



PE Long Term Plan 2020-21

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Three	Multi-skills (throwing and catching whilst developing agility and co-ordination) Dance (creating a short routine)	Dance (routines for Christmas Production) Netball (technique when shooting to a stationary target from a stationary position)	Gymnastics (balances and canon/unison) Hockey (push pass as a group to evade a defender)	Tennis (hitting with precision to a stationary target from a stationary target) TAG rugby (evading one opponent)	Athletics (sprint/hurdles/jumping/relay/chest push/triple jump) Cricket (introduction to fielding/bowling/batting) Rounders (rules and running around the bases) Orienteering (using the compass outside to identify North)	
Year Four	Gymnastics (creating routines) TAG rugby (evading two defenders/defending as a pair to cover space)	Dance (Canon/Unison in dance in a short routine) Netball (Shooting from a variety positions – pass/receive/shoot)	Invictus (problem solving) Hockey (receive & pass to a precise target on the move)	Cricket (Develop fielding/bowling/batting) Tennis (hitting with control and accuracy in pairs)	Swimming Athletics (sprint/hurdles/jumping/relay/chest push/triple jump/javelin) Golf (basic techniques including putting and chipping) Rounders (fielding skills)	
Year Five	Orienteering (developing ability to use the key on the map) Netball (Shooting from a variety of positions against an opponent)	Gymnastics (partner balances) Hockey (receive, dribbling through and round obstacles and pass to a precise target whilst on the move)	Dance (creating a dance routine with a clear stimulus) Tag Rugby ('Miss' pass & 'Loop': Apply in a conditioned game)	Multi-skills (field, defend and attack whilst developing agility and co-ordination) Basketball (dribbling/passing/shooting/rebounding)	Swimming Athletics (sprint/hurdles/jumping/relay/chest push/triple jump/javelin/shotput) Cricket (refining batting technique) Rounders (bowling accuracy and intention)	
Year Six	Dance (experimenting with 'group gestures' and creating a dance with a clear stimulus) Invictus (developing problem solving)	Basketball (focusing on tactics within a game) Hockey (applying skills within conditioned games)	Gymnastics (creating routines within groups) Netball (applying all skills developed)	Tennis (hitting with precision) Tag Rugby (decoy runs when attacking: Apply in a conditioned game)	Athletics sprint/hurdles/jumping/relay/chest push/triple jump/javelin/shotput) Cricket (using tactics and refined technique) Golf (using developed techniques to apply tactics) Rounders (communication and team work)	