

St Helena's Church of England Primary School PE Long Term Plan

	EYFS	KS1		LKS2		UKS2	
		Year A- Year 2 units	Year B- Year 1 units	Year A- Year 4 units	Year B- Year 3 units	Year A- Year 6 units	Year B- Year 5 units
Term 1	Unit 1- Dinosaurs Dance Unit 2- Walking 1 Athletics	Unit 1- Team building Outdoor and adventure Unit 2- Health and wellbeing Gymnastics	Unit 1- Running 1 Athletics Unit 2- Rackets, bats and balls. Bat and ball	Unit 1- Orienteering Outdoor adventure. Unit 2 Game, sense, invasion Invasion games	Unit 1- Orienteering Outdoor adventure. Unit 2 Game, sense, invasion Invasion games	Unit 1- Orienteering Outdoor adventure. Unit 2- Hockey Invasion	Unit 1- Hockey Invasion Unit 1- Orienteering Outdoor adventure
Term 2	Unit 3- Ourselves Dance Unit 4-Hands 1 Fielding/ throwing/ catching	Unit 3- Hands 1 Dribbling, hitting, kicking/ Invasion games Unit 4- Mr Candy's Sweet shop Dance	Unit 3- Heroes Dance Unit 4- Hands 1 Fielding/throwing/ catching	Unit 3- Problem solving Outdoor adventure Unit 4-Tennis Bat and ball	Unit 3- communication and tactics Outdoor adventure Unit 4- Handball Invasion	Unit 3- Leadership Outdoor adventure Unit 4- Football Invasion	Unit 3- Football Invasion Unit 4- Circus Dance
Term 3	Unit 5- Moving Gymnastics Unit 6-Nursery rhymes Dance	Unit 5- Linking Gymnastics Unit 6- Feet 1 Dribbling, hitting, kicking/ Invasion games	Unit 5- Wide, narrow, curled Gymnastics Unit 6- Feet 1 Dribbling, hitting, kicking/ Invasion games	Unit 5- Bridges Gymnastics Unit 6- World war 2 Dance	Unit 5- Symmetry and Asymmetry Gymnastics Unit 8- Witches and Wizards Dance	Unit 5- Tag rugby Invasion Unit 6- Matching and mirroring Gymnastics	Unit 5- counter balance, counter tension Gymnastic Unit 6- Netball Invasion

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Term 4	Unit 7- Hands 2 Fielding/ throwing/ catching Unit 8- High, low, over, under Gymnastics	Unit 7- Hands 2 Fielding/ throwing/ catching Unit 8- Water Dance	Unit 7- The Zoo Dance Unit 8- Jumping 1 Athletics	Unit 7- Cats Dance Unit 7 - Hockey Invasion	Unit 7- Large apparatus Gymnastics Unit 8- Tennis Bat and ball	Unit 7- Prejudice and discrimination Dance Unit 8- Netball Invasion	Unit 7- Tennis Bat, ball, net, wall Unit 8- Boccia
Term 5	Unit 9- Feet 1 Dribbling, hitting, kicking/ Invasion games Unit 10-Jumping 1- Athletics	Unit 9- Tennis Bat, ball, net, wall Unit 10- Jumping 1 Athletics Swimming	Unit 9 - Hands 2 Fielding/throwing/ catching Unit 10- Team building Outdoor adventure	Unit 9- Rounders Striking/ fielding games Unit 10- Basketball	Unit 9- Throwing and jumping Athletics Unit 10- Netball Invasion	Unit 9- carnival Dance Unit 10- badminton Bat, ball, net, wall	Unit 9- Basketball Invasion Unit 10 - Tag rugby Invasion
Term 6	Unit 11- Games for understanding Invasion games Unit 12- Rackets, bats, balls and balloons. Bat/ball Swimming	Unit 11- Games for understanding Unit 12- Rackets, bats and balls Bat/ball	Unit 11- Games for understanding. Unit 12- Health and wellbeing Gymnastics	Unit 11- Athletics Athletics Unit 12- Large apparatus Gymnastics	Unit 11- Rounders Striking/ fielding games Unit 12- Athletics Athletics	Unit 11- cricket Fielding/ throwing/ catching Unit 12- Athletics Athletics	Unit 11- Cricket Striking/ fielding games Unit 12- Athletics Athletics