

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Reception	<p><u>Fine motor skills</u> One handed tools – grip, letter formation</p> <p><u>Gross Motor</u> Riding bikes Balance on equipment</p> <p>Balance Coordination Movement (self and equipment)</p>	<p><u>Fine motor skills</u> -clockwise/anti-clockwise movements -use equipment effectively -develop posture when sitting at a table -use of scissors</p> <p><u>Gross Motor</u> -develop a fluent style of movement (dance) Collaborate with others to manage large items</p> <p>Balance Coordination Movement (self and equipment)</p>	<p><u>Fine motor skills</u> Independently demonstrate fine motor skills- writing with accuracy and control, using tools</p> <p><u>Gross Motor</u> -Use apparatus to balance -explore different ways of moving</p> <p>Balance Coordination Movement (self and equipment)</p>	<p><u>Fine motor skills</u> Develop written letters-increase fluency Use scissors safely and accurately Show control over objects</p> <p><u>Gross Motor</u> Move with control and grace Develop core muscles Show co-ordination, balance and agility when travelling Combine movements with ease</p> <p>Balance Coordination Movement (self and equipment) Agility Spatial Awareness</p>	<p><u>Fine motor skills</u> Develop letter formation Use scissors, cutlery, paintbrushes with accuracy</p> <p><u>Gross Motor</u> Negotiate space and avoid obstacles kick big ball skip, hop and stand on one leg</p> <p>Balance Coordination Movement (self and equipment) Agility Spatial Awareness</p>	<p><u>Fine motor skills</u> Show care when drawing Write with increasing fluency</p> <p><u>Gross Motor</u> Take part in sports day Demonstrate strength and co-ordination Negotiate space</p> <p>Balance Coordination Movement (self and equipment) Agility Spatial Awareness Performance Rules</p>

Long Term Planning: PE



<p>Year 1 1 hour</p>	<p>Movement Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Dance Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Gymnastics Balance Performance Movement (self) Agility Coordination Spatial Awareness</p>	<p>Throwing Movement (self and equipment) Agility Coordination Spatial Awareness Catching Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Sending and Receiving (Team games) Attacking and defending Rules Coordination Spatial Awareness</p>	<p>Target Games Balance Rules Movement (self and equipment) Coordination Spatial Awareness</p>
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Long Term Planning: PE



<p>Year 1 30 minutes</p>	<p>Team Building (OAA) Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Fundamentals Balance Movement (self and equipment) Coordination Spatial Awareness</p>	<p>Yoga Balance Movement (self and equipment) Coordination Spatial Awareness</p>	<p>Ball Skills Balance Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Fitness Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Athletics Rules Movement (self and equipment) Agility Coordination Spatial Awareness</p>
<p>Year 2 1 hour</p>	<p>Throwing Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Dance Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Gymnastics Balance Performance Movement (self) Agility Coordination Spatial Awareness</p>	<p>Team games Attacking and defending Rules Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Catching Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Striking Attacking and defending Movement (equipment) Agility Coordination Spatial Awareness</p>
<p>Year 2 30 minutes</p>	<p>Team Building (OAA) Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Movement Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Yoga Balance Movement (self and equipment) Coordination Spatial Awareness</p>	<p>Ball Skills Balance Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Fitness Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness</p>	<p>Athletics Rules Movement (self and equipment) Agility Coordination Spatial Awareness</p>

Long Term Planning: PE



Year 3 1 hour	Football Attacking and defending Rules Movement (self and equipment) Agility Coordination Spatial Awareness	Dance Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness	Gymnastics Balance Performance Movement (self) Agility Coordination Spatial Awareness	Netball Attacking and defending Rules Movement (self and equipment) Agility Coordination Spatial Awareness	Tennis Attacking and defending Rules Movement (self and equipment) Agility Coordination Spatial Awareness	Cricket Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness
Year 3 30 minutes	OAA Movement (self and equipment) Agility Coordination Spatial Awareness	Fundamentals Balance Movement (self and equipment) Coordination Spatial Awareness	Yoga Balance Movement (self and equipment) Coordination Spatial Awareness	Ball Skills Balance Movement (self and equipment) Agility Coordination Spatial Awareness	Fitness Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness	Athletics Rules Movement (self and equipment) Agility Coordination Spatial Awareness
Year 4 1 hour	Hockey Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness	Dance Balance Performance Composition Movement (self and equipment) Agility Coordination Spatial Awareness	Gymnastics Balance Performance Composition Movement (self and equipment) Agility Coordination Spatial Awareness	Swimming Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness	Cricket Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness	Tennis Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness
Year 4 30 minutes	OAA Movement (self and equipment) Agility	Fundamentals Balance Movement (self and equipment)	Yoga Balance Movement (self and equipment)	Ball Skills Balance Movement (self and equipment)	Fitness Balance Performance	Athletics Rules Movement (self and equipment)

Long Term Planning: PE



East Park

	Coordination Spatial Awareness	Coordination Spatial Awareness	Coordination Spatial Awareness	Agility Coordination Spatial Awareness	Movement (self and equipment) Agility Coordination Spatial Awareness	Agility Coordination Spatial Awareness
Year 5 1 hour	Tag rugby Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness	Dance Balance Performance Composition Movement (self and equipment) Agility Coordination Spatial Awareness	Gymnastics Balance Performance Composition Movement (self and equipment) Agility Coordination Spatial Awareness	Football Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness	Cricket Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness	Frisbee golf Rules Movement (self and equipment) Coordination Movement (self and equipment) Agility Coordination Spatial Awareness
Year 5 30 minutes	OAA Movement (self and equipment) Agility Coordination Spatial Awareness	Dodgeball Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness	Yoga Balance Movement (self and equipment) Coordination Spatial Awareness	Fitness Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness	Handball Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness	Athletics Movement (self and equipment) Agility Coordination Spatial Awareness
Year 6 1 hour	Netball Attacking and defending Rules Tactics Movement (self and equipment)	Dance Balance Performance Composition Movement (self and equipment) Agility	Gymnastics Balance Performance Composition Movement (self and equipment) Agility	Hockey Attacking and defending Rules Tactics Movement (self and equipment)	Tag Rugby Attacking and defending Rules Tactics Movement (self and equipment)	Rounders Attacking and defending Rules Tactics Movement (self and equipment)

Long Term Planning: PE



	Agility Coordination Spatial Awareness	Coordination Spatial Awareness	Coordination Spatial Awareness	Agility Coordination Spatial Awareness	Agility Coordination Spatial Awareness	Agility Coordination Spatial Awareness
Year 6 30 minutes	OAA Movement (self and equipment) Agility Coordination Spatial Awareness	Dodgeball Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness	Yoga Balance Movement (self and equipment) Coordination Spatial Awareness	Fitness Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness	Handball Attacking and defending Rules Tactics Movement (self and equipment) Agility Coordination Spatial Awareness	Athletics Movement (self and equipment) Agility Coordination Spatial Awareness
Links to Key Stage 3	Pupils should be taught to: <ul style="list-style-type: none"> - Use a range of tactics and strategies to overcome opponents in direct competition. - Develop their technique and improve their performance in other competitive sports. - Perform dances using advanced dance techniques within a range of dance styles and forms. - Take part in outdoor and adventurous activities which present intellectual and physical challenges. - Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. 					

- Swimming TBC