

Trewidland PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Getting changed Circle games Holding a pencil	Dancing	Gymnastics Topic dance	Dancing and games	Outside games	Team games Sports day
Year 1	Fundamental skills Running, rolling, throwing, jumping	Gymnastics Travelling and balance on floor and large apparatus	Fitness circuits & Fundamental skills Dodging e.g tagging, dodge ball, overhand throw, running games, jumping	Dance linked to topic & Orienteering	Athletics & Tennis	Athletics & Basketball
CoEL	Choosing ways to do things					
Year 2	Fundamental skills Running, kicking, throwing overhand, jumping	Hockey & Gymnastics-Paired balance, rolling and simple sequences	Fitness Circuits & Dance linked to topics	Dance linked to topic & Orienteering	Athletics & Tennis	Athletics & Basketball
SECRET Skills	- Get involved - Seek feedback - Take responsibility	- Get involved - Seek feedback - Take responsibility	- Handle risk - Be organised	- Lead the team - Go for it, finish it	- Go for it, finish it - Handle emotions	- Evaluate the team
Year 3	Gymnastics unit 7 Flight & Invasion Games Tag Rugby	Dance Unit 1 & Invasion Games Hockey	Invasion Games Basketball/Tag rugby & Gymnastics unit 8 Linking movement	Cricket & Invasion Games Basketball Badminton	Athletics Frisbee & Orienteering	Striking and fielding & Net/Wall

[illegible]