

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
R	Invasion Games Can I throw and catch, kick and control?	Gymnastics Can I climb up and down?	Dance Can I copy a dance sequence?	Gymnastics Can I copy a sequence of rolls and jumps?	Strike & Field Can I hit a ball to my partner?	Dance What shall we include in our Sports Day display?
Year 1	Gymnastics How can my body move?	Invasion Games Can you keep track of small equipment?	Dance How can we use rhythm and music in a dance?	Gymnastics Can you create a sequence of movements on apparatus?	Net & Wall How can we use ball skills to help with Tennis?	Dance What shall we include in our Sports Day display?
Year 2	Invasion Games Ball skills How can we throw and receive a ball in different ways?	Gymnastics How do you put together a gymnastics routine?	Dance How can my body move in response to different music?	Invasion Games How many ways can I pass a ball?	Athletics What is the furthest I can run in 1min?	Gymnastics What shall we include in our Sports Day display?
Year 3	Invasion Games What skills are required for hockey/tag rugby?	Gymnastics What is symmetry and asymmetry? How can I link movements?	Dance Can you perform a dance at different levels?	Gymnastics Can I control my body to handstand and vault?	Athletics Can I improve my athletics abilities to perform at Sports Day?	Strike & Field What skills are required for kwik cricket?
Year 4	Invasion Games How do I use space to help my team win ? (Getting free & moving off the ball)	Gymnastics How can we improve our balance in gymnastics?	Invasion Games What skills do I need to be successful at taking part in a game of handball?	Gymnastics How can I stay balanced when still and when moving?	Athletics What skills do we need to develop to become better athletes? Swimming	Net & Wall What are the rules for playing tennis? Swimming
Year 5	Invasion Games How do we work as a team to score the ball? (Passing ahead and movement off the ball)	Dance How do the Jungle Book characters dance?	Gymnastics How many different jumps, rolls and transitions are there?	Athletics Why is important to pace your run?	Net & Wall When should you use forehand and backhand shots?	Strike & Field How can my team quickly recover a ball? (Individual/team fielding)
Year 6	Invasion Games How do we stop the other team from scoring?	Dance How do the Lion King characters dance?	Gymnastics What makes a good gymnastic routine?	Athletics How do I become an Olympic athlete?	Strike & Field What are the differences between cricket and rounder?	OOA Which way is north? (Orienteering)

	(man-man v zone marking)				
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PE LONG TERM PLAN 2018-19