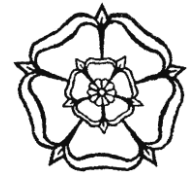




# Thornton-in-Craven Community Primary and Nursery School Physical Education Long Term Plan



		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N/R	A	Gymnastics – travelling	Dance – action songs	Bouncing and kicking skills.	Dance – sequences	Invasion games – throwing and catching <a href="#">Links to Autumn 1, C1.</a>	Invasion games – bouncing and kicking <a href="#">Links to Spring 1, C1.</a>
	B	Throwing and catching	Gymnastics – rolling	Gymnastics – balancing.	Athletics – running, jumping, hopping etc.	Bat and ball skills.	Athletics – chasing games including obstacles.
Y1/2	A	Gymnastics – travelling <a href="#">Links to Autumn 1, C1.</a>	Dance – copying and responding <a href="#">Links to Autumn 2, C1.</a>	Rounders – throwing and catching <a href="#">Links to Autumn 1, C1.</a>	Netball/Basketball – dribbling and passing skills <a href="#">Links to Aut 1, Spr 1, C1.</a>	Athletics – running short distance <a href="#">Links to Spring 2, C1.</a>	Athletics – jumping <a href="#">Links to Spring 2, C1.</a>
		Football – kicking skills/ball control <a href="#">Links to Spring 1, C1.</a>	Gymnastics – jumping and rolling <a href="#">Links to Autumn 2, C1.</a>	Hockey – sending and receiving <a href="#">Links to Summer 1, C1</a>	Rounders – striking and fielding <a href="#">Links to Summer 1, C1.</a>	Tennis with tennis coach <a href="#">Links to Summer 1, C1</a>	Tennis with tennis coach <a href="#">Links to Summer 1, C1</a>
Y1/2	B	Dance – travelling <a href="#">Links to Autumn 1, C1.</a>	Gymnastics - balancing <a href="#">Links to Spring 1, C1.</a>	Netball/Basketball - attacking and defending	Rounders – game skills <a href="#">Links to Spring 2, C2</a>	Athletics – throwing	Athletics – running long distance <a href="#">Links to Spr2, C1.</a>
		Football – kicking skills in a game <a href="#">Links to Spr 1, C1.</a>	Dance – partner work	Gymnastics – copy and perform	Hockey – travelling	Tennis with tennis coach. <a href="#">Links to Sum1C1</a>	Tennis with tennis coach <a href="#">Links to Summer 1, C1</a>
Y3/4	A	Dance – motif/gesture	Dance – rhythm	Gymnastics – sequences with partners <a href="#">Links to Spring 1, C2.</a>	Netball/Basketball – throwing and catching <a href="#">Links to Aut1 C1 &amp; Spr2 C2.</a>	Swimming	Swimming
		Athletics – running <a href="#">Links to Spring 2, C1, Summer 1, C2.</a>	Gymnastics – balancing <a href="#">Links to Spring 1, C1 &amp; Autumn 2, C2.</a>	Rounders – skills for hitting, striking and fielding <a href="#">Links to Spr 2, C2.</a>	Athletics – jumping <a href="#">Links to Spring 2, C1, Summer 2, C2.</a>	Tag Rugby <a href="#">Links to Autumn 1, C1</a>	Tag Rugby <a href="#">Links to Autumn 1, C1</a>
Y3/4	B	Hockey – aiming and coordination. <a href="#">Links to Sum1 C1 Spr1 C2</a>	Gymnastics – advanced travelling <a href="#">Links to Aut1 C1&amp;2.</a>	Rounders – possession and fielding. <a href="#">Links to Spr2, C2.</a>	Athletics – throwing <a href="#">Links to Summer 1, C2.</a>	Swimming	Swimming
		Netball/Basketball – attacking and defending <a href="#">Links to Spring 1, C2.</a>	Dance – cannon/unison <a href="#">Links to Autumn 2, C2.</a>	Hockey – game skills <a href="#">Links to Summer 1, C1 &amp; Spring 2, C2.</a>	Tennis – serving, shots and rallying <a href="#">Links to Sum1, C1 &amp; C2.</a>	Tag Rugby <a href="#">Links to Autumn 1, C1.</a>	Tag Rugby <a href="#">Links to Autumn 1, C1.</a>
Y 5/6	A	Gymnastics – jumps and lifts. <a href="#">Links to Autumn 2, C1 &amp; C2.</a>	Dance – Traditional	Basketball – passing and dribbling. <a href="#">Links to Aut1 C1 Spr 2, C2 &amp; Spr 2 C3.</a>	Netball/Basketball – shooting and aiming	Athletics – throwing <a href="#">Links to Summer 1, C2, Spring 2, C3.</a>	Rounders – bowling and hitting. <a href="#">Links to Spring 2, C2 &amp; Spring 1, C3.</a>
		Athletics – running – long distance. <a href="#">Links to Spr2 C1, Sum1, C2, Aut 1, C3.</a>	Football – passing and shooting. <a href="#">Links to Spring 1, C1 &amp; C2.</a>	Gymnastics – advanced travelling. <a href="#">Links to Autumn 1, C1, C2 &amp; Autumn 2, C3.</a>	Hockey – co-ordination and aiming. <a href="#">Links to Sum1, C1 &amp; Spr2, C2, Aut1, C3.</a>	Tag Rugby <a href="#">Links to Autumn 1, C1 &amp; Summer, C3.</a>	Tennis – forehand and backhand skills. <a href="#">Links to Sum 1, C1 &amp; Sum, C2 &amp; Spr 2, C3.</a>
Y5/6	B	Game leadership skills	Gymnastics – balancing <a href="#">Links to Spring 1, C1 &amp; Autumn 2, C2 &amp; C3.</a>	Football – possession, attacking and defencing <a href="#">Links to all other units with attacking/defending.</a>	Basketball/Netball – tactics and game skills <a href="#">Links to Spring 1, C1 &amp; C2, Spring 2, C4.</a>	Tennis – application of skills to games. <a href="#">Links to Summer 1, C1 &amp; Sum, C2 &amp; Spr 2, C3</a>	Athletics – jumping <a href="#">Links to Spring 2, C1, Summer 2, C2, Spring 2, C3.</a>
		Netball/Basketball – attacking and defending <a href="#">Links to Spr1C2 &amp; Aut1C3.</a>	Dance – motifs <a href="#">Links to Autumn 1, C3.</a>	Gymnastics – performance skills <a href="#">Links to Spring 1, C2 &amp; C3.</a>	Hockey – attacking and defending, game skills <a href="#">Links to Sum1 C1 &amp; Spr2C2, Spr1C3.</a>	Athletics – sprinting Relays. <a href="#">Links to Spr2C1, Sum1C2, Aut1C3.</a>	Rounders-Striking and fielding. <a href="#">Links to Spr2 C2 &amp; Spr1 C3.</a>