Nether Alderley Primary School –PE Long Term Planning

YEAR A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
Units	Playing Through Games Fundamental Movement Skills – Walking	Gymnastics – High, Low, Over, Under Ball Skills – Hands 1	Dance – Ourselves Ball Skills – Feet	Health and Wellbeing Fundamental Movement Skills – Jumping	Gymnastics – Moving Ball Skills – Hands 2	Ball Skills – Rackets, Bats, Balls and Balloons Games for Understanding
Year 1/2						
Units	Ball skills – feet Gymnastics – wide, narrow, curled Playing games	Health and Wellbeing Dance - Growing	Gymnastics – curled shapes Dance – Heros/The Zoo	Attach vs defence Ball skills – Hands 1	Fundamental movement skills – running Team Building	Ball Skills – Hands 2 Ball Skills – Rackets, Bats, Balls and Balloons
Year 3/4						
Units	Invasion Games Tag Rugby Orienteering	Invasion Games Basketball Dance – Wild Animals/Witches/Wizards	Gymnastics – Symmetry and Asymmetry Health and Wellbeing – Mindfulness	Invasion Games Football Invasion Games Netball	Athletics Cricket Swimming	Striking/Fielding Net Wall
Year 5/6						
Units	Invasion Games Tag Rugby Health Related Exercise Lacrosse Problem Solving	Invasion Games Basketball Dance Orienteering Netball	Gymnastics – Counter Balance and Tension Invasion Games Handball Dance – The Circus	Invasion Games Hockey Invasion Games Football	Athletics Swimming Cricket	Striking/Fielding Dodgeball

YEAR B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
Units	Playing Through Games Fundamental Movement Skills – Walking	Gymnastics – High, Low, Over, Under Ball Skills – Hands 1	Dance – Ourselves Ball Skills – Feet	Health and Wellbeing Fundamental Movement Skills – Jumping	Gymnastics – Moving Ball Skills – Hands 2	Ball Skills – Rackets, Bats, Balls and Balloons Games for Understanding
Year 1/2						
Units	Creating Games Fundamental movement skills – dodging	Gymnastics – Linking Ball Skills – Hands	Dance – Explorers Ball Skills – Feet	Health and Wellbeing Fundamental Movement Skills – Jumping	Team Building Ball Skills – Hands 2	Ball Skills – Rackets, Bats, Balls and Balloons Games for Understanding
Year 3/4						
Units	Hockey Communication and Tactics	Gymnastics – Bridges Football	Dance – Space Handball	Health and Wellbeing – Mindfulness Basketball	Rounders Quidditch	Athletics Game Sense Invasion
Year 5/6						
Units	Hockey Leadership	Gymnastics – Matching and Mirroring Football	Dance – Prejudice and Discrimination Handball	Health Related Exercise Basketball	Rounders Quidditch	Tennis Game Sense Invasion