



HOLY TRINITY

PE Long Term Plan

	Autumn		Spring		Summer	
Nursery	Outdoor Play Area and Bikes Trim Trail		Ball Skills		Water Brush Strokes Sandcastles	
Reception	Ring Games Movement and Dance		Apparatus		Sports Equipment/Ball Skills Races and Fitness Healthy Schools Week Sports Day	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Games Unit 1 (Year 1) Focus on ball skills and games	Outdoor and Adventurous Activities (Year 1) Trails/Problem solving/Team building/Orienteering	Dance Unit 1 (Year 1) Steamers Conkers Playing with a ball	Gymnastics Unit E (Year 1) Points and Patches	Games Unit 3 (Year 1) Bat/ball skills and games – skipping	Athletics Unit 2 (Year 1)
	Athletics Unit 1 (Year 1)	Games Unit 2 (Year 1) Throwing and catching – aiming games	Gymnastics Unit D (Year 1) Flight – bouncing, jumping and landing	Dance Unit 2 (Year 1) March, March, March Jack and the Beanstalk	Games Unit 4 (Year 1) Developing partner work	Practise for Sports Day Sports Day
Year 2	Games Unit 1 (Year 2) Throwing and catching- inventing games	Outdoor and Adventurous Activities (Year 2) Trails/Problem solving/Team building/Orienteering	Dance Unit 1 (Year 2) The cat Balloons Reach for the stars	Gymnastics Unit K (Year 2) Linking movements together	Games Unit 3 (Year 2) Dribbling, kicking and hitting	Athletics Unit 2 (Year 2)
	Athletics Unit 1 (Year 2)	Games Unit 2 (Year 2) Making up a game	Gymnastics Unit I (Year 2) Pathways, straight, zig-zag and curving	Dance Unit 2 (Year 2) Friends Bubbles Shadows	Games Unit 4 (Year 2) Group games and inventing rules	Practise for Sports Day Sports Day
Year 3	Games Unit 1 (Year 3) Ball skills- invasion focus	Outdoor and Adventurous Activities (Year 3) Trails/Problem solving/Team building/Orienteering	Dance Unit 1 (Year 3) Who am I? The language of dance	Gymnastics Unit M (Year 3) Symmetry and asymmetry	Games Unit 3 (Year 3) Net/Caught/Wall games	Athletics Unit 2 (Year 3)
	Athletics Unit 1 (Year 3)	Games Unit 2 (Year 3) Creative games making	Gymnastics Unit L (Year 3)	Dance Unit 2 (Year 3) The Explorers The Hornpipe	Games Unit 4 (Year 3) Striking/Fielding games	Practise for Sports Day Sports Day

			Stretching, curling and arching			
Year 4	Games Unit 1 (Year 4) Net/Court/Wall games	Outdoor and Adventurous Activities (Year 4) Trails/Problem solving/Team building/Orienteering	Dance Unit 1 (Year 4) These shoes are made for walking Giraffes can't dance Incognito	Gymnastics Unit Q (Year 4) Receiving body weight	Games Unit 3 (Year 4) Invasion games	Athletics Unit 2 (Year 4)
	Athletics Unit 1 (Year 4)	Games Unit 2 (Year 4) Problem solving and inventing games	Gymnastics Unit P (Year 4) Balance	Dance Unit 2 (Year 4) Electricity	Games Unit 4 (Year 4) Striking and Fielding games	Practise for Sports Day Sports Day
Year 5	Games Unit 1 (Year 5) Net/Court/Wall games	Outdoor and Adventurous Activities (Year 5) Trails/Problem solving/Team building/Orienteering	Dance Unit 1 (Year 5) Rubbish	Gymnastics Unit U (Year 5) Flight	Games Unit 2 (Year 5) Invasion and target	Athletics Unit 2 (Year 5)
	Swimming	Swimming	Swimming	Gymnastics Unit W (Year 5) Spinning and turning	Athletics Unit 1 (Year 5)	Practise for Sports Day Sports Day
Year 6	Games Unit 1 (Year 6) Invasion games – Implement and kicking (Hockey and Football)	Outdoor and Adventurous Activities (Year 6) Trails/Problem solving/Team building/Orienteering	Dance Unit 1 (Year 6) The World of Sport Mix and Match	Gymnastics Unit A (Year 6) Counter-balance and counter-tension	Games Unit 3 (Year 6) Striking and Fielding games	Athletics Unit 2 (Year 6)
	Athletics Unit 1 (Year 6)	Games Unit 2 (Year 6) Net/Court/Wall games (Volleyball and Tennis)	Gymnastics Unit Y (Year 6) Synchronisation and Canon	Dance Unit 2 (Year 6) Theseus and the Minotaur Cat's Cradle	Games Unit 4 (Year 6) Invasion games ball handling (Netball, Basketball, Rugby)	Practise for Sports Day Sports Day