



Kessingland Church of England Primary Academy

Physical Education Long-Term Plan 2019-2020



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Gym Trail (Fine and Gross motor skills)	Dance	Gymnastics	Games: Kicking and striking	Games: Moving	Team games
Year 1	1. Games: Ball skills 2. Games: Throwing and catching	1. Dance: Unit 1 2. Gymnastics: Unit 1	Games: (controlling, aiming and passing)	1. Gymnastics: Unit 2 2. Dance: Unit 2	1. Games: Moving- bat and ball skills 2. Athletics	Games: Group games, inventing rules
Year 2	1. Games: Football (controlling, aiming and passing) 2. Games: Matball (moving, catching, throwing)	1. Dance: Unit 1 2. Gymnastics: Unit 1	1. Games: Hockey (dribbling, hitting) 2. Games: Rugby (passing, catching and running)	1. Dance: Unit 2 2. Gymnastics: Unit 2	1. Athletics: Unit 1 2. Health Related Exercise	1. Games: Striking and Fielding 2. Athletics: Unit 2
Year 3	1. Games: Hockey (controlling, aiming and passing) 2. Gymnastics: Unit 1	1. Health Related Exercise 2. Games: Matball (passing and moving)	1. Games: Netball (moving, catching, throwing) 2. Gymnastics: Unit 2	1. Dance 2. Games: Football (possession, passing and moving,)	1. Games: Rounders 2. Athletics: Unit 1	1. Games: Cricket 2. Athletics: Unit 2
Years 4	1. Games: Handball (catching, aiming and passing) 2. Gymnastics: Unit 1	1. Games: Football (passing and moving for progression) 2. Health Related Exercise	1. Dance 2. Games: Netball (moving, catching and passing)	1. Gymnastics: Unit 2 2. Games: Intro to net/wall games	1. Games: Rounders 2. Athletics: Unit 1	1. Games: Cricket 2. Athletics: Unit 2
Year 5	1. Games: Badminton (shot selection) 2. Games: Net/Basketball (passing and game play)	1. Health Related Exercise 2. Games: Tag Rugby (passing, catching, running and game play)	1. Gymnastics Unit 1 2. Games: Football (intro to game play strategies and tactics)	1. Dance: Unit 1 2. Indoor Athletics	1. Games: Rounders 2. Outdoor Athletics	1. Games: Cricket 2. Games: Handball (intro to game play)
Year 6	1. Games: Badminton (rules and game play) 2. Games: Tag Rugby (passing, catching, running and game play)	1. Games: Netball (passing, moving and game play) 2. Health Related Exercise	1. Gymnastics Unit 1 2. Games: Football (using small sided games to select and apply tactics)	1. Dance: Unit 1 2. Indoor Athletics	1. Games: Rounders 2. Outdoor Athletics	1. Games: Cricket 2. Games: Basketball (intro to game play)