

PHYSICAL EDUCATION

LONG TERM CURRICULUM PLAN 2021 - 2022

RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>Games activities – Follow instructions & rules, agility skills, basic handling. Gymnastics / movement activities – Intro to basic actions. OAA – Forest School</p>	<p>Games activities – Speed & agility skills, skipping & basic hand eye co-ordination. Gymnastics / movement activities – Bounce, jump & land. OAA – Forest School / Orienteering</p>	<p>Games activities – Speed, co-ordination, agility & skipping skills. Sending different implements. Gymnastics / movement activities – Balance (1,2,3,4 & 5 body parts.) OAA – Forest School / Orienteering</p>	<p>Games activities – Multi skills. Gymnastics / movement activities – Stretch & curl OAA – Forest School / Orienteering</p>	<p>Games activities – Multi skills Gymnastics / movement activities – Balance (small & large body parts.) OAA – Forest School / Orienteering</p>	<p>Swimming / self-rescue skills Gymnastics / movement activities – Flight (5 basic jumps.) OAA – Forest School / Orienteering</p>	<p>Games activities – Multi skills with basketball focus. Gymnastics / movement activities – Mirroring. OAA – Forest School / Orienteering</p>
<p>Games activities – Basic send and receiving skills. Dance / movement activities – Nursery Rhymes OAA – Forest School</p>	<p>Games activities – handling skills, simple team games. Dance / movement activities – Toys OAA – Forest School / Orienteering</p>	<p>Games activities – Send & receive (hands.) Finding space. Mini games Dance / movement activities – Fireworks OAA – Forest School / Orienteering</p>	<p>Games activities – Multi skills. Dance / movement activities – Water OAA – Forest School / Orienteering</p>	<p>Games activities – Games skills with basketball focus Dance / movement activities – World War 2. OAA – Forest School / Orienteering</p>	<p>Swimming / self-rescue skills Dance / movement activities – Titanic. OAA – Forest School / Orienteering</p>	<p>Games activities – Football skills & invasion game tactics. Dance / movement activities – Haka & rugby OAA – Forest School / Orienteering</p>
<p>Games activities – Large ball, sending & receiving. Gymnastics / movement activities – Big and small. OAA– Forest School</p>	<p>Games activities – Pass & receive skills hands & feet. Mini games. Gymnastics / movement activities – Balance & intro to basic gymnastics shapes. OAA – Forest School / Orienteering</p>	<p>Games activities – Invasion skills in mini games. Pass / receive & games using feet. Dance / movement activities – Plague & Great Fire of London OAA – Forest School. 2 day residential</p>	<p>Games activities – Quicksticks hockey skills & games Dance / movement activities – Water OAA – Forest School / Orienteering</p>	<p>Games activities – Hockey skills & tactics, small invasion hockey drills and games. Dance / movement activities – World War 2 OAA – Forest School / Orienteering</p>	<p>Swimming / self-rescue skills Dance / movement activities – Titanic. OAA – Forest School / Orienteering</p>	<p>Games activities – Hockey skills & tactics, invasion hockey drills and games. Dance / movement activities – Haka & rugby OAA – Forest School / Orienteering. Condover Hall residential</p>
<p>Games activities – Sending ball with feet & skipping skills. Dance / movement activities – We're Going on a Bear Hunt OAA – Forest School</p>	<p>Games activities – Mini games & challenges (feet) Basic hockey skills. Dance / movement activities – Animals OAA – Forest School / Orienteering</p>	<p>Games activities – Hockey skills on own, with partner & with others. Gymnastics / movement activities – Pathways OAA – Forest School / Orienteering</p>	<p>Games activities – Ball handling skills, pass & receive (netball) Gymnastics / movement activities – Symmetry & asymmetry OAA – Forest School / Orienteering</p>	<p>Games activities – Send & receive, attack & defend, games with football focus Gymnastics / movement activities – Rotation OAA – Forest School / Orienteering.</p>	<p>Swimming / self-rescue skills Gymnastics / movement activities – Shapes & linking shapes. OAA – Forest School / Orienteering</p>	<p>Games activities – Basketball skills, tactics & games. Gymnastics / movement activities – Counter balance / tension. OAA – Forest School / Orienteering</p>
<p>Games activities – Skip & jump skills, throw & catch, bat/racket skills. Dance / movement activities – We're Going on a Bear Hunt OAA – Forest School</p>	<p>Games activities – Intro to striking & fielding. Running for speed. Dance / movement activities – Animals OAA – Forest School / Orienteering</p>	<p>Games activities – Basic strike & field skills & games. Dance / movement activities – African dance OAA – Forest School / Orienteering</p>	<p>Games activities – Striking & fielding skills & games. Dance / movement activities – Circus OAA – Forest School / Orienteering</p>	<p>Games activities – Striking & fielding skills, tactics & games Dance / movement activities – Electricity OAA – Forest School / Orienteering</p>	<p>Swimming / self-rescue skills Dance / movement activities – Narnia. OAA – Forest School / Orienteering</p>	<p>Games activities – Striking & fielding skills, tactics & games. Gymnastics / movement activities – Counter balance / tension. OAA – Forest School / Orienteering</p>
<p>Games activities – Speed & distance skills. Team relays. Sports day skills. OAA – Forest School</p>	<p>Games activities – Run over distance. Throwing skills. Relays. Sports day skills. Gymnastics / movement activities – Rock and roll. OAA – Forest School / Orienteering</p>	<p>Games activities – Running for speed & distance. Jump & throw for distance. Gymnastics / movement activities – Spin, turn & twist. OAA – Forest School / Orienteering</p>	<p>Athletics activities – Run, jump & throw multi skills. Dance / movement activities – Circus OAA – Forest School / Orienteering</p>	<p>Athletics activities – Sprint & distance running skills Throwing & jumping events. Gymnastics / movement activities - Taking weight on hands OAA – Forest School / Orienteering</p>	<p>Swimming / self-rescue skills Dance / movement activities – Narnia OAA – Forest School / Orienteering</p>	<p>Athletics activities – Sprint & distance running skills Throwing & jumping events. Gymnastics / movement activities – Acrobatic gymnastics. OAA – Forest School / Orienteering</p>

