


Physical Education Long Term Plan

	Aut1	Aut2	Spr2	Spr2	Sum1	Sum2
1	Dance- Traditional Tales Fundamental Skills: Movement and Balance	Gymnastics - balance and space Multiskills: Target skills	Gymnastics- travel and flight Multiskills: throwing- catching	Skipping Multiskills: throwing- catching	Mini Athletics Multiskills: dribbling, kicking and hitting	Mini Athletics Multiskills: dribbling, kicking and hitting
2.	Dance- Topic to be confirmed Fundamental Skills: Movement and Balance	Gymnastics - balance and space Multiskills: Target skills	Gymnastics- travel and flight Multiskills: throwing- catching	Skipping Multiskills: throwing- catching	Mini Athletics Multiskills: dribbling, kicking and hitting	Mini Athletics Multiskills: dribbling, kicking and hitting
3	Dance Games:Invasion Quick sticks Hockey	Gymnastics Games: Invasion Short Tennis	Gymnastics Games: Sending & Receiving Football	Health Related Fitness/OAA Games: Net and Wall Tag Rugby	Games: Invasion Basketball Games: Striking and Fielding Basic Cricket	Athletics Personal Best Sending and Fielding Kick Rounders
4	Swimming Games:Invasion Quick sticks Hockey	Swimming Health Related Fitness/OAA	Swimming Dance	Swimming Games: Net and Wall Tennis	Swimming Games: Striking and Fielding Basic Cricket	Swimming Athletics Personal Best
5	Swimming Games: Sending and Receiving Netball	Swimming Games: Net and Wall Tennis	Swimming Gymnastics	Swimming Games: Invasion Handball	Swimming Games: Striking and Fielding Cricket	Swimming Athletics Personal Best
6	Health Related Fitness/OAA Games: Sending and Receiving Netball	Dance Games:Net and Wall Volleyball	Gymnastics Games:Invasion Hockey	Games:Invasion Dodgeball Games: Invasion Tag Rugby	Games: Sending & Receiving Football Games: Striking and Fielding Tri- Golf	Athletics Personal Best Games: Striking and Fielding Rounders