



PE Long term plan Cycle B

Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Robins (YR)	<p>Gym in the Jungle Children can explore moving in different ways and using apparatus to create animal movements</p>	<p>Dance Dinosaurs Children will create their own dinosaur movements.</p>	<p>Best of Balls Children will learn lots of different things to do with a ball.</p>	<p>Dance till you drop Children will build up a repertoire of songs and simple dances. They will be confident enough to sing and perform these dances in a group.</p>	<p>Gymnastics Jumping Jacks Children will learn all about jumping, rolling and balancing</p>	<p>Games – The Olympics They will be learning how to throw, run and jump in a range of different ways.</p>
Puffins (Y1/2)	<p>Multi-skills catching and throwing- They will learn to control a ball when they are rolling and bouncing, throwing and catching, on their own, with a partner and in a group. Gymnastics: landscapes & cities To roll in different ways including introducing the skill of a crouched forward roll.</p>	<p>Invasion games – football Children will learn how to dribble with a football, pass and receive a ball at range. Gunpowder plot Children will act and react with partners and in groups as well as working on their own to retell the story of the Gunpowder Plot and to consider how we celebrate it today.</p>	<p>Attacking & defending Children will learn how to dodge to get free from a defender to receive a pass as well as how to mark an opposition player Circuit training Children will develop and improve their coordination, agility and balance using different exercises and movements.</p>	<p>Multi-skills: bat and ball- Children will learn how to use a tennis racket and a cricket bat to control and hit a ball, as well as developing their rolling, throwing and catching skills. Dance: plants Children will be using dance to perform the life cycle as well as using interpretive dance to perform jack and the beanstalk.</p>	<p>Multi-skills: Target games Children will be learning how to send the ball in different ways towards both stationary and moving targets Gymnastics: Traditional Tales Using traditional tales children will use the characters and story ideas to provide opportunities for to develop control, agility and coordination</p>	<p>Animal Olympics Children will focus on a range of different athletics skills including running, jumping and throwing. Children will also focus on the Olympic Values. Dance: Toys The children pretend to be and play with imaginary toys and create a routine based on this.</p>
Kingfishers (Y2/3)	<p>OAA Children will explore the fundamental principles of outdoor adventurous activities, such as teamwork, problem-solving and understanding maps. Gymnastics: Movement Children will explore a variety of apparatus and think about how they are moving using space efficiently.</p>	<p>Invasion Games Children will explore fundamental principles of invasion games such as attacking, defending, scoring and teamwork Dodgeball children will be learning dodgeball-specific throwing and catching ball skills, as well as different methods and techniques used to dodge the ball.</p>	<p>Invasion Games: Football Children will be learning how to dribble with the ball, as well as to pass and receive Circuit training Children will develop and improve their coordination, agility and balance using different</p>	<p>Net and wall games: fundamentals Children will be introduced to skills that will aid in developing their racket skills, hitting techniques, teamwork, and attacking and defending tactics. Dance: Plants Children will be using dance to perform the life cycle as well as using to</p>	<p>Striking & fielding games: Fundamental The children will learn how to catch and throw across different distances with accuracy. They will develop their skills of cooperation. Dance: Extreme Earth Children will improvise dances to different</p>	<p>Athletics Children will focus on a range of different athletics skills including running, jumping and throwing. Gymnastics shape The children will make static shapes, shapes in the air, symmetrical shapes and shapes incorporating rhythmic gymnastics apparatus.</p>



PE Long term plan Cycle B

			exercises and movements.	perform jack and the beanstalk.	extreme weather conditions.	
Sparrowhawks (Y3/4)	<p>OAA Children will explore the fundamental principles of outdoor adventurous activities, such as teamwork, problem-solving and understanding maps</p> <p>Gymnastics movement Children will explore a variety of apparatus and think about how they are moving using space efficiently.</p>	<p>Invasion games Children will explore fundamental principles of invasion games such as attacking, defending, scoring and teamwork</p> <p>Dodgeball Children will be learning dodgeball-specific throwing and catching ball skills, as well as different methods and techniques used to dodge the ball.</p>	<p>Invasion games Rugby Children will learn the skills players need to play both defensively and offensively as a tag rugby player</p> <p>Circuit training Children will develop and improve their coordination, agility and balance using different exercises and movements.</p>	<p>Net and wall games badminton Children will be learning how to learning to put together racket skills, footwork steps and attack and defence skills to use.</p> <p>Dance Rainforest Children will focus on developing their interpretative dance skills, taking inspiration from different features of rainforests.</p>	<p>Striking & fielding rounder The children will learn how to catch and throw across different distances with accuracy. They will develop their skills of cooperation within a game of rounders</p> <p>Gymnastics shape The children will make static shapes, shapes in the air, symmetrical shapes and shapes incorporating rhythmic gymnastics apparatus.</p>	<p>Athletics Children will focus on a range of different athletics skills including running, jumping and throwing.</p>



PE Long term plan Cycle B

House martins (Y5/6)	OAA- Children will explore the fundamental principles of outdoor adventurous activities, such as teamwork, problem-solving and understanding maps Gymnastics: movement Children will explore a variety of apparatus and think about how they are moving using space efficiently.	Invasion games Children will explore fundamental principles of invasion games such as attacking, defending, scoring and teamwork Gymnastics: rivers and mountains The children will learn and perform individual point balances and partner balances and will use these to create group formations to represent mountains and mountain ranges.	Invasion games: netball The children will learn how to pass and catch the ball using a range of techniques. Circuit training Children will develop and improve their coordination, agility and balance using different exercises and movements.	Net and Wall games: Tennis Children will be learning how to do an overhead serve and a learn how to hit different groundstrokes. Gymnastics: shape & balance – space The children will make static shapes, shapes in the air, symmetrical shapes and shapes incorporating rhythmic gymnastics apparatus.	Striking & fielding games The children will learn how to catch and throw across different distances with accuracy. Through a variety of games. Dance through the decades Children will be looking at the decades 1960s to the 2010s, looking at key dance styles from each decade.	Athletics Children will focus on a range of different athletics skills including running, jumping and throwing. Leadership in PE Children will organise and play a variety of games taking on roles of umpires and organisers.
---------------------------------	---	---	--	---	---	---