



PE Long Term Plan 2019-20

	Autumn 1	Autumn 2	Spring 1	Spring 2	Spring 2	Summer 1
EYFS	Please see separate EYFS long term plan and or knowledge builders which show progression of knowledge throughout the school.					
Year 1	Fundamental Ball Skills Rolling/Under arm throwing/catching	Dance Observe and copy	Fitness/Circuit Training	Basketball Bouncing a ball and travelling	Athletics (Sports Day practice)	Cricket Fielding Stopping the ball Throwing a ball at a target
Year 2	Fundamental Ball Skills Over arm throwing	Dance Observe and copy	Fitness/Circuit Training	Basketball Passing (3 types)	Athletics (Sports Day practice)	Cricket Striking the ball
Year 3	Swimming		Fitness/Circuit Training/Boxercise	Basketball Shooting at a target Basic laws of the game	Athletics (Sports Day practice)	Cricket Bowling and bowling at a target Basic laws of the game and fielding positions.
Year 4	Hockey (Quicksticks) Basic stick control/ ball control/dribbling/drag pass/basic rules and laws of the game	Gymnastics Balancing	Fitness/Circuit Training/Boxercise	Basketball Shooting at a target Basic laws of the game	Athletics (Sports Day practice)	Cricket Bowling and bowling at a target Basic laws of the game and fielding positions.
Year 5	Hockey (Quicksticks) Hit(slap) pass/shooting/small sided game scenarios	Dance Linking and combining	Fitness/Circuit Training/Boxercise	Basketball Small sided game scenarios	Athletics (Sports Day practice)	Cricket Small sided game scenarios
Year 6	Hockey (Quicksticks) Larger game scenarios	Dance Creating routines	Fitness/Circuit Training/Boxercise	Basketball Larger game scenarios	Athletics (Sports Day practice)	Cricket Larger game scenarios