

PHYSICAL EDUCATION LONG TERM CURRICULUM PLAN

RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>Games activities – Follow instructions & rules, agility skills, basic handling.</p> <p>Gymnastics / movement activities – Intro to basic actions.</p> <p>OAA – Forest School</p>	<p>Games activities – Speed & agility skills, skipping & basic hand eye co-ordination.</p> <p>Gymnastics / movement activities – Bounce, jump & land.</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Speed, co-ordination, agility & skipping skills. Sending different implements.</p> <p>Gymnastics / movement activities – Balance (1,2,3,4 & 5 body parts.)</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Multi skills.</p> <p>Gymnastics / movement activities – Stretch & curl</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Multi skills</p> <p>Gymnastics / movement activities – Balance (small & large body parts.)</p> <p>OAA – Forest School / Orienteering</p>	<p>Swimming / self-rescue skills</p> <p>Gymnastics / movement activities – Flight (5 basic jumps.)</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Multi skills with basketball focus.</p> <p>Gymnastics / movement activities – Mirroring.</p> <p>OAA – Forest School / Orienteering</p>
<p>Games activities – Basic send and receiving skills.</p> <p>Dance / movement activities – Nursery Rhymes</p> <p>OAA – Forest School</p>	<p>Games activities – handling skills, simple team games.</p> <p>Dance / movement activities – Toys</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Send & receive (hands.) Finding space. Mini games</p> <p>Dance / movement activities – Fireworks</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Multi skills.</p> <p>Dance / movement activities – Water</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Games skills with basketball focus</p> <p>Dance / movement activities – World War 2.</p> <p>OAA – Forest School / Orienteering</p>	<p>Swimming / self-rescue skills</p> <p>Dance / movement activities – Titanic.</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Football skills & invasion game tactics.</p> <p>Dance / movement activities – Haka & rugby</p> <p>OAA – Forest School / Orienteering</p>
<p>Games activities – Large ball, sending & receiving.</p> <p>Gymnastics / movement activities – Big and small.</p> <p>OAA – Forest School</p>	<p>Games activities – Pass & receive skills hands & feet. Mini games.</p> <p>Gymnastics / movement activities – Balance & intro to basic gymnastics shapes.</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Invasion skills in mini games. Pass / receive & games using feet.</p> <p>Dance / movement activities – Plague & Great Fire of London</p> <p>OAA – Forest School. 2 day residential</p>	<p>Games activities – Quicksticks hockey skills & games</p> <p>Dance / movement activities - Water</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Hockey skills & tactics, small invasion hockey drills and games.</p> <p>Dance / movement activities – World War 2</p> <p>OAA – Forest School / Orienteering</p>	<p>Swimming / self-rescue skills</p> <p>Dance / movement activities – Titanic.</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Hockey skills & tactics, invasion hockey drills and games.</p> <p>Dance / movement activities – Haka & rugby</p> <p>OAA – Forest School / Orienteering / Residential</p>
<p>Games activities – Sending ball with feet & skipping skills.</p> <p>Dance / movement activities – We're Going on a Bear Hunt</p> <p>OAA – Forest School</p>	<p>Games activities – Mini games & challenges (feet) Basic hockey skills.</p> <p>Dance / movement activities – Animals</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Hockey skills on own, with partner & with others.</p> <p>Gymnastics / movement activities – Pathways</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Ball handling skills, pass & receive (netball)</p> <p>Gymnastics / movement activities – Symmetry & asymmetry</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Send & receive, attack & defend, games with football focus</p> <p>Gymnastics / movement activities – Rotation</p> <p>OAA – Forest School / Orienteering.</p>	<p>Swimming / self-rescue skills</p> <p>Gymnastics / movement activities – Shapes & linking shapes.</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Basketball skills, tactics & games.</p> <p>Gymnastics / movement activities – Counter balance / tension.</p> <p>OAA – Forest School / Orienteering</p>
<p>Games activities – Skip & jump skills, throw & catch, bat/racket skills.</p> <p>Dance / movement activities – We're Going on a Bear Hunt</p> <p>OAA – Forest School</p>	<p>Games activities – Intro to striking & fielding. Running for speed.</p> <p>Dance / movement activities – Animals</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Basic strike & field skills & games.</p> <p>Dance / movement activities – African dance</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Striking & fielding skills & games.</p> <p>Dance / movement activities – Circus</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Striking & fielding skills, tactics & games</p> <p>Dance / movement activities – Electricity</p> <p>OAA – Forest School / Orienteering</p>	<p>Swimming / self-rescue skills</p> <p>Dance / movement activities – Narnia.</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Striking & fielding skills, tactics & games.</p> <p>Gymnastics / movement activities – Counter balance / tension.</p> <p>OAA – Forest School / Orienteering</p>
<p>Games activities – Speed & distance skills. Team relays. Sports day skills.</p> <p>OAA – Forest School</p>	<p>Games activities – Run over distance. Throwing skills. Relays. Sports day skills.</p> <p>Gymnastics / movement activities – Rock and roll.</p> <p>OAA – Forest School / Orienteering</p>	<p>Games activities – Running for speed & distance. Jump & throw for distance.</p> <p>Gymnastics / movement activities – Spin, turn & twist.</p> <p>OAA – Forest School / Orienteering</p>	<p>Athletics activities – Run, jump & throw multi skills.</p> <p>Dance / movement activities – Circus</p> <p>OAA – Forest School / Orienteering</p>	<p>Athletics activities – Sprint & distance running skills</p> <p>Throwing & jumping events.</p> <p>Gymnastics / movement activities – Taking weight on hands</p> <p>OAA – Forest School / Orienteering</p>	<p>Swimming / self-rescue skills</p> <p>Dance / movement activities – Narnia</p> <p>OAA – Forest School / Orienteering</p>	<p>Athletics activities – Sprint & distance running skills</p> <p>Throwing & jumping events.</p> <p>Gymnastics / movement activities – Acrobatic gymnastics.</p> <p>OAA – Forest School / Orienteering</p>