

PE 2018/19 Long term planning

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS-1 PE slot per week	Games session	Ball skills Direction / aim			Ball Skills/A3 grid.	Multi skills- team events.	Cohorts gaps- use A3 grids to plan for your cohorts gaps.
	Gym & dance session		Dance- See key skills/ A3 grid.	Gym - Apparatus/A3 grid.			
KS1	Games session	Games 1 Team skills	Games 2 Ball skills	Games 3 Ball skills	Athletics - Travelling	Athletics - Throwing	
	Gym & dance session	Gym - Flight	Dance - Movements, sequencing, performance.	Gym - Stretching and curling	Dance - Movements, sequencing, performance.	Gym - Pathways	Dance- Movements, sequencing, performance.
KS2- lower	Games session	Games Ball skills and team skills (team skills focus)		Tennis Skills and match play		Athletics Running, relays, team skills	
	Gym & dance session	Gym Balance	Dance - Movements, sequencing, performance.	Gym - Stretching, curling and arching		Gym - Sequencing, understanding, performing.	Dance- Movements, sequencing, performance.
	Swimming					Year 4	
KS2- Upper	Games session	Games Ball skills and team skills (team skills focus)		Tennis Skills and match play		Athletics Running, relays, team skills	
	Gym & dance session	Gym Balance (symmetrical and asymmetrical)		Dance - Movements, sequencing, performance.		Gym - Sequencing, understanding, performing.	Dance- Movements, sequencing, performance.
	Swimming	Year 6 non swimmers	Year 5 swimmers	Year 5 swimmers			Year 5/6 non-swimmers