

West Park Primary School

Physical Education Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Dance (Nursery Rhymes)	Locomotion	Fine Motor Skills	Dance (Jungle)	Motor Skills (People who Help Us)	Stability
Reception	Locomotion	Dance (Seasons)	Fundamental Skills	Dance (Toys)	Gym (Rocks and Rolls) & Object Manipulation	Stability & Athletics
Year 1	Gym (Points and Patches) & Object Manipulation	Dance (Animals) & Invasion Game Skills	Fundamental Skills & Net and Wall Skills	Gym (Rolls and Balances) & Target Games Skills	Personal Challenge & Striking and Fielding Skills	Dance (Under the Sea) & Athletics
Year 2	Dance (Minibeasts) & Fundamental Movement	Gym (Pathways) & Invasion Games Skills	Gym (Spins and turns) & Net and Wall Skills	Fundamental Skills & Target Games Skills	Dance (Fire of London) & Striking and Fielding Skills	Dance (Pirates) & Athletics
Year 3	Dance (Egyptians) & OAA	Gym (Linking Moves) & Invasion Games Skills	Dance (Around the World) & Tennis	Gym (Receiving Body Weight) & Dodgeball	Health Related Fitness & Rounders	Gym (Symmetry & Asymmetry) & Athletics
Year 4	Swimming & OAA	Swimming & Hockey	Swimming & Dance (Romans)	Swimming & Rounders	Swimming & Gym (Rolls)	Swimming & Athletics
Year 5	Dance (The Victorians) & Hockey	Gym (Match & Mirror) & Flag Football	Gym (Partner Work) & Leadership	Dance (British Values) & Tennis	OAA (Problem Solving) & Rounders	Gym (Synchronisation & Cannon) & Athletics
Year 6	Dance (The Haka) & Basketball	Gym (Counterbalance) & Tag Rugby	Dance (Dance through the Ages) & Leadership	Gym (Group Sequence) & Dodgeball	OAA (Map Reading) & Athletics	Gym (Flight) & Rounders