

P.E Long Term Plan

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Nursery / Reception	Dance + Team Games and Listening Skills Multi skill development.		Team Games and Listening Skills Multi skill development. + Dance		Multi-skills Building on previous sessions. + Gymnastics		Multi-skills Building on previous sessions. + Gymnastics		Multi-skills Building on previous sessions. + Outdoor Games		Athletics Skills Basic throwing, catching and running. + Outdoor Games	Whole school tennis tournament
Year 1 /2	Dance + Gymnastics Core skills from progression assessment.		Multi-skills. Developing core skills – throwing, catching, movement with coach + Dance		Gymnastics Core skills from progression assessment. + Competitive Games Bench ball		Competitive Games Football with coach + Dance		Competitive Games Team work skills and development + OAA Orienteering and mapping.		Athletics Skills Building techniques for throwing, catching and running. + Competitive Games Tennis	
Year 3/4	Invasion Games Tag Rugby with coach + SWIMMING LESSONS Woodhouse LC		SWIMMING LESSONS Woodhouse LC + Dance		SWIMMING LESSONS Woodhouse LC + Gymnastics Developing skills into KS2.		SWIMMING LESSONS Woodhouse LC + Athletics / OAA Improving personal records for throwing, catching and running.		Striking and fielding Cricket with coach + SWIMMING LESSONS Woodhouse LC		SWIMMING LESSONS Woodhouse LC + Net and Wall Tennis	
Year 5 /6	Cycling Bike-ability sessions + Invasion Games Tag Rugby		Invasion Games Hockey + Dance		Invasion games Netball with coach + Gymnastics Developing skills into performances.		Outdoor Adventure Activities + Invasion Games Basketball		OAA Orienteering and mapping. + Striking and Fielding Cricket		Athletics Competing in throwing, catching and running events with coach + Net and wall Tennis	

Each year group has 2 hours of P.E per week

Units of work are subject to change according to up-and-coming School Games competitions for KS2

Sessions with the coach are organised through Staindrop Academy Sports Partnership

Year 5/6 children who have not passed 25m swimming assessment continue to attend swimming lessons