

P.E Long term plan – Cycle 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Multi Skills Balanceability	Multi Skills	Gym Floor	Gym Apparatus	Dance - water Balanceability	Multi Skills Review Sports Day preparation
Value/concept	Determination	Passion	creativity	courage	Self belief	Respect
Year 1 and 2	Multi Skills	Multi skills Dance – Jungle Book	Gym Floor Travelling – Level and direction change	Gym Apparatus Travelling – Level and direction change	Invasion Games – Leading to scoreball Dance - Drumba	Games – Net Wall – leading to tennis
Value/concept	Sportsmanship	Teamwork	creativity	courage	Perseverance	Determination
Year 3 and 4	Invasion Games – Tag rugby	Dance – Drumba Dance – Stone Age	Gym – Floor Shapes Swimming	Gym Apparatus – Shapes	Games – Net wall	Athletics – Cambridgeshire PE Scheme – year 3 Sports Day prep
Value/concept	Honesty	Communication	Perseverance	Courage	Service	Determination
Year 5 and 6	Invasion Games – Tag rugby (TGFU)	Invasion Games Quidditch (TGFU) Dance – Drumba	Dance – Drumba Dance -WW2 Swimming	Gym – sequence development Cambridgeshire PE scheme – Group work unit	Striking and Fielding Games (TGFU)	Athletics – Cambridgeshire scheme - Heptathlon

Value/concept

Teamwork

Determination

Leadership

Self belief

Communication

Service

P.E Long term plan – Cycle 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Multi Skills Balanceability	Multi Skills	Gym Floor	Gym Apparatus	Dance - water Balanceability	Multi Skills Review Sports Day preparation
Value/concept	Determination	Passion	creativity	courage	Self belief	Respect
Year 1 and 2	Multi Skills	Multi skills Dance – Dancing Dinosaurs	Gym Floor Travelling – Level and direction change	Gym Apparatus Travelling – Level and direction change	Dance – Drumba Invasion Games – Leading to scoreball	Games – Striking and fielding
Value/concept	Honesty	Respect	Service	Self Belief	Creativity	Compassion
Year 3 and 4	Invasion Games – Tag Rugby	Invasion Games - Scoreball Dance - Vikings	Gym floor – Rolling Swimming	Gym apparatus – Rolling Dance -Drumba	Games - Striking and Fielding Games	Athletics Year 4 Cambridgeshire scheme – Pentathlon
Value/concept	Teamwork	Sportsmanship	Creativity	Leadership	Respect	Resilience
Year 5 and 6	Invasion Games – Netball/Hockey	Target Games Dodgeball Dance - Drumba	Boxercise Swimming	Dance Harry Potter	Netwall games (TGFU) Athletics Cambridgeshire scheme - Decathlon	Invasion Games – Ultimate Frisbee
Value/concept	Respect	Resilience	Healthy Lifestyles	Creativity	Compassion	Perseverance

