



PE Long Term Plan

Foundation Stage

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14		
AUTUMN	Introduction	Locomotion – Walking 1						Ball Skills – Hand 1								
		Explore walking	Develop walking	Explore walking in different pathways	Sustain walking	Explore marching	Apply walking into a game	Explore pushing	Explore rolling	Explore rolling	Explore bouncing into space	Combine pushing and rolling	Combine rolling, pushing and bouncing	Ball games		
		Values – Curiosity, Self-Belief, Empathy						Values – Imagination, Gratitude, Courage								
SPRING	Gymnastics – High, Low, Over, Under						Dance – Nursery Rhymes									
	Introduction to high	Introduction to low	Introduction to apparatus	High & low on apparatus	High, low, over & under	High, low, over & under extended	Humpty Dumpty: Moving in sequence	Jack & Jill: Creating our own movements	Hickor, Dickory, Dock: Creating simple movement sequences	3 Little Pigs: Responding in movement to words & movement	3 Little Pigs: Exploring contrasting tempos	Little Miss Muffet: Working with a partner exploring character movements				
	Values – Curiosity, Gratitude, Self-Belief						Values – Concentration, Fairness, Honesty									



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SUMMER	Ball Skills – Feet 1						Games for Understanding – Attack vs Defence						Multi-skills Festival
	Explore moving with a ball using our feet	Develop moving with a ball using our feet	Develop dribbling	Understand dribbling	Develop dribbling against an opponent	Dribbling competitions	Taking turns	Keeping the score	Understanding rules: Playing by the rules	Avoiding a defender (shark)	Preventing an attacker from scoring: Tagging an attacker (fish)	Applying our understanding of attacking & defending into a game	
	Values – Curiosity, Honesty, Fairness						Values – Empathy, Courage, Self-Belief						



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Year 1

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14	
AUTUMN	Introduction	Gymnastics – Wide, Narrow, Curled						Gymnastics – Body Parts							
		Introduction to Wide	Introduction to Narrow	Introduction to Curled	Exploring difference between W/N/C	Transitioning between W/N/C	Linking two movements together	Introduction to 'Big' body parts	Introduction to 'Small' body parts	Combining big and small with W/N/C	Transitioning between W/N/C using big and small body parts	Adding (linking) moves together	Creative ways of linking movements together	Performance	
		Locomotion – Running 1						Ball Skills – Hands 1							
		Explore running	Apply running into a game	Explore running at different speeds	Running for speed: Acceleration	Explore running in a team	Consolidate: Apply running into a competitive game	Develop bouncing: introduce sending with control	Introduce aiming with accuracy	Introduce power and speed when sending	Introduce stopping a ball	Develop stopping, combining sending skills	Combine sending & receiving skills	Ball games	
	Values – Imagination, Empathy, Courage						Values – Concentration, Fairness, Honesty								
SPRING	Dance – Growing						Dance – The Zoo								
	Responding to rhythm	Developing the growing plant 'dance'	Introduction to motifs	Creating motifs	Creating movement sequences	Relationships and performance	Creating movements as 'big' animals	Developing our movements as 'small' animals	Creating an animal sequence: Motifs	Responding to rhythm: Introducing partner work	Big cats & the zookeeper: Explore relationships with our motifs	Relationships and performance			
	Ball Skills – Feet 1						Ball Skills – Hands 2								
	Recap moving with a ball using our feet	Recap moving with a ball using our feet	Apply dribbling into games	Consolidate dribbling	Explore kicking (Passing)	Apply kicking (passing) to score a point	Introduce throwing with accuracy (beanbags)	Apply throwing with accuracy in a team (beanbags)	Extend throwing accuracy	Introduce stopping a ball (small ball)	Develop sending (rolling) skills to score a point	Consolidation of sending (rolling) and stopping skills to win a game			



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	Values – Imagination, Empathy, Courage						Values – Concentration, Fairness, Honesty							
SUMMER	Games for Understanding – Attack vs Defence						Team Building						Multi-skills Festival	
	Understand- ing the principles of attacking	Apply attacking principles into a game	Understand- ing the principles of defending	Apply defending principles into a game	Consolidate attacking	Consolidate defending	Introduce teamwork: Inclusion	Develop teamwork	Building trust and developing communica tion	Cooperation and communication	Explore simple strategies	Problem solving: Consolidate teamwork		
	Locomotion – Jumping 1						Health & Wellbeing							
	Recap jumping	Developing jumping	Jumping circuits: Explore how jumping affects our bodies	Explore skipping	Apply skipping and jumping into a game	Jumping: Level 1 competition	Introduce and explore agility	Introduce and explore balance	Introduce and explore coordination	Agility circuit 1	Balance circuit 1	Coordination circuit 1		
	Values – Curiosity, Honesty, Fairness						Values – Empathy, Courage, Self-Belief							



