

Prior's Mill – PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamental movements	Gymnastics (Balance, Agility and Co-ordination)	Dance	Throwing and Catching	Running and Jumping(Athletics)	Games Skills (Kick ball+ Racket skills)
Health and Fitness: (Swimming -Splash and play) Daily mile, PB activity, I-Wall and HIIT						
Year 2	Fundamental movements	Gymnastics (Balance, Agility and Co-ordination)	Dance	Throwing and Catching	Running and Jumping(Athletics)	Game Skills (Invasion) (Football)
Health and Fitness: (Swimming -Splash and play) Daily mile, PB activity, I-Wall and HIIT						
Year 3	Throwing and Catching	Dance	Gymnastics (Balance, Agility and Co-ordination)	Games Skills (Netwall) (Table Tennis)	Running and Jumping(Athletics)	Outdoor and Adventurous
Health and Fitness: Bleep test, daily mile, I-Wall, PB activity and HIIT Events: Cross country (Sept), Open football (May), Girls Football (June)						
Year 4	Throwing and Catching	Dance	Gymnastics (Balance, Agility and Co-ordination)	Games Skills (Striking and Fielding) (Cricket +Rounders)	Running and Jumping(Athletics)	Outdoor and Adventurous
Health and Fitness: Bleep test, daily mile, I-Wall, PB activity and HIIT Events: Swimming 3 x per year.						
Year 5	Throwing and Catching (netball + dodgeball)	Gymnastics (Balance, Agility and Co-ordination)	Dance	Games Skills (Netwall) (Tennis+ Volleyball)	Running and Jumping(Athletics)	Outdoor and Adventurous
Health and Fitness: Bleep test, daily mile, I-Wall, PB activity and HIIT Events: Cross country (Sept), Tag Rugby (Sept), Football (Nov-Jan), Netball (Girls-April), Athletics (May)						
Year 6	Throwing and Catching (basketball+ dodgeball)	Gymnastics (Balance, Agility and Co-ordination)	Dance	Game Skills (Invasion) (Hockey +Rugby)	Running and Jumping(Athletics)	Outdoor and Adventurous
Average of 6 weeks on each unit Hall – Autumn 2 and Spring 1						