

Eastcote

PE Long term plan

<u>TERMS</u>	Autumn 1 st Half Term	Autumn 2 nd Half Term	Spring 1 st Half Term	Spring 2 nd Half Term	Summer 1 st Half Term	Summer 2 nd Half Term
1	Progressive Sports ball skills/games	Progressive Sports Dance	Progressive Sports Gym Rocking and rolling	Progressive Sports Games Throwing and catching	Progressive Sports Games Bat and ball skills	Progressive Sports Athletics Running, throwing and catching
	Gym VS-unit D Flight-bouncing, jumping, landing	Gym VS-unit E Points and patches	Dance VS-unit 2 March, March, March and Jack and the Beanstalk	Dance VS-unit 3 Fog + Sunshine, washing clothes, Handa's Surprise	Athletics VS-unit 1 Running, throwing and catching	Games VS- unit 4 Developing partner work
2	Progressive Sports Games Throwing and catching	Progressive Sports Dance	Progressive Sports Gym Linking movements	Progressive Sports Team Games Aiming, hitting and kicking Attacking and defending tactics <i>Hockey</i>	Progressive Sports Team Games Dribbling, kicking and hitting Attacking and defending tactics	Progressive Sports Athletics Running, throwing and catching
	Gym VS-unit H High and Low	Gym VS-unit J Spinning and twisting	Dance VS-unit 2 Friends, Bubbles and Shadows	Dance VS-unit 4 Circle dances	Athletics VS-unit 1 Running, throwing and catching	Games VS-unit 4 Group games and inventing rules
3	Progressive Sports Games Invasion - Tag Rugby	Progressive Sports Dance	Progressive Sports Gym Pathways Developing balance	Progressive Sports Games Hockey	Progressive Sports Games Net, court and wall games - Tennis	Progressive Sports Games Striking and fielding games - Rounders

	Gym VS-unit L Stretching, curling and arching	Gym VS-unit M Symmetry and asymmetry	Dance VS-unit 2 The Explorers and the Hornpipe	Dance VS unit 3 The Eagle and the Fish	Athletics VS- unit 1 Running, throwing and catching	Athletics VS-unit 2 Consistency of technique Relays Athletics
4	Progressive Sports Invasion games - Tag Rugby	Progressive Sports Dance Repeating and remembering narrative dance	Progressive Sports Gym Balance, roll and rotate Developing control and technique	Progressive Sports Games Hockey	Progressive Sports Games Tennis	Progressive Sports Games Striking and fielding - Rounders
	Gym VS-unit P Balance	Gym VS-unit Q Transferring and receiving body weight	Dance VS-unit 2 Small group movement focus- electricity	Dance Vs-unit 4 Wimbledon and Musical statues	Athletics VS- unit 1 Running, throwing and catching	Athletics VS-unit 2 Endurance and beating personal best
5	Progressive Sports Games Invasion - Tag Rugby	Progressive Sports Dance Rubbish	Progressive Sports Gym Functional use of limbs Developing Strength	Progressive Sports Games Hockey	Progressive Sports Games Tennis	Progressive Sports Games Rounders
	Swimming	Gym VS-unit T Bridges	Swimming	Dance VS unit 3/4 City life, Volcanoes	Swimming	Athletics VS- unit 1 Endurance and beating personal best

6	Progressive Sports Games Invasion games-Tag Rugby	Progressive Sports Dance The World of Sport, Theseus and the Minotaur	Progressive Sports Gym Holes and Barriers Developing flexibility	Progressive Sports Games Hockey	Progressive Sports Games Tennis	Games Striking and fielding - Rounders
	Gym VS-unit X + A Partnerwork- matching and mirroring, counterbalance	Swimming	Dance VS-unit 3-Rainforest, hunting in unknown territory	Swimming	Athletics VS- unit 1 Running, throwing and catching Endurance and beating personal best	Swimming