



PE Long Term Plan 2021-22

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Three	Gymnastics (balances and canon/unison) TAG rugby (evading two defenders/defending as a pair to cover space)	Hockey (push pass as a group to evade a defender) Dance (creating a short routine)	Netball (technique when shooting to a stationary target from a stationary position) Badminton (basic skills)	Tennis (hitting with control and accuracy in pairs) Golf (basic techniques including putting and chipping)	Athletics (sprint/hurdles/jumping/relay/chest push/triple jump) Cricket (introduction to fielding/bowling/batting) Rounders (rules and running around the bases)	
Year Four	Gymnastics (creating routines) Netball (Shooting from a variety positions – pass/receive/shoot)Hockey (receive & pass to a precise target on the move)	Dance (Canon/Unison in dance in a short routine) Hockey (receive, dribbling through and round obstacles and pass to a precise target whilst on the move)	TAG rugby (evading two defenders/defending as a pair to cover space) Multi-skills (field, defend and attack whilst developing agility and co-ordination)	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	Football— (basic ball skills, passing, dribbling, shooting) Gymnastics (partner balances and beam work)	Dance (creating a dance routine with a clear stimulus) Multi-skills (field, defend and attack whilst developing agility and co-ordination)	Hockey (receive, dribbling through and round obstacles and pass to a precise target whilst on the move) Gymnastics (creating routines within groups)	Tag Rugby ('Miss' pass & 'Loop': Apply in a conditioned game) 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	Gymnastics (partner balances and beam work whilst creating a motif) Basketball (focusing on tactics within a game)	Multi-skills (field, defend and attack whilst developing agility and co-ordination) Dance (experimenting with 'group gestures' and creating a dance with a clear stimulus)	Gymnastics (creating routines within groups) Hockey (applying skills within conditioned games)	Tag Rugby (decoy runs when attacking: Apply in a conditioned game) Golf (using developed techniques to apply tactics)	Athletics sprint/hurdles/jumping/relay/chest push/triple jump/javelin/shotput) Cricket (using tactics and refined technique) Swimming Rounders (communication and team work)	