PE Long Term Planning Overview

	Autumn		Spring		Summer	
	PE	Games	PE	Games	PE	Games
Year 3	**Gymnastics** Modify actions independently using different pathways, directions and shapes. Consolidate, improve ideas to create a sequence.	Football Tag Rugby Hockey **(Crossbar)**	**Gymnastics** Identify similarities and differences in sequences. Develop body management over a range of floor exercises. To incorporate jumps and leaps into a floor sequence.	Netball Basketball OAA **(Crossbar)**	Cricket Rounders	**Athletics** Running Jumping Throwing **(Crossbar)**
	Dance Unit 1: Practise different sections of a dance. Perform using facial expressions, perform with a prop.	Football Tag Rugby Hockey **(Crossbar)**	**Dance** Unit 2: Building stylistic qualities of barn dance through repetition and applying movement to own bodies. Building basic creative choreography skills in travelling and partner work.	Netball Basketball OAA **(Crossbar)**	**Athletics** Running Jumping Throwing	**Cricket** **Rounders** **(Crossbar)**
Year 4	**Gymnastics** To perform in time with a partner and group. Use compositional ideas in a sequence such as height, speed and direction.	Football Tag Rugby Hockey **(Crossbar)**	**Gymnastics** Exploring dynamic qualify and formations to communicate character. To choreography and devise skills linked to a specific theme.	Netball Basketball OAA **(Crossbar**	**Swimming** **(10 Weeks)** **Cricket** **Tennis**	**Athletics** Running Jumping Throwing **(Crossbar)**
	Dance Unit 1: Freeze frames in routines, practise and perform a variety of different formations and dance as a group with a set starting position.	Football Tag Rugby Hockey **(Crossbar)**	**Dance** Unit 2: Develop choreography and devising skills in relation to a theme, exploring dynamic quality and formations to communicate character.	Netball Basketball OAA **(Crossbar)**		Cricket Rounders **(Crossbar)**
Year 5	**Gymnastics** To develop symmetry within a sequence. Compare and evaluate performances.	Football Netball Tag Rugby **(Crossbar)**	**Gymnastics** To perform more complex actions, shapes and balances with consistency. To use feedback from others to improve performance.	Basketball Netball OAA **(Crossbar)**	**Swimming** **(10 Weeks)** **Cricket** **Tennis**	**Athletics** Throwing High Jump Long Jump **(Crossbar)**
	Dance Unit 1: Create longer and more complex sequences and adapt performances, develop symmetry in a dance,	Football Hockey Tag Rugby **(Crossbar)**	**Dance** Unit 2: Work with devices to add interest to action and explore different types of jumps, using professional examples to	Basketball Netball OAA **(Crossbar)**		**Rounders and Orienteering** **(Crossbar)**

	Evaluate performances.		inspire ideas for explosive action			
Year 6	**Gymnastics** Demonstrate accuracy, consistency and clarity of movement. Experience flight on and off apparatus.	Football Hockey Tag Rugby **(Crossbar)**	**Gymnastics** Perform increasingly complex sequences. Compose and practice actions and relate to music. Combine own ideas with others to build a sequence.	**Basketball Netball (Crossbar)**	**Striking and fielding:** Trigolf	**Cricket Rounders (Crossbar)**
	Dance Unit 1: Work collaboratively to include more complex ideas, develop motifs and incorporate into self-composed dances.	**Football Hockey Tag Rugby (Crossbar)**	**Dance** Unit 2: Developing group devices and greater use of teamwork, show tension through pattern and formation.	**Basketball Netball (Crossbar)**	**Athletics** Running Jumping Throwing	Tennis **Outdoor + Adventurous (Crossbar)**

Autumn 1, Spring 1 and Summer 1 Activities

Autumn 2, Spring 2 and Summer 2 Activities