

Long term plans for: P.E

Our Curriculum Drivers are:

Wellbeing

Aspirations

Outdoor Learning

These key drivers are integral to all that we do at Glade, to ensure that all of our pupils leave us as happy, healthy and well-rounded individuals.



"Growing, Learning, Achieving with Dedication and Enthusiasm"

Indoor PE Outdoor PE Specialist Coaching OAA (Outdoor Adventurous Activities)

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fine and gross motor skills Kicking a large ball Climbing Pouring Mark making Pencil control		Fine and gross motor skills Moving freely and in different ways. Catch a large ball Stand on one leg Use scissors Pencil control		Letter formation/Pencil control Effect of exercise on our bodies Travelling, balancing and climbing around, under, over and through equipment. Pushing, patting, throwing, catching or kicking a ball	
Reception	Travelling Catching, throwing Fine and gross motor skills		Street Dance Travelling Bat and ball skills	Jumping Bat and ball skills	Partner skills Games and ball skills	Gymnastics Games skills
Year 1	Storytime Dance – unit 2 Boot camp - Unit 1	Christmas play dances Mighty Movers - Unit 2	Groovy Gymnastics - unit 3 Bat and Ball Skills unit 4	Cool Core – Unit 5 Throwing and Catching- unit 5	Multi skills Unit 1 Active Athletics- Unit 6	‘Where the Wild Things Are’ dance Basketball OAA
Year 2	Ugly Bug Ball dance - Unit 2 Throwing and Catching – Unit 5	Christmas play dances Boot camp – Fitness unit 1	Groovy gymnastics – Unit 3 Mighty Movers - Unit 2 Funtrition	Gymfit Circuits – unit 4 Brilliant ball skills - Unit 4 Funtrition	Fitness Frenzy – unit 6 Skip to the Beat – Unit 3	Multiskills – unit 1 Active Athletics: Unit 6 OAA
Year 3	African Dance – unit 2 Boot camp - Unit 1	Christmas play dances Mighty Movers - Fitness Unit 2	Karate Skip to the beat – Unit 3	Groovy Gymnastics- unit 3 Brilliant Ball Skills - Unit 4	Multi- Skills - Unit 1 Throwing and catching – unit 5	Fitness Frenzy – unit 6 Active Athletics – unit 6 OAA
Year 4	Swimming/ Gym sequences- Unit 3 Young Olympians – Sports Unit 6	Swimming / Mighty Movers – Fitness Unit 2 Christmas play dances	Swimming / Gym sequences- Unit 3 Invaders – Sports Unit 1	Swimming / Mighty Movers – Fitness Unit 2 Netball	Dance - Invasion Striking and Fielding – Sports Unit 4	Cool Core – Fitness Unit 5 Nimble Nets – unit 5 OAA
Year 5	Dance - Space Striking and fielding– Sports Unit 4	Boot camp - Unit 1 Nimble Nets – unit 5	Squash Invaders – Sports Unit 1	Gym Sequences - Unit 3 Fitness Frenzy - unit 6	Tudor Dance Young Olympians – Sports Unit 6	Gymfit Circuits - Unit 4 Mighty Movers – unit 2 OAA
Year 6	Gymfit Circuits - Unit 4 Basketball/Invaders - Unit 1	Mighty Movers – unit 2 Basketball/Hockey	Badminton – Nimble Nets/Racket Pack Basketball/Invaders - Unit 1	Dance - Lindyhop Basketball/ Hockey	Gym sequences – unit 3 Striking and Fielding – Unit 4 OAA – residential and non-residential	Play dances Young Olympians – Unit 6

Progression of skills and knowledge is shown for each area on attached documents.