## Trewidland PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
Reception	Getting changed	Dancing	Gymnastics	Dancing and games	Outside games	Team games		
Reception	Circle games	Darieing	Gymmustics	Daneing and games	Outside games	ream games		
	Holding a pencil		Topic dance			Sports day		
	riolaling a pericii							
Year 1	Fundamental skills	Gymnastics	Fitness circuits	Dance linked to topic	Athletics	Athletics		
			&	&	&	&		
	Running, rolling,	Travelling and	Fundamental skills	Orienteering	Tennis	Basketball		
	throwing, jumping	balance on floor						
		and large apparatus	Dodging e.g tagging,					
			dodge ball, overhand					
			throw, running games,					
			jumping					
CoEL	Choosing ways to do things							
Year 2	Fundamental skills	Hockey	Fitness Circuits	Dance linked to topic	Athletics	Athletics		
		&	&		&	&		
	Running, kicking,	Gymnastics-Paired	Dance linked to topics	Orienteering	Tennis	Basketball		
	throwing overhand,	balance, rolling and						
	jumping	simple sequences						
		opre cequentes						
SECRET Skills	- Get involved	- Get involved	- Handle risk	- Lead the team	- Go for it, finish it	- Evaluate the team		
	- Seek feedback	- Seek feedback	- Be organised	- Go for it, finish it	- Handle emotions			
	- Take responsibility	- Take responsibility						
Year 3	Gymnastics unit 7	Dance Unit 1	Invasion Games	Cricket	Athletics	Striking and fielding		
	Flight	&	Basketball/Tag rugby	&	Frisbee	&		
	&	Invasion Games	&	Invasion Games	&	Net/Wall		
	Invasion Games	Hockey	Gymnastics unit 8	Basketball	Orienteering			
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SECRET Skills	- Handle risk	- Handle emotions	- Evaluate the team	- Get involved	- Be organised	- Seek feedback
Year 4	Gymnastics unit 9 Bending, curling, stretching & Rugby/Handball	Dance Unit 2 & Invasion Games Hockey	Invasion Games Netball/Rugby & Gymnastics Unit 10 Symmetry/asymmetry	Dance Unit 2 & Invasion Games Basketball Badminton	Orienteering & Athletics Frisbee	Striking and fielding & Net/Wall
SECRET Skills	- Setting challenges	- Take responsibility	- Setting challenges	- Take responsibility	- Setting challenges	- Take responsibility
Year 5	Gymnastics Unit 11 Transfer of weight & Rugby/Handball	Dance unit 3 & Invasion Games Hockey	Invasion Games Football/Basketball & Gymnastics unit 12 Lifting/lowering	Cricket & Invasion Games Tag Rugby	Rounders & Athletics Frisbee	Net/wall & Orienteering
SECRET Skills	- Setting challenges	- Evaluate the team	- Setting challenges	- Build team strength	- Build team strength	- Setting challenges
Year 6	Gymnastics Unit 13 Counter Balances & Team Building and Problem solving	Invasion Games Basketball	Swimming & Dance Unit 4	Gymnastics Unit 14 Partner Work  Dance unit linked to topics & Orienteering	Cricket & Athletics Frisbees	Invasion Games Hockey & Net/Wall
SECRET Skills	- Handle risk - Get involved	- Handle risk - Get involved	- Handle risk - Get involved	- Handle risk - Get involved	- Handle risk - Get involved	- Handle risk - Get involved