

Dawley C of E Physical Education Long Term Plan 2020-2021

Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Inside (Hall)	Movement Co-ordination Throwing Catching	Movement Co-ordination Target	Movement Co-ordination Bat and Ball Football	Movement Co-ordination Agility	Movement Co-ordination Tennis	Movement Co-ordination Athletics
Outside (Playground/Field)	Bikes, running,jumping,etc...	Bikes, running,jumping,etc...	Bikes, running,jumping,etc...	Bikes, running,jumping,etc...	Bikes, running,jumping,etc...	Bikes, running,jumping,etc...

Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Inside (Hall)	Movement Co-ordination Throwing Catching	Gymnastics Target throw (Sticky balls & Boccia)	Bat and Ball	Agility (Ladders,bunny hops, skipping, jumping etc...)	Dance/Movement	Gymnastics
Outside (Playground/Field)	Rugby/Football/Netball (Throwing & Catching) (Passing & Receiving)	Hockey/Basketball (Passing & Receiving)	Football Playground Games (Stuck in the mud, Cops and Robber Skipping, HopScotchs...)	Tennis Tri-Golf	Striking & Fielding Skills	Athletics

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Inside (Hall)	Sportshall Athletics	Gymnastics Target throw (Sticky balls & Boccia)	Quick Cricket Archery	Agility (Ladders,bunny hops, skipping, jumping etc...)	Dance/Movement	Gymnastics
Outside (Playground/Field)	Rugby/Football/Netball (Throwing & Catching) (Passing & Receiving)	Hockey/Basketball (Passing & Receiving)	Playground Games (Stuck in the mud, Cops and Robber,Skipping HopScotchs...)	Tennis Tri-Golf	Striking & Fielding Skills	Athletics

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Inside (Hall)	Sportshall Athletics	Gymnastics Target throw (Sticky balls & Boccia)	Quick Cricket Archery	Agility (Ladders,bunny hops, skipping, jumping etc...)	Dance/Movement	Gymnastics
Outside (Playground/Field)	Football/Netball (Throwing & Catching) (Passing & Receiving)	Hockey/Basketball (Passing & Receiving)	Playground Games (Stuck in the mud, Cops and Rokipping Hop Scotch...)	Tennis Tri-Golf	Striking & Fielding Rounders/Cricket)	Athletics

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Inside (Hall)	Sportshall Athletics	Gymnastics Kwik Cricket	Dodgeball Archery	Agility (Ladders,bunny hops, skipping, jumping etc...)	Dance	SwimmingGymnastics
Outside (Playground/Field)	Rugby/Football/Netball (Throwing & Catching) (Passing & Receiving)	Hockey/Basketball (Passing & Receiving)	Orienteering	Tennis Tri-Golf	Striking & Fielding (Rounders/Cricket)	Athletics

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Inside (Hall)	Sportshall Athletics	Gymnastics Kwik Cricket	Dodgeball Archery	Agility (Ladders,bunny hops, skipping, jumping etc...)	Swimming/Dance	Gymnastics
Outside (Playground/Field)	Rugby/Football/Netball (Throwing & Catching) (Passing & Receiving)	Hockey/Basketball (Passing & Receiving) 	Orienteering	Tennis Tri-Golf	Striking & Fielding (Rounders/Cricket)	Athletics

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Inside (Hall)	Sportshall Athletics	Gymnastics Boccia & NAK	Dodgeball Quick cricket Archery	Agility (Ladders, bunny hops, skipping, jumping etc...)	Dance/Swimming	Gymnastics
Outside (Playground/Field)	Rugby/Football/Netball (Throwing & Catching) (Passing & Receiving)	Hockey/Basketball (Passing & Receiving)	Orienteering	Tennis Tri-Golf	Striking & Fielding (Rounders/Cricket)	Athletics

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Inside (Hall)	Sportshall Athletics	Gymnastics Boccia & NAK	Dodgeball Quick cricket Archery	Agility (Ladders, bunny hops, skipping, jumping etc...)	Swimming/Dance	Gymnastics
Outside (Playground/Field)	Rugby/Football/Netball (Throwing & Catching) (Passing & Receiving)	Hockey/Basketball (Passing & Receiving)	Orienteering	Tennis Tri-Golf	Striking & Fielding (Rounders/Cricket)	Athletics