



**PE Long Term Plan**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 1</b>	GAMES Skills Running, jumping, throwing and catching. 1 2 3 4	DANCE TQ Sport (Corresponds to topic theme)  1 3 5	GYMNASTICS- TQ Sport Shapes/Balance/Rolls/Jump (Static/travelling on & off apparatus) 1 2 3	GAMES Skills Travelling 1 2 3 4	ATHLETICS Running and Jumping 1 2 3	ATHLETICS Throwing. 1 2 3
	GYMNASTICS Balance, agility and co-ordination.  1 2 3 4	GAMES Skills Receiving 1 2 3 4	GAMES Skills Travelling	GAMES Skills Travelling 1 2 3 4	DANCE- TQ Sport (Corresponds to topic theme) 1 3 5	GYMNASTICS- TQ Sport Balance/Rolls/Travel/Flight/spins 1 2 3
<b>Year 2</b>	GYMNASTICS Balance, agility and co-ordination.  1 2 3 4	GAMES Net/ Wall  1 2 3 4	GYMNASTICS- TQ Sport Shapes/Balance/Rolls/Jump (Static/travelling on & off apparatus) 1 2 3	GAMES Striking/Fielding  1 2 3 4	ATHLETICS Develop running and jumping. 1 2 3	ATHLETICS Develop throwing.  1 2 3
	GAMES- Invasion 1 2 3 4	DANCE TQ Sport (Corresponds to topic theme) 1 3 5	GAMES 1 2 3	GAMES 1 2 3 4	DANCE- TQ Sport (Corresponds to topic theme) 1 3 5	GYMNASTICS- TQ Sport Balance/Rolls/Travel/Flight/spins 1 2 3
<b>Year 3</b>	GAMES- Invasion Hockey  6 7 8 11	GYMNASTICS- TQ Sport Shapes/Balance/Rolls/Jump (Static/travelling on & off apparatus) 8 11	GAMES- Striking and Fielding Kwik Cricket 8 11	DANCE- TQ Sport (Corresponds to topic theme) 8 9 11	ATHLETICS 12 13	ATHLETICS refine running, jumping and throwing. 6 8 11
	DANCE- TQ Sport (Corresponds to topic theme) 8 9 11	GAMES- Invasion Football 6 7 8 11	GAMES Short Tennis 6 7 8 11	SWIMMING 10 11	GYMNASTICS- TQ Sport Balance/Rolls/Travel/Flight/spins 8 11	GAMES- Striking and Fielding Rounders 6 7 8 11
<b>Year 4</b>	GAMES Netball/ Benchball  6 7 8 11	GYMNASTICS- TQ Sport Shapes/Balance/Rolls/Jump (Static/travelling on & off apparatus) 1 2 3	GAMES Hockey  8 11	DANCE- TQ Sport (Corresponds to topic theme) 8 9 11	GAMES Cricket 6 7 8 11	ATHLETICS Refine running, jumping and throwing. 6 8 11
	DANCE- TQ Sport (Corresponds to topic theme) 8 9 11	GAMES Netball  6 7 8 11	SWIMMING 12 13	GAMES- Net/ Wall Tennis 10 11	GYMNASTICS- TQ Sport Balance/Rolls/Travel/Flight/spins 8 11	GAMES Short Tennis 6 7 8 11

<b>Year 5</b>	GAMES- Invasion Netball/Benchball 6 7 8 11	GAMES- Invasion Hockey 6 7 8 11	DANCE- TQ Sport (Corresponds to topic theme) 8 9 11	GAMES- Striking and Fielding 12 13	ATHLETICS 10 11	DANCE- TQ Sport (Corresponds to topic theme) 8 9 11
	GYMNASTICS- TQ Sport Shapes/Balance/Rolls/Jump (Static/travelling on & off apparatus) 8 11	SWIMMING 6 7 8 11	GAMES- Striking and Fielding 8 11	GYMNASTICS- TQ Sport Balance/Rolls/Travel/Flight /spins 8 11	GAMES- Striking and Fielding Kwik Cricket 6 7 8 11	ATHLETICS 6 8 11
<b>Year 6</b>	SWIMMING 12 13 14	GAMES- Invasion Netball/ Benchball 6 7 8 11	DANCE- TQ Sport (Corresponds to topic theme) 8 9 11	GAMES Tennis 6 7 8 11	ATHLETICS	DANCE- TQ Sport (Corresponds to topic theme) 8 9 11
	GYMNASTICS- TQ Sport Shapes/Balance/Rolls/Jump (Static/travelling on & off apparatus) 1 2 3	GAMES- Invasion Football 6 7 8 11	GAMES- Invasion Hockey 8 11	GYMNASTICS- TQ Sport Balance/Rolls/Travel/Flight /spins 8 11	GAMES- Striking and Fielding Kwik Cricket, Rounders 6 7 8 11	ATHLETICS 6 8 11 Outdoor and adventurous activity 10 11 PGL

NB – The development of core skills in gymnastics follows the same pattern throughout each year group. (See appendix 1 for the progression in skills across year groups)