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Year 2

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14	
AUTUMN	Introduction	Gymnastics – Linking						Gymnastics – Pathways							
		Develop linking	Linking on apparatus	Jump, roll, balance sequences	Jump, roll, balance on apparatus	Creation of sequences	Completion of sequences and performance	Exploring zig-zag pathways	Developing zig-zag pathways on apparatus	Exploring curved pathways	Developing curved pathways on apparatus	Creation of pathway sequences	Development of pathway sequences	Completion of pathways sequences and performance	
		Locomotion – Dodging						Ball Skills – Hands 1							
		Explore dodging	Develop dodging	Apply dodging; Explore attacking & defending	Apply dodging in teams	Consolidate dodging	Level 1 tournament	Develop dribbling: Keeping possession	Develop passing & receiving: Keeping possession	Combine dribbling, passing and receiving	Develop dribbling to score a point	Develop passing & receiving to score a point	Combine dribbling, passing & receiving to score points	Ball games	
Values – Imagination, Empathy, Self-Belief							Values – Communication, Fairness, Integrity								
SPRING	Dance – Water						Dance – Explorers								
	Responding to stimuli	Developing whole group movement	Improvisation and physical descriptions	Creating sequences	Creating contrasting movement sequences	Sequences, relationships and performance	Preparing for an expedition: Responding to stimuli	Developing our motif with expression and emotion	Applying choreography in our motifs	Extending sequences with a partner in our character	Extending our motifs	Sequences, relationships and performance			
	Ball Skills – Feet 1						Ball Skills – Hands 2								
Develop dribbling: keeping possession	Develop passing and receiving: Keeping possession	Combine dribbling, passing & receiving	Develop dribbling to score a point	Combine dribbling, passing and receiving to score a point	Apply dribbling, passing and receiving as a team to score a point	Develop application and understanding of underarm throwing	Consolidate application and understanding of underarm throwing	Applying the underarm throw to win a game	Applying the underarm throw to beat an opponent	Introduce overarm throwing: Applying action to win a game	Level 1 Competition				



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	Values – Concentration, Gratitude, Courage						Values – Curiosity Gratitude, Honesty							
SUMMER	Games for Understanding – Attack vs Defence						Team Building						Multi-skills Festival	
	Attacking as a team	Defending as a team	Understanding the transition from defence to attack	Create and apply attacking tactics	Create and apply defending tactics	Consolidate the transition from defence to attack: Level 1 competition	Introduce teamwork: Inclusion	Develop teamwork	Building trust & developing communication	Cooperation and communication	Explore simple strategies	Problem solving: Consolidate teamwork		
	Locomotion – Jumping 1						Health & Wellbeing							
	Consolidate jumping	Apply jumping into a game	Linking jumping	Explore jumping combinations	Develop jumping combos	Jumping: Level 1 competition	Consolidate agility	Consolidate balancing (on apparatus)	Introduce & explore coordination: Dribbling and kicking	Agility circuit: Part 2	Balance circuit: Part 2	Coordination circuit: Part 2		
	Values – Imagination, Empathy, Self-Belief						Values – Fairness, Creativity, Self-Belief							

Year 3

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14	
AUTUMN	Introduction	Gymnastics – Symmetry & Asymmetry										Swimming			
		Introducing Symmetry	Introducing Asymmetry	Symmetry & asymmetry onto apparatus	Sequence formation	Sequence completion	Performance				Games – Football				



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		Introducing passing and receiving	Introducing passing and creating space	Developing passing and moving	Combine passing and moving	Introduce shooting	Level 1 tournament	Introduce dribbling: Keeping control	Develop dribbling: Keeping control	Introduce passing and receiving	Introduce creating space	Develop creating space	Develop passing, moving and dribbling	Level 1 tournament
		Values – Evaluation, Cooperation Resilience						Values – Resilience, Respect, Problem Solving						
SPRING	Dance – Wild Animals						OAA – Communication & Tactics							
	Responding to stimuli	Developing character dance into a motif	Extending sequences with a partner in character	Develop sequences that show relationships	Extending dance skills in choreography	Sequences, relationships, choreography and performance	Creating and applying simple tactics	Developing leadership	Developing communication as a team	Communicating as a team	Communicating to collaborate as a team	Communicating to create defending and attacking as a team		
	Games – Netball						Games – Hockey							
	Introducing passing and receiving	Introduce passing and creating space	Develop passing and moving	Combine passing and shooting	Develop passing and shooting	Level 1 tournament	Introduce dribbling keeping control	Introduce passing and receiving	Introduce creating space	Develop creating space	Introduce shooting	Level 1 Tournament		
		Values – Problem Solving, Cooperation, Self-Motivation						Values – Respect, Resilience, Problem Solving						
SUMMER	Games – Tennis						OAA – Problem Solving						Games Festival	
	Outwitting an opponent	Create space to win a point	Consolidate how to win a game	Introduce rackets	Introduce forehand	Level 1 tournament	Benches & mats	Around the clock	The pen challenge	The river rope	Caving challenges 1	Caving Challenges 2		
	Games – Rounders						Athletics							
	Intro to rounders	Introduce overarm throwing	Applying overarm & underarm throwing	Introduce stopping the ball	Apply stopping the ball in a game	Level 1 tournament	Sprinting: Explore running for speed	Sprinting: Explore acceleration	Introduce relay	Develop relay	Throwing: accuracy vs distance	Jumping for distance: standing long jump		
		Values – Cooperation, Self-Motivation, Reflection						Values – Encouragement, Integrity, Resourcefulness						



