



Lowton West Primary School

PE Long Term Plan

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception (Val Sabin)	Write Dance	Write Dance	Write Dance	Write Dance	Write Dance	Write Dance
	Moving and Handling Crawl, walk run etc	Spatial Awareness Travelling, balancing and climbing on apparatus (gymnastics)	Sending and Receiving (games)	Parachute Games	Athletics (running, jumping and throwing)	Athletics: Sports Day practise
Year One	Gymnastics Flight- Bouncing, Jumping, Landing	Dance - Unit 4 The Rainbow Fish We're going on a Bear Hunt	Gymnastics Points and Patches	Dance - Unit 3 Fog and Sunshine Washing Day Handa's Surprise	Athletics (using their arms correctly when running)	Athletics: Sports Day practise
	Netball (throwing and catching- chest and bounce pass)	Football (sending and receiving)	Target games (throwing and aiming small balls)	Balance and Agility (hurdles/ ladders/ benches/ balancing)	Rugby (attacking and defending)	Rounders (hitting from a tee/ fielding skills)
Year Two	Dance - Unit 1 The Cat Balloons Reach for the Stars	Gymnastics Parts High and Parts Low	Target games (throwing and aiming small balls)	Gymnastics Turning - Spinning-Twisting	Dance - Unit 2 Friends Bubbles Shadows	Athletics: Sports Day practise
	Basketball (passing and moving/throwing and catching- chest and passes and shooting)	Rugby (Chasing and dodging)	Hockey (holding a hockey stick correctly/ pushing the ball/ push shot)	Tri Golf (scheme included)	Athletics (using their arms correctly when running/ stride length)	Cricket (holding the bat correctly/ striking/ aiming)
Year Three	Dance - Unit 2 The Explorers The Hornpipe	Gymnastics Stretching, Curling and Arching	Dance - Unit 3 The Eagle and The Fish	Gymnastics Symmetry and Asymmetry	Athletics (pacing themselves over a longer distance)	Athletics: Sports Day practise (inc. long jump, javelin, shot put)

	Netball (footwork, shooting/range of passes: chest, bounce, overhead)		Football (movement off the ball/passing into space/striking a moving ball)		OAA (cooperation/ problem-solving)		Rugby (holding/receiving and passing a rugby ball)		Tennis (controlling the ball with the racket/ keeping up the ball on their own/ hitting a thrown ball)		Rounders (hitting a moving ball/ scoring using the bases/ throwing and catching)	
Year Four	Dance - Unit 2 Electricity		Gymnastics Rolling / Balancing leading into change of front and direction.		Tennis (developing a rally/ starting to serve)		Hockey (trapping the ball/ receiving the ball/ accurate passing)		Cricket (fielding skills/overarm bowling)		Athletics (upright running style/ breathing correctly over a long distance)	
	Swimming	Basketball (shooting using a backboard/range of passes: chest, bounce, overhead, leave)	Swimming	OAA (Orienteering/ using codes)	Swimming	Rugby (passing backwards/linking passes/running with the ball)	Rugby (passing backwards/linking passes/running with the ball)	Swimming	OAA (Orienteering/ using codes)	Swimming	Basketball (shooting using a backboard/range of passes: chest, bounce, overhead, leave)	Swimming
Year Five	Dance - Unit 4 Punch and Wrestle		Gymnastics Bridges		Dance - Unit 4 Volcanoes		Gymnastics Spinning and Turning		Athletics (Getting a good start and running through the line)		Athletics: Sports Day practice (long jump, javelin, shot put - improving techniques)	
	Netball (positions- roles & responsibilities, playing areas)		Football (heading, volleying, bringing down a ball/cushioning)		Rugby (the rules of tag rugby)		Cricket (choosing from a range of shots)		Rounders (bowler/ backstop/ 2 nd base- efficient use of the triangle)		OAA (climbing wall- traversing)	
Year Six	Gymnastics Matching, Mirroring and Contrasting		Dance - Unit 1 The World of Sport		Gymnastics Counter-Balance and Counter-Tension		Cricket (teamwork: batting in pairs/boundary fielding/backing-up)		Dance - Unit 2 Theseus and the Minotaur		OAA (den-building)	
	Basketball (fowl play: travelling/double dribble/ foot faults/ contact)		Sports hall Athletics (preparation for competition)		Rugby (switching direction/ overlapping runs/ running on to a moving ball)		Hockey (pass and move/ intercepting a pass/ blocking a shot)		Tennis (serving/ taking the weight off the ball/ drop-shots)		Athletics (inc. relay changeovers)	