

Gymnastics

Dance

# PE long term plan

## KS1

Games

Athletics

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Unit A Travelling	Reception dance unit 1	Unit B Stretching and Curling	Reception dance unit 2	Unit C Travelling and taking flight	Reception dance unit 3
		R Unit 1 Using beanbags		R Unit 2 Using a ball	R Unit 3 Using hoops and quoits	R Unit 4 Ropes, bats and balls
Year 1	Unit D Flight- bouncing, jumping, landing	Year 1 Dance unit 1	Unit F Rocking and Rolling	Year 1 Dance unit 2	Unit G Wide, narrow, curled	Year 1 Dance unit 4
	Y1 Unit 1 Ball skills and games	Y1 Unit 2 Throwing, catching and aiming games	Y1 Unit 3 Bat/ball skills and games (skipping)	Y1 Unit 1 Athletics	Y1 Unit 4 Developing partner work	Y1 Unit 2 Athletics
Year 2	Unit I Zig Zags	Year 2 Dance unit 1	Unit J Spinning, turning, twisting	Year 2 Dance unit 2	Unit K Linking movements together	Year 2 Dance unit 3
	Y2 Unit 1 Throwing and catching inventing games	Y2 Unit 2 Making up games with a partner- aiming, hitting and catching	Y2 Unit 3 Dribbling, kicking and hitting	Y2 Unit 1 Athletics	Y2 Unit 4 Group games and inventing rules	Y2 Unit 2 Athletics