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Year 4

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14							
AUTUMN	Introduction	Dance – Space						Swimming													
		Space: Responding to stimuli working together	Extending sequences with a partner in character	Developing character dance	Developing sequences with a partner in character that show relationships and interlinking dance moves	Sequences, relationships, choreography and performance	Full performance														
		Games – Handball														Games – Football					
		Refine passing and receiving	Develop passing and creating space	Develop passing, moving and shooting	Combine passing and shooting	Introduce defending	Level 1 tournament									Refine dribbling	Turning	Refine passing and receiving	Develop passing & dribbling creating space	Introduce shooting	Preparation for Level 1 tournament
Values – Resourcefulness, Encouragement, Self-Motivation							Values – Self-Motivation, Communication, Problem Solving														
SPRING	Gymnastics – Symmetry & Asymmetry						Dance – World War II														
	Introduction to bridges	Application of bridge learning to apparatus	Developing ideas with bridges	Sequence formation	Sequence completion	Performance	Explore the behaviours of children, men and women in 1939 (Pre World War II)	Creating sequences in a small groups whilst performing in character	Developing sequences in a small groups that show character emotion	The Blitz: Extending sequences in small groups with clear character emotion	Battle of Britain: Creating movements that interconnect	Victory in Europe Day: Full performance									
	Games – Netball						Games – Tennis														
	Refine passing and receiving	Develop passing and creating space	Develop passing, moving and shooting	Refine passing and shooting	Develop footwork	Level 1 tournament	Developing the forehand	Creating space to win a point using a racket	Introduce the backhand	Applying the forehand and backhand in game situations	Applying the forehand and backhand: Creating space to win a point	Level 1 Tournament									
Values – Resourcefulness, Communication, Integrity						Values – Trust, Self-Motivation, Decision Making															
S	OAA – Communication & Tactics						Games – Cricket						U	U	U						



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Creating and applying simple tactics	Developing leadership	Developing communication as a team	Communicating as a team	Communicating to collaborate as a team	Communicating to create defending and attacking as a team	Develop an understand of batting and fielding	Introduce bowling underarm	Develop stopping and returning the ball	Develop retrieving and returning the ball	Striking the ball at different angles and speeds	Consolidate sequence of learning		
Games – Rounders						Athletics							
Understanding the concept of rounders	Developing fielding: Bowling and backstop	Introduce batting: How?	Develop batting: Where and why?	Introduce and apply basic fielding tactics	Level 1 tournament	Sprinting: Develop running at speed	Sprinting: Exploring our stride pattern	Running for pace	Understand and apply tactics when running for distance	Throwing for distance: Javelin	Jumping for distance: Standing Triple Jump		
Values – Decision Making, Trust, Resilience						Values – Reflection, Resilience, Communication							



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Year 5

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14	
AUTUMN	Introduction			Swimming				Health Related Exercise							
								Initial Fitness Assessment	Cardio Fitness 1	Flexibility	Strength	Cardio Fitness 2	Fitness Assessment	Fitness Challenge	
		Games – Handball							Games – Hockey						
		Consolidate passing and receiving	Explore the function of other passes	Develop defending	Develop passing & creating space, introduce officiating	Refine shooting	Level 1 tournament	Recap & refine dribbling & passing creating attacking opportunities	Develop defending: Blocking & tackling	Refine shooting	Refine attacking skills passing/dribbling /shooting, introduce officiating	Refine defending skills, developing transition from defence to attack	Preparation for Level 1 tournament	Level 1 tournament	
	Values – Respect, Integrity, Problem Solving						Values – Self-Motivation, Integrity, Responsibility								
SPRING	The Circus						Gymnastics – Counter Balance & Counter Tension								
	Dynamics & prejudices: Exploring society in the 19 th Century	Developing character movements linked to 19 th Century (1850) prejudices	Creating movements to represent different characters & performers in an 1850 circus	Creating a 'Circus Performance' incorporating characterisation linked to a variety of performers	Extending 'Circus Performance' incorporating props and apparatus linked to the variety of performers	Circus Performance	Introduce counter balance	Application of counter balance learning onto apparatus	Sequence formation	Counter tension	Sequence completion	Performance			
	Games – Football						Games – Tennis								



