

West Park Primary School

Physical Education Long Term Plan

Nursery	Dance - Nursery Rhymes	Locomotion 1	Fine Motor skills	Dance - Jungle	An adventure with the Emergency Services	Stability 1
Reception	Locomotion 1	Dance - Seasons	Fundamental Movement Skills 1	Dance - Toys	Object manipulation 1	Stability 2 (static and dynamic balance)
					Gym - Rocking & Rolling	Athletics 1
Year 1	Object Manipulation 2	Invasion Game Skills 1	Net & Wall Game Skills 1	Target Games 2	Striking & Fielding Game Skills 1	Dance - Under the Sea
	Gymnastics - Balancing & spinning on Points & Patches	Dance - Animals	Fundamental Movement Skills 2	Gymnastics - Wide, narrow & curled rolling & balancing	Personal Challenges	Athletics 2
Year 2	Fundamental Movement Skills 2	Invasion Game Skills 2	Net & Wall Game Skills 2	Target Games 3	Striking & Field Game Skills 2	Dance - Pirates
	Dance - Mini Beasts	Gymnastics - Pathways: straight, zipzag & curving	Gymnastics - Spinning, turning & twisting	Fundamental Movement Skills 3	Dance - Fire of London	Athletics 2
Year 3	Dance - Egyptians	Gymnastics - Linking movements together	Dance - Dance Around the World	Dodgeball	Health Related Fitness	Athletics
	OAA	Invasion Game Skills 3	Tennis	Gymnastics - Receiving body weight	Rounders	Gymnastics - Symmetry & asymmetry (partners)
Year 4	OAA	Swimming	Swimming	Swimming	Swimming	Athletics
	Swimming	Hockey	Dance - Romans	Rounders	Gymnastics - Rolling & travelling low	Swimming
Year 5	Dance - The Victorians	Gymnastics - Matching, mirroring & contrast	Leadership	Invasion Game Skills 4	Team Building and Problem Solving	Gymnastics - Synchronisation & canon
	Hockey	Flag Football	Gymnastics - Partner work - under and over	Dance - British Values	Rounders	Athletics
Year 6	Dance - The Haka	Tag Rugby	Leadership	Netball	Health Related Fitness	Gymnastics - Flight
	Basketball	Gymnastics - Counter-balance & counter tension	Dance - Dance through the ages	Gymnastics - Group Sequencing	OAA Map Reading	Rounders