



St. Luke's CE Primary School

PE Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Creswell (FS2)	<p>Fine Motor Skills: beads, threading, pegging, play dough</p> <p>Gross Motor Skills: jumping, running, climbing using the tyres and trim trail, balancing</p>	<p>Throwing and Catching</p> <p>Safe Landings</p> <p>Working Together as a Team</p> <p>Animal Movements – hopping, rolling, crawling</p>	<p>Parachute Games</p> <p>Obstacle Courses</p> <p>Athletics – running, jumping, hopping, skipping changing direction, marching</p>	<p>Dance – moving to music, expressive movements, fluency</p> <p>Bat and Ball skills – tennis, cricket</p>	<p>Gymnastics – balance, control, using apparatus, posture, coordination</p> <p>PSED – providing feedback to others, self-confidence</p>	<p>Leadership – children becoming game leaders</p> <p>Football – energetic movements</p> <p>Combine skills learnt this year to practise for Sports Day</p>
Elmton (Y1)	<p>Ball Skills – aiming, movement, hitting, kicking</p> <p>Throwing and Catching</p>	<p>Dance – copying and remembering sequences of movements. Expressing a mood or feeling</p>	<p>Gymnastics – moving in different directions with control, holding positions, using apparatus safely, safe landings, stretch and curl</p>	<p>Ball Games – large ball, developing tactics of games such as dodgeball</p>	<p>Bat and Ball skills – tennis, cricket, rounders</p>	<p>Leadership – children becoming game leaders and providing constructive feedback to others</p> <p>Athletics</p> <p>Combine skills learnt this year to practise for Sports Day</p>

Rufford (Y2)	Throwing and Catching – inventing own games	Dance – movements to different types of music, create a routine to perform	Gymnastics – using apparatus with control, high/low work, spinning, rolling and turning. Linking movements together to music	Bat and Ball skills – tennis	Team Games – organising, leading others, working as part of a team, resilience Team Games – passing, dribbling, tackling in football	Athletics – running, jumping, throwing Combine skills learnt this year to practise for Sports Day
Clumber (Y3)	Invasion Games – understanding rules, fair play, possession, tactics, team building, attacking, defending	Team Games – football, netball, hockey. Focusing on working with others, rules of each game, throwing, catching, defending, attacking	Dance – exploring characters, spatial awareness, fluency of movements, sequencing, preparing and performing group routines Orienteering	Gymnastics – shapes, balances, control, rolling, mirror and match, travel. Prepare and perform own routine	Athletics – throwing with control and accuracy, linking actions, jumping and landing, speed	Cricket – striking, fielding, team building, tactics, bowling Combine skills learnt this year to practise for Sports Day
Thoresby (Y4)	Team Games – football, netball. Focus on attacking and defending, passing to others, ball possession	Tennis Yoga Jingle Jog	Athletics – longer distance running, throwing, competing with others,	Gymnastics – balance, control, flexibility. Using apparatus. Creating and performing own routine	Team Games – tag rugby, cricket. Focusing on tactics, working together, communication, sportsmanship, fair play	Dancing – street dance, cultural dance. Routines created and performed to others Combine skills learnt this year to practise for Sports Day

						Orienteering
Sherwood (Y5)	Gymnastics – using the apparatus, flexibility, control of movements, balance, expressing self with movement, hanging, swinging	Team Games – football, netball, tag rugby. Possession, working together, ball control, understanding rules, attacking and defending with accuracy, keeping to own space	Orienteering – reading and understanding maps, working with others, competition and fair play Team Games – rounders, hockey	Swimming Dance – composing and adapting movements, improvisation, communicating ideas, preparing and performing own routine	Swimming Athletics – landing safely when jumping, improving on own performances, throwing with increasing accuracy, variety of distance running	Swimming Cricket – striking, fielding, team building, tactics, bowling. All with increased control and accuracy Combine skills learnt this year to practise for Sports Day
Welbeck (Y6)	Invasion Games – possession, taking the lead within games and acting as referee, upholding spirit and rules of the game	Gymnastics – using the apparatus to perform balances and sequencing, rotations, holding shapes, performing own routines Team Games – basketball and netball	Dance – expression of movement, areas for improvement, levels, posture, speed, fluency of movements, preparing and performing own routine Team Games – hockey	Swimming Tennis – using forehand and backhand, working independently, tactics, ball control	Swimming Adventurous activity – planning, risk management, leadership, challenge, teamwork	Swimming Athletics – low hurdles, sprinting, discussing technique, controlled landings Combine skills learnt this year to practise for Sports Day