



Alverton Community Primary School PE Long Term Plan

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Locomotion: Walking and Jumping		Ball Skills Hands 1		Gymnastics: High, Low, Over, Under		Dance Nursery Rhymes		Ball Skills Feet Football (James)		Games For Understanding	
Year 1	Locomotion: Running	Gymnastics: Wide, Narrow, Curled	Ball Skills Hands 1	Gymnastics: Body Parts	Invasion: Football (James)	Dance: Growing	Ball Skills Hands 2	Dance: The Zoo	Locomotion: Jumping	Games For Understanding	Health and Wellbeing	Ball Skills Feet
Year 2	Locomotion: Dodging	Gymnastics: Linking	Ball Skills Hands 1	Gymnastics: Pathways	Invasion: Football (James)	Dance: Water	Ball Skills Hands 2	Dance: Explorers	Locomotion: Jumping	Games For Understanding	Health and Wellbeing	Ball Skills Feet
Year 3	Invasion: Netball	Gymnastics Symmetry & Asymmetry	Invasion: Handball	OAA: Problem Solving	Invasion: Tag Rugby	Dance Wild Animals	Striking & Fielding Rounders	Dance: Weather	Net / Wall Tennis	Striking & Fielding Cricket	Invasion: Football (James)	Athletics
Year 4	Invasion: Netball	Gymnastics: Bridges	Invasion: Handball	OAA: Problem Solving	Invasion: Tag Rugby	Dance: Cats	Striking & Fielding Rounders	Dance: Space	Net / Wall Tennis	Striking & Fielding Cricket	Invasion: Football (James)	Athletics
Year 5	Invasion: Tag rugby	Gymnastics: Counter Balance and Counter Tension	Invasion: Football	Health Related Exercise	Invasion: Netball	Dance: The Circus	Invasion: (Change Sport) (James)	OAA: Orienteering	Athletics	Net / Wall Tennis	Striking & Fielding Cricket	Striking & Fielding Rounders
Year 6	Invasion: Tag Rugby	Health Related Exercise	Invasion: Football	Gymnastics: Matching & Mirroring	Invasion: Netball	Dance: Carnival	Invasion: (Change Sport) (James)	OAA: Orienteering/L eadership	Athletics	Net / Wall Tennis	Striking & Fielding Cricket	Striking & Fielding Rounders

Year 6- Swimming



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Additional PE Sports: Each class teacher can choose their additional unit to replace the highlighted sport: Tri-golf, Goalball, Archery, Touckball, Cricket, Box2bfit, Curling,

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All planning is available on Complete PE, apart from additional PE sports. If you want to change a sport, please make sure that you continue with the type. Example: Invasion = netball could be changed to football because it still invasion. All the sports available can be viewed on Complete PE.

Please make sure that that you **adapt the lesson plans to meet the needs of your class.**

Complete PE has some really good resource cards and progress ladders to help stretch abilities.

For each half term, I would like photos of each class in PE, alongside quotes from children about what they have enjoyed.