

PE - Long Term Planning Grid - Foundation Stage and Key Stage One

	Autumn 1 st Half	Autumn 2 nd Half	Spring 1 st Half	Spring 2 nd Half	Summer 1 st Half	Summer 2 nd Half
Reception	Games Introduction Unit 1 Focus on using Bean Bags	Games Unit 2 & 3 - Medium sized balls and hoops and quoits	Gymnastics Introductory Unit Unit A - Travelling. Apparatus Work	Gymnastics Unit B - Stretching and curling. Apparatus Work	Gymnastics Unit C - Travelling taking weight on various body parts.	Games Unit 4 Bat and Ball games and activities.
	Fundamentals First Funs	Fundamentals First Funs	Dance	Dance	Dance	Fundamentals Multi-Skills
					Athletics Focus on Running. Jumping and throwing Activities.	Athletics Running, Jumping and throwing Activities. Sports Day
	Welly Walk	Welly Walk	Welly Walk	Welly Walk	Welly Walk	Welly Walk
Year 1 QCA Gym Unit 1 QCA Dance Unit 1 QCA Games Unit 1	Games Unit 1 - Large ball skills and games.	Gymnastics Unit D - Flight, Bouncing, Jumping and Landing.	Gymnastics Unit E & F - Points and Patches, Rocking and Rolling.	Gymnastics Unit G - Wide, Narrow and Curled. Sequences using skills learnt in Unit D-G.	Athletics Running, Jumping and throwing Activities.	Athletics Running, Jumping and throwing Activities. Sports Day
	Fundamentals Balance, agility, co-ordination. Funs.	Fundamentals Virtual Multi Skill Competition	Dance Unit 1 & 2 Jack and the Beanstalk	Dance	Games Unit 2 - Throwing and catching - aiming games.	Games Unit 3 - Bat and ball skills and games. Skipping.
Year 2 QCA Gym Unit 2 QCA Games Unit 2 QCA Dance Unit 2	Games Unit 1 - Throwing and catching. Inventing individual games.	Gymnastics Unit I - Pathways, straight, zig-zag and curving.	Gymnastics Unit J & H- Turning, spinning and twisting. Parts high and low.	Gymnastics Unit K - Linking Movements together	Athletics Running, Jumping and throwing Activities.	Athletics Running, Jumping and throwing Activities. Sports Day
	Fundamentals Balance, agility, co-ordination. Funs.	Fundamentals Funs. Virtual Multi Skill Competition.	Dance Unit 1 & 2	Dance Unit 3 & 4	Games Unit 2 - Making games, partner work. Aiming, hitting and kicking. Unit 3.	Games Skipping. Bat and ball skills and mini games. Unit 4 - Group Games.