



Great Meols Primary School, **Physical Education** Long Term Plan

	AUTUMN	SPRING	SUMMER
FS1	<p>Marvellous Me</p> <p>Introducing and learning to use a range of small and large physical equipment.</p> <p>Agility and Co-ordination</p>	<p>Budding Stars</p> <p>Developing larger movements.</p> <p>Developing spatial awareness.</p> <p>Developing skills at using smaller tools and equipment including scissors and mark making resources.</p> <p>Agility and Co-ordination</p>	<p>Ready, Steady, Grow</p> <p>Moving freely in different ways.</p> <p>Negotiating space when moving with increased pace.</p> <p>Increasing independence at using smaller tools and equipment including scissors and mark making resources.</p> <p>Agility and Co-ordination</p>
FS2	<p>Dance</p> <p>Unit 1 (Stars, Rabbits, Follow my feet, Hickory Dickory Dock, Autumn leaves)</p> <p>Agility and Co-ordination</p> <p>Gym</p> <p>Unit 1 (Introduction)</p> <p>Directions, Awareness of Body Parts, Floor Work, Use of Space</p> <p>Agility and Co-ordination</p>	<p>Dance</p> <p>Unit 4 (Scarf, Painting a Picture, Hungry Caterpillar)</p> <p>Agility and Co-ordination</p> <p>Games</p> <p>Units 1 and 2 (Beanbags and balls)</p> <p>Throwing and Catching</p>	<p>Gym</p> <p>Unit 2 (Travelling)</p> <p>Agility and Co-ordination</p> <p>Games</p> <p>Units 3 and 4 (Hoops, quoits, bats and balls)</p> <p>Throwing and Catching</p>

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Y1	Gymnastics Unit D Travelling and Jumping; Agility and Co-ordination Games Unit 1 Focus on ball skills Throwing and Catching Dance Unit 1 Streamers, conkers. Agility and Co-ordination	Gymnastics Unit E Points and Patches. Agility and Co-ordination Games Unit 2 Throwing and catching: Aiming games Throwing and Catching Dance Unit 2 March, March, March and Jack & the Beanstalk Agility and Co-ordination	Gymnastics Unit F Rocking and rolling. Agility and Co-ordination Games Unit 3 Bat and ball skills and games. Skipping. Agility and Co-ordination Athletics Unit 2 Running
Y2	Games Unit 1 Throwing catching inventing games. Throwing and Catching Gymnastics Unit 1 Parts high parts low Agility and Co-ordination Dance Unit 1 The Cat/ Balloons/ Reach for the Stars Agility and Co-ordination	Dance Unit 2 : Friends, bubbles and shadows Agility and Co-ordination Gymnastics Unit 3 Spinning, turning and twisting Agility and Co-ordination Games Unit 3 Dribbling, kicking and hitting Tactics and strategy	Games Unit 4 Group games and inventing rules Throwing and Catching Dance Unit 4 Traditional Dance Agility and Co-ordination Athletic Activity Unit 2 Running, Throwing, Jumping
Y3	Invasion Games Unit 1 - Ball skills - passing and receiving Throwing and Catching Gymnastics Unit 1 - Stretching and Curling Agility and Co-ordination Dance Unit 1 Who am I, The language of Dance Agility and Co-ordination	Games Unit 3 – Net, court and wall games Striking Gymnastics Unit 2 Symmetry Agility and Co-ordination Dance Unit 3 The Eagle and the fish Agility and Co-ordination	Athletics Unit1 Running, Throwing, Jumping Games Unit 4 - Striking and Fielding Throwing and Catching, Striking Gymnastics Unit 3 Pathways Agility and Co-ordination

	AUTUMN	SPRING	SUMMER
Y4	Dance Unit 1 The boots are made for walking/Giraffes can't dance Agility and Co-ordination Games Unit 1 Invasion games Throwing and Catching, Kicking Gymnastics Unit 1 - Balance Agility and Co-ordination	Gymnastics Unit 3 - Balancing and change of direction Agility and Co-ordination Games Unit 1 - Net, Court and Wall games Striking Dance Unit 2 Electricity Agility and Co-ordination Swimming Agility and Co-ordination	Athletics Unit 2 Running Throwing Jumping Games Unit 4 -Striking and fielding games Throwing and Catching, Striking Outdoor Adventurous Activities Residential Visit Leadership and Teamwork
Y5	Gymnastics Unit 1 - Bridges Agility and Co-ordination Invasion Games Unit 2 - Invasion and Target Games (ball-handling games) Throwing and Catching Dance Unit 1 Rubbish Agility and Co-ordination	Games Unit 1 - Net court and wall Games Tactics and Strategy Dance Unit 3 City Life /Pleased to see you Agility and Co-ordination Gym Unit 2 Flight Agility and Co-ordination	Games Unit 4 -Striking and Fielding games – Throwing and Catching, Striking Tactics and Strategy Athletics Unit1 Running Throwing Jumping Gym Unit 4 - Spinning and turning Agility and Co-ordination Swimming Agility and Co-ordination

Y6	<p>Games</p> <p>Unit 1 - Invasion games - Implement and kicking Tactics and Strategy, Kicking</p> <p>Gymnastics</p> <p>Unit 1- Mirroring and matching Agility and Co-ordination</p> <p>Swimming</p> <p>Agility and Co-ordination</p> <p>Dance</p> <p>Unit 1World of Sport Mix and match Agility and Co-ordination</p>	<p>Games</p> <p>Unit 2 - Net/court/wall games Tactics and Strategy</p> <p>Dance</p> <p>Unit 4 Flight from Danger Agility and Co-ordination</p> <p>Gym</p> <p>Unit 2 - Synchronisation and Canon; Agility and Co-ordination</p> <p>Outdoor Adventurous Activities</p> <p>Residential Visit</p> <p>Leadership and Teamwork</p>	<p>Games</p> <p>Unit 3 - Striking and fielding games Tactics and Strategy</p> <p>Throwing and Catching, Striking</p> <p>Athletics</p> <p>Unit 2</p> <p>Running Throwing Jumping</p> <p>Gymnastics</p> <p>Unit 3 - Holes and Barriers Agility and Co-ordination</p>
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