



Longsight Community Primary School

PE Long Term Plan

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Gross Motor Skills	Ball Skills	Motor Skills	Balancing and Agility	Ball Skills	Handling Equipment
	Objective details	Objective details	Objective details	Objective details	Objective details	Objective details
Year 1	Gross Motor Skills	Ball Skills/ Handling Equipment	Football/ Basketball	Tennis	Rounders	Athletics
Objectives						
Year 1	Gymnastics: Animals	Dance: Nativity	Gymnastics: Traditional Tales	Gymnastics: Yoga	Dance: The Seasons	Dance: Starry Skies
Objectives	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and	To develop balance and co-ordination. To perform dances using simple movement pattern.	To develop balance, agility and co-ordination when performing a range of contrasting movements and balances, travelling in a variety of ways, rolling and jumping in a	To develop balance, agility and coordination through yoga.	To develop balance and co-ordination. To perform dances using simple movement pattern.	To perform dances using simple movement patterns in the context of 'events beyond living memory that are significant nationally or globally', listening to and

	begin to apply these in a range of activities in the context of 'identify and name a variety of common animals including fish, amphibians, reptiles, birds and mammals'.		variety of ways and linking movements to create a sequence.			discussing a wide range of poems, stories', 'experience and observe phenomena looking more closely at the natural and human constructed world around them.'
Year 2	Basketball	Football	Tag Rugby	Tennis	Rounders	Athletics
Objectives						
Year 2	Dance: Gunpowder Plot	Dance: Nativity	Gymnastics: Under the Sea	Gymnastics: Landscapes and Cityscapes	Dance: Plants	Dance: Toys
Objectives	To perform dances using simple movement patterns in the context of 'significant historical events'.	To develop balance and co-ordination. To perform dances using simple movement pattern.	To develop balance, agility and co-ordination when balancing, rolling, jumping and combining movements to create a sequence.	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	To develop balance and co-ordination. To perform dances using simple movement patterns.	To perform dances using simple movement patterns in the context of 'changes within living memory. Where appropriate, these should be used to reveal aspects of change in national life'
Year 3	Cricket	Tag Rugby	Football	Tennis	Rounders	Athletics
Objectives						
Year 3	Gymnastics: Movement	Dance: Extreme Earth	Gymnastics: Shape	Dance: Rainforest	Gymnastics: Movement	Dance: Carnival of the Animals
Objectives	Develop flexibility, strength, technique, control and balance by learning and performing a range of different jumps and leaps, rolls, vaulting movements, handstands,	To perform dances using a range of movement patterns.	To develop flexibility, strength, technique, control and balance. To use running, jumping, throwing and catching in isolation and in combination.	To perform dances using a range of movement patterns.	Develop flexibility, strength, technique, control and balance by learning a range of jumps, leaps, rolls, vaulting, round-offs and linking movements.	To perform dances using a range of movement patterns.

	cartwheels and linking movements.					
Year 4	Cricket	Tag Rugby	Football	Tennis	Cricket	Athletics
Objectives						
Year 4	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Objectives	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.
Year 5	Netball	Hockey	Football	Tennis	Cricket	Athletics
Objectives						
Year 5	Gymnastics: Shape and balance	Dance: World War 2	Gymnastics: Movement	Dance: Eco	Rounders	Gymnastics: Shape and Balance
Objectives	To develop flexibility, strength, technique, control and balance.	Perform dances using a range of movement patterns.	To develop flexibility, strength, technique, control and balance.	To perform dances using a range of movement patterns.		To develop flexibility, strength, technique, control and balance
Year 6	Netball	Hockey	Football	Tennis	Cricket	Athletics
Objectives						
Year 6	Dance: Electricity	Gymnastics: Movement	Dance: Dance through the decades	Dance: Dance through the decades	Rounders	Gymnastics: Rivers and Mountains

Objectives	To perform dances using a range of movement patterns.	Develop flexibility, strength, technique, control and balance.	To perform dances using a range of movement patterns.	To perform dances using a range of movement patterns.		To develop flexibility, strength, technique, control and balance.
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