

P.E. Long-Term Plan - Oaks

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|-------------------------------------|--|--|---|---|
| Hockey (Dan 4) Football (Dan 4) | Volleyball (Dan 4) | Badminton (Dan) | Tennis/Fencing (Dan) | Cricket/Golf (Dan) | Athletics/Lacrosse (Dan) |
| Basketball (Ric 4) Leading to dance (2). | Dance (Ric 2) Gymnastics (Ric 6) | | | Swimming | Swimming |
| Lunch Club: Football | Lunch Club: Handball | Lunch Club: Bench ball Lunch Club: Gymnastics | Lunch Club: Tennis Lunch Club: Multi-skills | Lunch Club: Athletics Lunch Club: Multi-skills | Lunch Club: Cricket Lunch Club: Rounders |

P.E. Long-Term Plan - Acorn

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Fundamentals: Throwing and catching Movement patterns – walking and running. | Fundamentals: Movement patterns - walking, running, hopping and skipping (locomotor skills) Fundamentals – Balance, Landing and Rotation (stability skills) | Fundamentals: Controlling an object/Racket Control | Fundamentals: Object control through tennis (manipulative skills) | Fundamentals: Throwing and Catching Object control, hitting off a tee (manipulative skills) | Fundamentals: Running (locomotor skills) Throwing and catching Jumping (manipulative skills) |
| Lunch Club: Football | Lunch Club: Handball | Lunch Club: Bench ball | Lunch Club: Tennis | Lunch Club: Athletics | Lunch Club: Cricket |

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| | | Lunch Club: Gymnastics | Lunch Club: Multi- skills | Lunch Club: Multi- skills | Lunch Club: Rounders |
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