

St Anne's Whole School Long Term Plan- Physical Education 2016 - 2017

Year Group	1A	1B	2A	2B	3A	3B
Nursery	Fundamental Skills through Dance and outdoor play					→
Reception	<u>Fundamental Skills through Dance and outdoor play</u>					→
Key Stage One 2 x 40 mins 5x5 minutes <u>GO NOODLE</u> <u>4 x5 minutes - structured play</u> Year 2 Swimming x 3 sessions - summer	Fundamental skills through games.	Fundamental skills through gym.	Fundamental skills through dance	Fundamental skills through gym	Fundamental skills through dance	Fundamental skills through outdoor games.
Y3 2 x 1 hr <u>Swimming</u>	Sending and receiving skills and games. <u>THROWING, CATCHING AND MOVING</u>	Invasion Skills and games. <u>DRIBBLING, PASSING, SHOOTING, SCORING FINDING SPACE</u> Gymnastics	Indoor Athletic Skills Throwing and Jumping Dance	Striking and Fielding Skills	Athletics	Outdoor Adventure Activities.
Y4 2 x 1hr <u>Swimming</u>	Sending and receiving skills and games <u>BENCH BALL</u> Gymnastics	Invasion Skills and games.	Indoor Athletic Skills Throwing and Jumping Dance	Striking Skills Tri Golf	Athletics	Outdoor Adventure Activities.
Y5 2 x 1hr <u>Swimming</u>	Striking and fielding Rounders	Gymnastics <u>DANCE</u>	<u>HANDBALL</u> Swimming	Striking and Fielding Quick Cricket	Athletics Running Sprints Throwing and Jumping	Outdoor Adventure Activities.
Y6 2 x 1hr <u>Swimming</u>	Striking and Fielding (Cricket)	Gymnastics Indoor Athletics	Netball <u>DANCE</u>	Striking and Fielding Hockey	Athletics Running Throwing and Jumping Football	Outdoor Adventure Activities. Residential