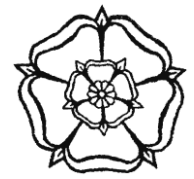




Thornton-in-Craven Community Primary and Nursery School Physical Education Long Term Plan



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