



PE Long Term Plan - St Barnabas C of E Primary Academy

| | Autumn1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------------------------------|---|---|---|---|---|---|
| Reception/Nursery | Gym in the Jungle – Multi-Skills | Dance: Dinosaurs | Ball Games | Gymnastics | Dance: Till You Drop | Athletics: mini-Olympics |
| CITC – Thursdays each week FMS | | | | | | |
| Year 1 | Attacking and Defending | Dance: Seasons | Athletics | Yoga | Gymnastics: travelling | Athletics: running and jumping |
| CITC CPD | | Fundamentals - Travelling and movement | | Fundamentals – Coordination, strength and flexibility | Fundamentals – Dribbling and ball mastery | |
| Year 2 | Throwing and catching | Dance: Gunpowder Treason and Plot | Throwing and catching | Dribbling & dodging | Athletics (run, jump, throw) | Dance: Toys |
| CITC CPD | Fundamentals – Dribbling and ball mastery | | Fundamentals-Coordination, strength and flexibility | | | Games – non-invasion |
| Year 3 | Striking and Fielding: cricket and rounders | Gymnastics: Jumps and Leaps | Gymnastics: Floor and Apparatus | Dance: Extreme Earth | Invasion Games: fundamentals | Athletics: running, jumping, throwing |
| CITC CPD | Fundamentals – Movement, dribbling and ball mastery | Fundamentals – Coordination, strength and flexibility | | Fundamentals – Throwing and catching | Games – invasion (attacking principles) | |
| Year 4 | Tag Rugby | Invasion Games: universal skills | Gymnastics: movement | Hockey | Dance: Animals | Athletics: pentathlon |
| CITC CPD | Fundamentals-throwing and catching | | Fundamentals – coordination, strength, flexibility | | | Non invasion games (athletic performance) |
| Year 5 | Striking and Fielding: cricket and rounders | Invasion Games: universal skills | Invasion games | Dance: Haka | Gymnastics: vaulting and moving | Athletics: endurance |
| CITC CPD | Fundamentals – skill application – dribble, sending and receiving | Fundamentals – throwing and catching | | Fundamentals – coordination, strength, flexibility | Invasion games – (attacking and defending principles) | |
| Year 6 | Hockey | Dance: electricity | Gymnastics: linking movement | Striking and fielding: ball skills | Invasion games: passing and attacking | Athletics (run, jump, throw) |
| CITC CPD | Fundamentals – skill application – dribble, sending and receiving | Invasion games – Attacking and defending principles | Fundamentals – coordination, strength and flexibility | | | Non invasion games – strike and field |