

PE Long Term Curriculum Plan

Sports Development provided by PE and Sports Hub Specialist Coach

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Year 1	<p>Dance: Ribbon dancing</p> <p>Sports Development: Multi Skills - Agility</p>	<p>Dance: conkers (body shape) and controlling a ball.</p> <p>Sports Development: Multi Skills – co ordination</p>	<p>Gymnastics: Basic gymnastic actions, travelling, rolls, jumps</p> <p>Sports Development: Multi Skills - Balance</p>	<p>Gymnastics: Using simple apparatus (mats, benches etc)</p> <p>Sports Development: Invasion Games – Bench Ball</p>	<p>Dance: marches and Jack and the Beanstalk dance</p> <p>Sports Development: Multi Skills - Circuits</p>	<p>Dance: Rainbow Fish and Were Going on a Bear Hunt</p> <p>Sports Development: Athletics</p>
Year 2	<p>Dance</p> <p>Sports Development: Multi Skills - Agility</p>	<p>Dance</p> <p>Sports Development: Multi Skills – Co ordination</p>	<p>Gymnastics</p> <p>Sports Development: Multi Skills - Balance</p>	<p>Gymnastics</p> <p>Sports Development: Invasion Games – Bench Ball</p>	<p>Athletics</p> <p>Sports Development: Multi Skills - Circuits</p>	<p>Games</p> <p>Sports Development: Athletics</p>
Year 3	Swimming		<p>Gymnastics: Hand apparatus. <i>Using bean bags and balls.</i></p> <p>Sports Development: Health Related Fitness</p>	<p>Gymnastics: Standing and kneeling. <i>Large body part balances.</i></p> <p>Sports Development: Cricket</p>	<p>Dance: Body Talk. <i>Exploring sounds and movements which can be made by the body.</i></p> <p>Sports Development: Golf</p>	<p>Dance: Power of the Circle. <i>Exploring two contrasting movements, 'circle' and 'trap'.</i></p> <p>Sports Development: Athletics</p>
Year 4	<p>Dance: The Mean Machine. <i>Create a dance centered around the poem.</i></p> <p>Sports Development: Invasion Games - Basketball</p>	<p>Gymnastics: Body shapes and balances. <i>Putting into sequences.</i></p> <p>Sports Development: Invasion games – Dodgeball</p>	<p>Gymnastics: Jumps. <i>Putting into sequences with balances & apparatus.</i></p> <p>Sports Development: Health Related Fitness</p>	<p>Dance: 1960's. <i>Create a dance inspired by 1960s movements.</i></p> <p>Sports Development: Cricket</p>	<p>Gymnastics: <i>Rolls, action sequences and vault.</i></p> <p>Sports Development: Golf</p>	<p>Rounders: <i>Children develop batting and fielding techniques and develop their tactical understanding.</i></p> <p>Sports Development: Athletics</p>

<p>Year 5</p>	<p>Gymnastics: Shapes and Balances <i>Putting into sequences with apparatus</i></p> <p>Sports Development: Invasion Games – Basketball</p>	<p>OAA: Orienteering, problem solving and team building</p> <p>Sports Development: Football</p>	<p>Dance: Contemporary <i>Create a dance inspired by James Bond</i></p> <p>Sports Development: Health Related Fitness</p>	<p>Circuit Training <i>Linked to NASA programme ad Science topic</i></p> <p>Sports Development: Badminton</p>	<p>Gymnastics: Jumps and Rolls <i>Putting into sequences with apparatus</i></p> <p>Sports Development: Golf</p>	<p>Dance: Cotemporary <i>Street dance</i></p> <p>Sports Development: Athletics</p>
<p>Year 6</p>	<p>Gymnastics <i>Working together- matching, mirroring and contrasting</i></p> <p>Sports Development: Invasion Games - Basketball</p>	<p>Gymnastics <i>Canon and synchronisation (rhythm and timing)</i></p> <p>Sports Development: Football</p>	<p>Dance <i>The world of sport</i></p> <p>Sports Development: Health Related Fitness</p>	<p>Dance <i>Mix and Match</i></p> <p>Sports Development: Badminton</p>	<p>Games <i>Invasion</i></p> <p>Sports Development: Golf</p>	<p>Games <i>Net, Court, Wall</i></p> <p>Sports Development: Athletics</p>