



# Physical Education Long Term Plan

## Cycle A 2020/21

	Autumn	Spring	Summer
Class 1	Multi Skills/Gymnastics Mastering basic movements <ul style="list-style-type: none"> <li>Running, Jumping, throwing and catching</li> <li>Balance, agility and coordination</li> </ul>	Dance/Games <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns</li> <li>Begin to participate in simple team games</li> </ul>	Athletics/Swimming <ul style="list-style-type: none"> <li>Running, Jumping, throwing and catching</li> <li>Water safety and Confidence</li> </ul>
Class 2	Forest School Multiskills Gymnastics/Dance Sports partnership events	Forest School Multiskills - running, jumping, throwing and catching Gymnastics/Dance Sports partnership events	Forest School Swimming Games/Athletics Sports partnership events
Class 3	Forest schools Gymnastics Netball	Dance Tennis	Forest schools Swimming Athletics
Class 4	Hockey Fitness Football	Gymnastics Dance Netball	Swimming, Athletics Rounders/cricket Forest School
Class 5	Football - Kidderminster Harriers Basketball	Rio Dance Gym Circuits	Rounders / Cricket Athletics, Swimming Forest School

Cycle B 2021/22

	Autumn	Spring	Summer
Class 1	Multi Skills/Gymnastics Mastering basic movements <ul style="list-style-type: none"> <li>Running, Jumping, throwing and catching</li> <li>Balance, agility and coordination</li> </ul>	Dance/Games <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns</li> <li>Begin to participate in simple team games</li> </ul>	Athletics/Swimming <ul style="list-style-type: none"> <li>Running, Jumping, throwing and catching</li> <li>Water safety and Confidence</li> </ul>
Class 2	Forest School Multiskills - running, jumping, throwing and catching Gymnastics/Dance Sports partnership events	Forest School Multiskills - running, jumping, throwing and catching Gymnastics/Dance Sports partnership events	Forest School Swimming Games Athletics <ul style="list-style-type: none"> <li>Sports partnership events</li> </ul>
Class 3	Forest schools Netball Gymnastics	Dance	Forest schools Swimming Athletics
Class 4	Hockey Fitness Football- Kidderminster Harriers	Gymnastics Dance Netball	Swimming, Athletics Rounders/cricket Forest School
Class 5	Greek Dance Games Basketball Hockey	Gym Circuits	Rounders / Cricket Athletics, Swimming Forest School