

PE Long Term Plan 2020 - 2021

Key Stage 1

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1 Physical Focus	Athletics/Movement <i>Running technique</i> <i>Pacing</i> <i>Relay Races</i> <i>Jumping and Landing</i> <i>Under arm throw</i> <i>Target Throwing</i>	Hand eye coordination <i>Individual Ball Handling</i> <i>Dribbling</i> <i>Rolling</i> <i>Target throwing</i> <i>Passing to a partner</i>	Gymnastics	Dance	Foot eye/ Hand eye coordination <i>Kicking and striking</i> <i>Dribbling</i> <i>Dribbling with equipment</i> <i>Passing</i>	Rounders
		Gymnastics	Hand eye coordination <i>Individual Ball Handling</i> <i>Dribbling</i> <i>Rolling</i> <i>Target throwing</i> <i>Passing to a partner</i>	Foot eye/ Hand eye coordination <i>Kicking and striking</i> <i>Dribbling</i> <i>Dribbling with equipment</i> <i>Passing</i>	Dance	Athletics
Health and Wellbeing Focus	Friendship	Mental Health	Teamwork	Communication	Resilience	Personal Best
Links to SDP	Sporting Hero's	Mental Health	First Aid	First Aid	Resilience	Personal Best

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Key Stage 2

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Character Values	FRIENDSHIP RESILIENCE	RESPECT	TEAM WORK	COMMUNICATION	FAIR PLAY	HONESTY
3	Sporting Hero's - Athletics Fun, Teamwork, Communication, Challenges	Mental Health - Gymnastics Mental Health - Football	First Aid - Football First Aid - Gymnastics	Dance Outdoor Education	Outdoor Education Dance	Rounders Athletics
4	Sporting Hero's - Athletics Fun, Teamwork, Communication, Challenges	Mental Health - Gymnastics Mental Health - Netball	Mental Health - Netball Mental Health - Gymnastics	Dance Outdoor Education	Outdoor Education Dance	Rounders Athletics
5	Sporting Hero's - Athletics Fun, Teamwork, Communication, Challenges	Mental Health – Gymnastics Mental Health – Hockey	Mental Health – Hockey Mental Health – Gymnastics	Dance Outdoor Education	Outdoor Education Dance	Rounders Athletics
6	Sporting Hero's - Athletics Fun, Teamwork, Communication, Challenges	Mental Health – Gymnastics Mental Health - Basketball	Mental Health – Basketball Mental Health – Gymnastics	Dance Outdoor Education	Outdoor Education Dance	Rounders Athletics