

P.E Long Term Plan Cycle AB

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
C1	ELGs relevant to PE include: Self-regulation; Managing self; Building relationships; Gross motor skills; Fine Motor Skills: • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; • Work and play cooperatively and take turns with others; Explain the reasons for rules, know right from wrong and try to behave accordingly; • Negotiate space and obstacles safely, with consideration for themselves and others; • • Demonstrate strength, balance and coordination when playing; • • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. • Use a range of small tools, including scissors, paint brushes and cutlery; To be KS1 ready: • To develop the overall body strength, coordination, balance and agility needed to successfully engage with physical education; use core muscle strength to achieve a good posture; confidently and safely use a range of large and small apparatus • Combine different movements with ease and fluency; develop and refine a range of ball skills and develop confidence and competence, precision and accuracy in activities that involve a ball • Negotiate space and obstacles safely, with consideration for others; revise and refine a range of fundamental movement skills; use a more fluent style of moving, developing control and grace					
C2	Forest Schools OAA	Bean Bag Throw Gym – Making Shapes	Rollaball Dance – Moving Along	10-Point Hoops Dance – Cat Dance	Mini Tennis Kick Rounders	Outdoor Athletics – Off. Up and Away
C3	Swimming	Skittles Gym – Balancing Act	Three Touch Ball Mini Tennis 2	Zone Cricket Dance – Round the Clock	Forest Schools OAA	Outdoor Athletics – Faster, Higher, Further
C4	Tag Rugby Gym – Acrobatic Gymnastics	Swimming	Calling the Shots Mini Tennis 2	Forest Schools OAA	Pairs Cricket Dance – Making the Grade	Outdoor Athletics Threes and Fives