PE Long Term Plan 2016/17 – KS1

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| Class/Year | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception | Unit A - Travelling | Unit 1 – Stars, Rabbits, Follow my feet, Hickory Dickory Dock, Autumn Leaves | Unit B – Stretching and Curling | Unit 2 – Icicles and Water, Mr Jelly and Mr Strong, Wriggling William, The Angry Elephant | Unit C – Travelling Taking Weight on Different Body Parts | Unit 3 – Blowing Bubbles, Dinosaurs, The Shaking Puppet |
|  | Unit 1 – Focus on using bean-bags | Unit 2 – Focus on using a ball | Unit 3 – Focus | Unit 4 – Focus on using ropes, bats and balls | Athletics – Sports Day Practise | Athletics – Sports Day Practise |
| Year 1 | Unit D – Flight – Bouncing, Jumping and Landing | Unit 1 – Streamers, Conkers, Playing with a ball | Unit E – Points and Patches | Unit 2 – March, March, March, Jack and the Beanstalk | Unit F – Rocking and Rolling | Unit 3 – Fog and Sunshine, Washing Day, Handa’s Surprise |
|  | Unit 1 – Focus on ball skills and games | Unit 2 – Throwing and Catching – Aiming Games | Unit 3 – Bat/Ball Skills and Games - Skipping | Unit 4 – Developing Partnerwork | Unit 1 - Athletics | Unit 2 - Athletics |
| Year 2 | Unit H – Parts High and Parts Low | Unit 1 – The Cat, Balloons, Reach for the Stars | Unit I – Pathways, Straight, Zig-Zag and Curving | Unit 2 – Friends, Bubbles, Shadows | Unit J – Turning – Spinning - Twisting | Unit 3 – Words and word messages, Three Little Pigs |
|  | Unit 1 – Throwing and catching – Inventing games | Unit 2 – Making up a game | Unit 3 – Dribbling, Kicking and Hitting | Unit 4 – Group games and inventing rules | Unit 1 - Athletics | Unit 2 - Athletics |

PE Long Term Plan 2016/17 – KS2

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| Class 6 | Swimming | | | Swimming | Unit 1 – Who am I?, The Language of Dance | | Unit M – Symmetry and Asymmetry | Unit 2 – The Explorers, The Hornpipe |
|  | Unit 1 – Ball Skills | | Unit 2 – Creative Games Making | Unit 3 – Net/Court/Wall Games | OAA – Year 2 | | Unit 1 – Athletics | Unit 2 – Athletics |
| Class 7 | Unit M – Symmetry and Asymmetry | (Year 3)  Unit 3 – The Eagle and The Fish | | Unit O – Travelling with a change of front and Change of Direction | (Year 3)  Unit 4 – Mechanical Progress, The Human Engine | | Unit P - Balance | (Year 4)  Unit 1 – These Shoes are Made for Walking, Giraffes Can’t Dance, Incognito |
|  | Unit 4 (Y3) – Striking/Fielding Games  Swimming | | Unit 1 (Y4) – Net/Court/Wall Games  Swimming | Unit 2 (Y4) – Problem-Solving and Inventing Games  Swimming | OAA – Year 3  Swimming | | Unit 1 – Athletics  Swimming | Unit 2 – Athletics  Swimming |
| Class 8 | Unit Q – Receiving Body Weight | Unit 3 – Snooker and Championships, Record and Remember | | Unit R – Balance leading into change of front or direction | | Swimming | Swimming | Swimming |
|  | Unit 2– Problem-Solving and Inventing Games | Unit 3 – Invasion Games | | Unit 4 – Striking and Fielding Games | | OAA – Year 4 | Unit 1 - Athletics | Unit 2 - Athletics |
| Class 9 | Unit S - Rolling | Unit 1 - Rubbish | | Unit T - Bridges | | Unit 2 – What a card!, Word Power | Unit U - Flight | Unit 3 – City Life, Pleased to see you |
|  | Unit 1 – Net/Court/Wall Games | Unit 2 – Invasion and Target | | Unit 3 – Invasion Games | | OAA – Year 5 | Unit 1 - Athletics | Unit 2 - Athletics |
| Class 10 | Unit V – Functional use of the limbs | Unit W – Spinning and Turning | | Unit X – Matching and Mirroring and Contrasting | Unit Y – Synchronisation and Canon | | Unit Z – Holes and Barriers | Unit A – Counter-balance and Counter-tension |
|  | Unit 1 – Invasion Games – Hockey and Football | Unit 2 – Net/Court/Wall Games – Volleyball/Tennis | | Unit 3 – Striking and Fielding Games | OAA – Year 5 | | Unit 1 - Athletics | Unit 2 – Athletics |
| Class 11 | Unit V – Functional use of the limbs | Unit W – Spinning and Turning | | Unit X – Matching and Mirroring and Contrasting | Unit Y – Synchronisation and Canon | | Unit Z – Holes and Barriers | Unit A – Counter-balance and Counter-tension |
|  | Unit 1 – Invasion Games – Hockey and Football | Unit 2 – Net/Court/Wall Games – Volleyball and Tennis | | Unit 3 – Striking and Fielding Games | OAA – Year 6 | | Unit 1 - Athletics | Unit 2 - Athletics |

Gymnastics Dance Outdoor Games Athletics OAA