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	Recap & refine dribbling & passing to maintain possession	Introduce defending	Develop defending	Develop shooting	Refine attacking skills passing/dribbling/shooting, introduce officiating	Level 1 tournament	Recap how to outwit an opponent	Introduce the volley	Develop the volley	Controlling the game from the serve	Doubles: Understanding and applying tactics to win a point	Level 1 Tournament		
	Values – Evaluation, Responsibility, Encouragement						Values – Communication, Reflection, Evaluation							
SUMMER	OAA – Orienteering						Games – Rounders						Games Festival	
	Face orienteering	Cone orienteering	Point & return	Point to point	Timed course	Level 1 competition	Understand the concept of rounders	Develop fielding tactics maximising players	Understanding what happens if the batter misses the ball	Refine fielding tactics: What players where?	Applying tactics in mini games	Level 1 competition		
	Games – Cricket						Athletics							
	Refine batting: understand & develop tactics	Refine bowling: understand & develop tactics	Refine fielding: stopping, catching & throwing	Combine fielding skills, creating & applying tactics, intro umpiring	Refine batting, create & apply batting tactics to games scenarios	Consolidate sequence of learning	Sprinting: Finishing a race	Consolidating sprinting: Evaluate our performance	Sprinting: My personal best	Consolidate running in a team: Relay changeovers	Throwing for distance: Shot put	Introducing the hurdles		
	Values – Communication, Responsibility, Integrity						Values – Evaluation, Self-Motivation, Respect							



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Year 6

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14	
AUTUMN	Introduction	OAA – Orienteering						Health Related Exercise							
		Face orienteering	Cone orienteering	Point & return	Point to point	Timed course	Level 1 competition	Initial Fitness Assessment	Cardio Fitness 1	Flexibility	Strength	Cardio Fitness 2	Fitness Assessment	Fitness Challenge	
		Games – Handball						Games – Football							
		Consolidate keeping possession: Possession scenarios	Consolidation possessional skills & officiating	Consolidate defending: Understand and apply defending tactics in game situations	Consolidate defensive tactics: Understand and apply defensive tactics to game scenarios	Level 1 tournament: Set ability	Level 1 tournament: Mixed ability	Consolidate keeping possession	Consolidation of possessional skills, develop officiating	Consolidate defending	Organise formations and manage teams	Organise formations, decide tactics, manage teams and officiate games	Level 1 tournament: Set ability	Level 1 tournament: Mixed ability	
		Values – Self-Motivation, Communication, Evaluation						Values – Resourcefulness, Integrity, Trust							
SPRING	Dance – Carnival						Gymnastics – Matching & Mirroring								
	The Rio Carnival: Performing with technical control and rhythm in a group	The Rio Carnival: Creating rhythmic patterns using our body	Samba: Experiencing dance from a different culture	Samba: Experiencing dance from a different culture and consolidating choreography	Carnival Day: Final chorographical elements including still imagery	Carnival Day: Performance and reflection	Introduction to matching	Application of matching learning onto apparatus	Introducing mirroring	Application of mirroring learning onto apparatus	Sequence development	Performance			
	Games – Hockey						Games – Tennis								



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	Consolidate keeping possession	Consolidation of possession skills, develop officiating	Consolidate defending	Create, understand and apply attacking tactics in game situations	Create, understand and apply defensive tactics in game situations	Level 1 tournament	Recap doubles	Game application: Cone tennis	Game application: Round robin games	Game application: Mixed ability doubles, round robin games	Game application: Tag team tennis	Level 1 Tournament		
	Values – Reflection, Responsibility, Respect						Values – Integrity, Resourcefulness, Respect							
SUMMER	OAA – Orienteering								Swimming				Games Festival	
	Face orienteering	Cone orienteering	Point & return	Point to point	Timed course	Level 1 competition								
	Games – Cricket						Athletics							
	Consolidate batting	Consolidate fielding	Consolidate bowling	Create, understand and apply attacking tactics in game situations	Create, understand and apply defensive tactics in game situations	Consolidate sequence of learning	Level 1: Running for speed competition	Level 1: Running for distance competition	Level 1: Throwing competition	Level 1: Jumping competition	Athletics competitions: Part 1	Athletics competitions: Part 2		
	Values – Self-Discipline, Encouragement, Problem Solving						Values – Cooperation, Decision Making, Responsibility							