



**Long Term Planning**  
**Physical Education**

	<b>Jupiter</b>	<b>Saturn</b>	<b>Neptune</b>
<b>Autumn 1 - A</b>	<b>Tai Chi Games</b> Year 1 Unit 2- Throwing catching aiming	<b>Tai Chi Games</b> Net/court games	<b>Tai Chi Games</b> Net/court games
<b>Autumn 2 - A</b>	<b>Dance</b> Jack and the beanstalk (3 lessons) We're going on a bear hunt (3 lessons) <b>Games</b> Year 2 Unit 3- Dribbling, kicking and hitting	<b>Gymnastics</b> Unit L - stretching, arching, curling <b>Gymnastics</b> Unit O - travelling with a change of direction	<b>Dance</b> What a Card! (6 Lessons) <b>Games</b> Invasion games - Ball handling
<b>Spring 1 - A</b>	<b>Gymnastics</b> Unit D - flight, bouncing, jumping & landing <b>Games</b> Year 1 unit 4- Developing partner-work	<b>Gymnastics</b> Unit P - Balance <b>Games</b> Striking/fielding	<b>Gymnastics</b> Unit T - Bridges <b>Gymnastics</b> Unit W - Spinning & Turning
<b>Spring 2- A</b>	<b>Gymnastics</b> Unit G - travelling - wide, narrow, curled <b>Gymnastics</b> Unit H - High & Low	<b>Dance</b> The Explorers (6 Lessons) <b>Games</b> Year 3 unit 2 - Creative games making	<b>Gymnastics</b> Unit X - Matching, mirroring & contrasting <b>Games</b> Striking/fielding
<b>Summer 1 - A</b>	<b>Dance</b> Shadows (3 Lessons) Words and word messages (3 Lessons) <b>Athletics</b> Year 1 unit 1 - team competitions	<b>Dance</b> The Human Engine (1 Lesson) These Shoes are Made for Walking (2 Lessons) Musical Statues (1 Lesson) Dance Festival	<b>Dance</b> Flight From Danger (6 Lessons) <b>Athletics</b> Year 5 unit 1 - track & field Year 5 - team competition

		<b>Athletics</b> Year 3 unit 1 - track & field Year 3 - team competition	
<b>Summer 2 - A</b>	<b>Athletics</b> Year 1 unit 2 - track & field Year 2 unit 1 - track & field Year 1 individual competition	<b>Athletics</b> Year 3 unit 2 - track & field Year 4 unit 1 - track & field Year 3 - individual competition	<b>Athletics</b> Year 5 unit 2 - track & field Year 6 unit 1 - track & field Year 5 - individual competition
<b>Autumn 1 - B</b>	<b>Tai Chi</b> <b>Games</b> Year 2 unit 1 - Throwing and catching Inventing games	<b>Tai Chi</b> <b>Games</b> - Net/court games	<b>Tai Chi</b> <b>Games</b> Net/court games
<b>Autumn 2 - B</b>	<b>Dance</b> Conkers (2 Lessons) Handa's Surprise (3 Lessons)  <b>Games</b> Year 1 Unit 3 - Ball skills	<b>Gymnastics</b> Unit M- symmetry & asymmetry  <b>Gymnastics</b> Unit Q - receiving body weight	<b>Gymnastics</b> Unit V - functional use of limbs  <b>Games</b> Invasion games - implement and kicking
<b>Spring 1 - B</b>	<b>Gymnastics</b> Unit F - Rocking & Rolling  <b>Games</b> Year 2 Unit 2 - Hitting and kicking	<b>Gymnastics</b> Unit R - balance leading into change of direction  <b>Games</b> Striking/fielding	<b>Gymnastics</b> Unit Y - synchronisation and canon  <b>Gymnastics</b> Unit Z - holes and barriers / exploring levels
<b>Spring 2- B</b>	<b>Gymnastics</b> Unit J- Turning, spinning & twisting  <b>Gymnastics</b> Unit K - Linking movements	<b>Dance</b> Electricity - (6 Lessons)  <b>Games</b> Invasion games	<b>Dance</b> City Life (6 Lessons)  <b>Games</b> Striking/fielding
<b>Summer 1 - B</b>	<b>Dance</b> Reach for the stars (2 Lessons) Friends	<b>Dance</b> Wimbledon (6 Lessons) Dance festival	<b>Dance</b> Punch and Wrestle (4 Lessons) Hunting in unknown territory (2

	Pat-a-Cake Polka Anything Goes Cicassian Circle  <b>Athletics</b> Year 1 unit 1 - track & field Year 2 - team competition	<b>Athletics</b> Year 3 unit 1 - track & field Year 4 - team competition	Lessons)  <b>Athletics</b> Year 5 unit 1 - track & field Year 6 - team competition
<b>Summer 2 - B</b>	<b>Athletics</b> Year 2 unit 1 - track & field Year 2 unit 2 -Competitions Year 2 - individual competition	<b>Athletics</b> Year 4 unit 1 - track & field Year 4 unit 2 - track & field	<b>Athletics</b> Year 6 unit 1 - track & field Year 6 unit 2 - track & field Year 6 - individual competition

### Mars

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Tai Chi	<b>Dance</b> 1. Stars 2. Follow my feet 3. Autumn Leaves 4. Icicles and water 5, 6 Blowing Bubbles.	<b>Games</b> Unit 1 - Throwing & traveling with bean bags	<b>Gymnastics</b> Introductory unit Travelling	<b>Dance</b> 1, 2, 3. The Very Hungry Caterpillar 4. Heel toe Polka 5, 6. Painting a picture	<b>Games</b> Unit 3 - Travelling and moving with hoops