

## PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Bubbles</b>	<b>Key multi-skills</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Attacking &amp; defending</b> Tag/catch	<b>OAA</b> Hide & seek	<b>Athletics / striking &amp; fielding</b> Throwing/catching/hitting
<b>Kites</b>	<b>Key multi-skills</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Attacking &amp; defending</b> Uni-hock	<b>OAA</b> Treasure hunt	<b>Athletics / striking &amp; fielding</b> Scatter beanbag
<b>Balloons</b>	<b>Key multi-skills</b> Throw & catch Run & Jump Listening Stop/Start	<b>Gymnastics</b>	<b>Dance</b>	<b>Attacking &amp; defending</b> Football	<b>OAA</b> Treasure hunt	<b>Athletics / striking &amp; fielding</b> Adapted rounders
<b>Gliders</b>	<b>Key multi-skills</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Attacking &amp; defending</b> Hockey	<b>OAA</b> Orienteering	<b>Athletics / striking &amp; fielding</b> Striking and fielding games/skills
<b>Planes</b>	<b>Key multi-skills</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Attacking &amp; defending</b> Tag Rugby	<b>OAA</b> Orienteering	<b>Athletics / striking &amp; fielding</b> Short tennis
<b>Jets</b>	<b>Key multi-skills</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Attacking &amp; defending</b> Basketball	<b>Swimming</b>	<b>Athletics / striking &amp; fielding</b> Cricket
<b>Rockets</b>	<b>Key multi-skills</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Attacking &amp; defending</b> Netball/football	<b>Swimming</b>	<b>Athletics / striking &amp; fielding</b> Rounders

See PE folder in staff room for ideas and progressive steps for multi-skills and key skill areas.

Warm-up/cool-down cards are available in staff room.