

**PE Long Term Plan 2019-2020**

**Key Stage 1**

<b>Year Group</b>	<b>Autumn 1</b>		<b>Autumn 2</b>		<b>Spring 1</b>		<b>Spring 2</b>		<b>Summer 1</b>	<b>Summer 2</b>
<b>Character Values</b>	<b>TEAM WORK</b>		<b>RESILIENCE</b>		<b>RESPECT</b>		<b>COMMUNICATION</b>		<b>FAIR PLAY HONESTY</b>	
<b>1</b>	Gymnastics	Skipping	<b>A, B, C</b> Throwing, Bouncing, Rolling and Catching	Stamina	Dance	Muscular Endurance	<b>A, B, C</b> Dribbling and Kicking	Stamina	Athletics	Throwing to a target Striking the ball
	<b>A, B, C</b> Throwing, Bouncing, Rolling and Catching	Skipping	Gymnastics	Stamina	<b>A, B, C</b> Dribbling and Kicking	Muscular Endurance	Dance	Stamina		
<b>2</b>	Gymnastics	Skipping	<b>A, B, C</b> Throwing, Bouncing, Rolling and Catching	Stamina	Dance	Muscular Endurance	<b>A, B, C</b> Dribbling, Passing and Kicking	Stamina	Athletics	Throwing to a target Striking the ball Bounce ball up and down on a racket
	<b>A, B, C</b> Throwing, Bouncing, Rolling and Catching	Skipping	Gymnastics	Stamina	<b>A, B, C</b> Dribbling, Passing and Kicking	Muscular Endurance	Dance	Stamina		

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**Key Stage 2**

<b>Year Group</b>	<b>Autumn 1</b>		<b>Autumn 2</b>		<b>Spring 1</b>		<b>Spring 2</b>		<b>Summer 1</b>	<b>Summer 2</b>
<b>Character Values</b>	<b>TEAM WORK</b>		<b>RESILIENCE</b>		<b>RESPECT</b>		<b>COMMUNICATION</b>		<b>FAIR PLAY HONESTY</b>	
	Gymnastics	Skipping	Netball	Stamina	Dance	Muscular Endurance	Hockey	Stamina	Athletics / Tag Rugby	Rounders
	Netball	Skipping	Gymnastics	Stamina	Hockey	Muscular Endurance	Dance	Stamina		
<b>4</b>	Gymnastics	Skipping	Netball	Stamina	Dance	Muscular Endurance	Hockey	Stamina	Athletics / Tag Rugby	Rounders
	Netball	Skipping	Gymnastics	Stamina	Hockey	Muscular Endurance	Dance	Stamina		
<b>5</b>	Gymnastics	Skipping	A - Basketball	Stamina	Dance	Muscular Endurance	Hockey	Stamina	Athletics/ Tag Rugby	Rounders
	Netball	Skipping	B – Health Related Fitness	Stamina	Hockey	Muscular Endurance	Dance	Stamina		
<b>6</b>	Netball	Skipping	Health Related Fitness	Stamina	Dance	Muscular Endurance	Hockey	Stamina	Athletics	Rounders
	Netball	Skipping	Tag Rugby	Stamina	Hockey	Muscular Endurance	Dance	Stamina	Athletics	Rounders