 2 – Fielding Tactics  Lesson 3 – Bowling  Lesson 4 – Batting- Tactics  Lesson 5 – Tournament  Lesson 6 – Final Lesson |
| **Year 6** | **IN: Tennis**  Lesson 1 – Introduction  Lesson 2 – Cooperative Rallies  Lesson 3 – Court Targets  Lesson 4 – Single Games  Lesson 5 – Competitive Mini Games  Lesson 6 – Final Lesson | **IN: Fitness**  1 – Lower Body Circuits  2 – Aerobic Circuits  3 – Upper Body Circuits  4 – Boxercise  5 – Core Circuits  6 – Full Body Circuits | **IN: Dance**  Lesson 1 – Introducing the Dance  Lesson 2 – Question and Answer  Lesson 3 – Canon and Unison  Lesson 4 – Confidence and Timing  Lesson 5 – Group Choreography  Lesson 6 – Performance | **IN: Gym**  Lesson 1 – Travelling  Lesson 2 – Shapes & Balances  Lesson 3 – Rolls  Lesson 4 – Jumps  Lesson 5 – Apparatus & Group Work  Lesson 6 – Group Performance | **IN: Cricket**  Lesson 1 – Introduction  Lesson 2 – Fielding- Tactics  Lesson 3 – Bowling- Tactics  Lesson 4 – Batting- Tactics  Lesson 5 – Tournament  Lesson 6 – Final Lesson | **IN: Volley ball**  Lesson 1 – Introduction Lesson  Lesson 2 – Volleyball Shots  Lesson 3 – Attacking Play  Lesson 4 – Defending Play  Lesson 5 – Tournament  Lesson 6 – Final Lesson |
| **OUT: Hockey**  Lesson 1 – Introduction  Lesson 2 – Dribbling  Lesson 3 – Attacking Play  Lesson 4 – Defending Play  Lesson 5 – Tournament  Lesson 6 – Final Lesson | **OUT: OAA**  Lesson 1 – Problem Solving  Lesson 2 – Teamwork  Lesson 3 – Picture Orienteering  lesson 4 – Indoor Mapping  Lesson 5 – Single Control Event  Lesson 6 – Control Plotting | **OUT: Handball**  Lesson 1 – Introduction  Lesson 2 – Passing  Lesson 3 – Attacking Play  Lesson 4 – Defending Play  Lesson 5 – Tournament  Lesson 6 – Final Lesson | **OUT: Athletics**  Lesson 1 – Introduction  Lesson 2 – Run for Speed  Lesson 3 – Throwing for Distance  Lesson 4 – Jump for Distance  Lesson 5 – Mini Olympics  Lesson 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 – Introduction  Lesson 2 – Fielding Tactics  Lesson 3 – Bowling  Lesson 4 – Batting Tactics  Lesson 5 – Tournament  Lesson 6 – Final Lesson |