

## PE Long Term Plan

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
EYFS	<b>Gymnastics Unit A</b> Travelling  <b>Games Unit 1</b> Focus on using beanbags	<b>Games Unit 2</b> Focus on using a ball  <b>Dance Unit 1</b> Stars in Space Rabbits Follow my Leader Hickory Dickory Dock Autumn Leaves	<b>Gymnastics Unit B</b> Stretching and curling  <b>Dance Unit 2</b> Icicles Mr Jelly and Mr Strong Wriggling William Angry Elephant	<b>Games Unit 3</b> Focus on using hoops and quoits  <b>Dance Unit 4</b> The Scarf Painting Patterns The Hungry Caterpillar	<b>Gymnastics Unit C</b> Travelling taking weight	<b>Games Unit 4</b> Focus on using a ropes, bats and balls  <b>Dance Unit 3</b> Blowing Bubbles Dinosaurs The Shaking Puppet
	<b>Gymnastics Unit D</b> Flight - bouncing, jumping and landing  <b>Games Unit 1</b> Ball skills and games	<b>Gymnastics Unit E</b> Points and patches  <b>Dance Unit 1</b> Streamers Conkers Playing with a ball	<b>Gymnastics Unit F</b> Rocking and rolling  <b>Games Unit 2</b> Throwing and catching, aiming games	<b>Gymnastics Unit G</b> Wide - Narrow - Curled  <b>Dance Unit 2</b> March, March, March Jack and the Beanstalk	<b>Games Unit 3</b> Bat and balls skills and games, skipping  <b>Athletics Unit 1</b> Changing speed, underarm throwing, simple take offs and landings, push throw	<b>Games Unit 4</b> Developing Partner Work  <b>Athletics Unit 2</b> Basic running styles, overarm throwing, pivot turn, running in curved pathways, jumping techniques
Year 1	There are 2 other dance units that can be used instead of the 2 used here Unit 3 - Fog and Sunshine, Washing Day, Handa's Surprise Unit 4 - The Rainbow Fish, We're Going on a Bear Hunt					
	<b>Gymnastics Unit H</b> Parts high and parts low  <b>Games Unit 1</b> Throwing and catching (inventing games)	<b>Gymnastics Unit I</b> Pathways, straight, zig-zag and curving  <b>Dance Unit 1</b> The cat Balloons Reach for the stars	<b>Gymnastics Unit J</b> Turning, spinning and twisting  <b>Games Unit 2</b> Making up games with a partner. Hitting, aiming and kicking	<b>Gymnastics Unit K</b> Linking movements together  <b>Dance Unit 2</b> Friends Bubbles Shadows	<b>Games Unit 3</b> Dribbling, kicking and hitting  <b>Athletics Unit 1</b> Take offs and landing Running for even pace Underarm throw for accuracy and distance	<b>Games Unit 4</b> Group games and inventing rules  <b>Athletics Unit 2</b> Underarm, overarm and push throws and relays
Year 2						

	<p>There are 2 other dance units that can be used instead of the 2 used here</p> <p>Unit 3 - Words and word messages, The Three Little Pigs</p> <p>Unit 4 - Copy Cat, Pat-a-cake Polka, Jumping Joan, Elsdon Circle, Anything Goes, Galopede, Circassian Circle</p>					
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Year 3	<p><b>Gymnastics Unit L</b> Stretching, curling and arching</p> <p><b>Games Unit 3</b> Net and wall games Hitting skills</p>	<p><b>Gymnastics Unit M</b> Symmetry and Assymetry</p> <p><b>Dance Unit 4</b> Mechanical Progress</p>	<p><b>Gymnastics Unit O</b> Travelling with a change of front and direction</p> <p><b>Games Unit 1</b> Invasion Passing and receiving balls with hands, feet and sticks</p>	<p><b>Swimming</b></p> <p><b>Dance Unit 1</b> The language of dance</p>	<p><b>Swimming</b></p> <p><b>Games Unit 4</b> Striking and fielding Using different shapes and sizes of bats, throwing, intercepting and stopping balls</p>	<p><b>Swimming</b></p> <p><b>Athletics Unit 1</b> Running, jumping and throwing</p>
	<p>There are 2 other dance units that can be used instead of the 2 used here</p> <p>Unit 2 - The Explorers</p> <p>Unit 3 - based on the book 'The Dance of the Eagle and the Fish.'</p>					
Year 4	<p><b>Swimming</b></p> <p><b>Games Unit 3</b> Invasion games Tag Rugby</p>	<p><b>Swimming</b></p> <p><b>Gymnastics Unit P</b> Balance</p>	<p><b>Swimming</b></p> <p><b>Dance Unit 2</b> Electricity</p>	<p><b>Gymnastics Unit Q</b> Receiving body weight</p> <p><b>Games Unit 1</b> Net and Wall games - squash</p>	<p><b>Dance Unit 3</b> Snooker championship</p> <p><b>Games Unit 4</b> Striking and fielding - rounders</p>	<p><b>Athletics Unit 1</b> Counting, measuring and timing</p> <p><b>Athletics Unit 2</b> Paced running, combination jumping, relay take over (downsweep), throwing accuracy</p>

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Year 5	<p><b>Games Unit 3</b> Invasion games Hockey</p> <p><b>Gymnastics Unit W</b> Spinning and turning</p>	<p><b>Games Unit 2</b> Invasion games Netball</p> <p><b>Gymnastics Unit U</b> Flight</p>	<p><b>Gymnastics Unit T</b> Bridges</p> <p><b>Dance Unit 3</b> City Life</p>	<p><b>Games Unit 1</b> Net and Wall games - tennis/volleyball</p> <p><b>Dance Unit 1</b> Rubbish</p>	<p><b>Games Unit 4</b> Striking and fielding - cricket</p> <p><b>Gymnastics Unit V</b> Functional use of the limbs</p> <p><b>There are Tudor dance units available to link with topic work</b></p>	<p><b>Athletics Unit 1</b> Running over obstacles, relay take over (upsweep), sprinting</p> <p><b>Athletics Unit 2</b> Jumping high and long, sprint starts</p>
Year 6	<p><b>Games Unit 1</b> Invasion games Hockey and football</p> <p><b>Gymnastics Unit X</b> Working together - matching, mirroring and contrasting</p>	<p><b>Dance Unit 1</b> The World of Sport Mix and Match</p> <p><b>Gymnastics Unit Z</b> Working together - holes and barriers</p>	<p><b>Games Unit 4</b> Invasion games Basketball and tag rugby</p> <p><b>Gymnastics Unit Alpha</b> Counter balance and counter tension</p>	<p><b>Games Unit 2</b> Net and wall games Volleyball and tennis</p> <p><b>Gymnastics Unit Y</b> Working together - synchronisation and cannon</p>	<p><b>Games Unit 3</b> Striking and fielding Cricket and rounders</p> <p><b>Dance Unit 3</b> The Rainforest Hunting in Unknown Territory</p>	<p><b>Athletics Unit 1</b> Drive and speed, shot, discus, long jump, triple jump, hurdles</p> <p><b>Athletics Unit 2</b> Upsweep and downsweep for relay takeover, scissor jump, javelin</p>