

St George's C of E Primary School

Physical Education Long-Term Planning



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	A Day on the Farm	Dance - Nursery Rhymes	An encounter with Pirates	Dance - Seasons	Stability 1	Dance - Jungle
	+	+	+	+	Under the Sea	+
Reception	Dance - Circus	Gym - Rocking & Rolling	Fine Motor skills	Stability 2 (static and dynamic balance)	Object Control 1	Athletics 1
	Fine Motor skills	Target Games 1	Gymnastics - Flight - Bouncing, Jumping & Landing	Locomotion 1	Locomotion 2	A visit to the zoo
Year One	Fundamental Movement Skills 2	Dance - Animals	Dance - Mini Beasts	Gymnastics - Pathways - small & long	Striking & Fielding Game Skills 1	Athletics 2
	Gymnastics - Balancing & spinning on Points & Patches	Invasion Game Skills 1	Gymnastics - Wide, narrow & curled rolling & balancing	Net & Wall Game Skills 1	Target Games 2	Object Control 2
Year Two	Invasion Game Skills 2	Dance - Under the Sea	Dance - Pirates	Fundamental Movement Skills 3	Gymnastics - Stretching, curling & arching	Striking & Field Game Skills 2
	Gymnastics - Pathways: straight, zipzag & curving	Target Games 3	Net & Wall Game Skills 2	Gymnastics - Spinning, turning & twisting	Target Games 3	Tri Golf
Year Three	Football	Dance - Dance Around the World	Invasion Game Skills 3	Gymnastics - Receiving body weight	Cricket	Athletics 3
	Gymnastics - Linking movements together	Invasion Game Skills 3	Dance - Space	Hockey	Swimming	Health Related Fitness
Year Four	Gymnastics - Arching and bridges	Dance - Romans	Gymnastics - Partner work - Pushing and pulling	OAA	Swimming	Rounders
	Netball	Basketball	Tennis	Dance - Vikings	Gymnastics - Rolling & travelling low	Handball
Year Five	Gymnastics - Matching, mirroring & contrast	Dance - The Haka	Gymnastics - Partner work - under and over	Dodgeball	OAA	Cricket
	Invasion Game Skills 4	Leadership	Hockey	Dance - British Values	Swimming	Team Building and Problem Solving
Year Six	Gymnastics - Counter-balance & counter tension	Dance - Dance through the ages	Health Related Fitness	Dance - World War 2	Rounders	Athletics 6
	Netball	Football	Gymnastics - Flight	Tag Rugby	Swimming	Basketball