

Woodland Primary School
Subject Long Term Plans
Physical Education



PE	Autumn		Spring		Summer	
Year 1	Games CG – Play a throwing ball game, following rules		Dance CG – Perform a short dance	Games CG – Play a kicking ball game, following rules	Gymnastics CG – Perform a short gymnastic sequence	Games CG – Play a ball game, following rules
Year 2	Games CG – Play a rolling ball game, following rules		Dance CG – Perform a dance using speed/level/ direction	Games CG – Play a kicking ball game, following rules	Gymnastics CG – Perform own sequence and show improvements from feedback	Games CG – Play a hitting ball game, following rules
Year 3	Games CG – Play a game of football following rules	Dance CG – Perform a dance routine to the count of 8	Gymnastics CG – Perform own sequence using different types of apparatus	OAA CG- follow a map using simple compass directions	Games CG – Play a game of kwik-cricket, following rules	Athletics CG- take part in throwing, running and jumping competitions
Year 4	Games CG – Play a game of hockey following rules	Dance CG – Perform a dance with partner/in a group	Gymnastics CG – Perform own sequence using speed/direction	OAA CG- follow a route using a map	Games CG – Play a game of tennis, following rules	Athletics CG- take part in throwing, running and jumping competitions
Year 5	Games CG – Play a game of basketball following rules	Dance CG – Perform a dance showing clarity/fluency	Gymnastics CG – Perform own complex extended sequences using a range of apparatus	OAA CG- use clues/compass to navigate a route	Games CG – Play a game of tag-rugby, following rules	Athletics CG- take part in throwing, running, jumping & combined running and jumping competitions
Year 6	Games CG – Play a game of tennis following rules	Dance CG – Perform a dance in a specific style and respond to feedback	Gymnastics CG – Perform own sequences using a range of apparatus and combine their work with others	OAA CG- plan a route a series of clues for someone else	Games CG – Play a game of tag-rugby, following rules	Athletics CG- take part in throwing, running and jumping as well as a combined running and jumping competitions