



Lakes PE Long Term Plan



Reception	Locomotion Walking, Jumping, Running, Hopping.		Stabilisation Balancing, Turning, Bending, Landing, Extending, Stretching.		Manipulation Collecting, Kicking, Carrying, Pushing, Throwing.	
1 Year 1/2	Locomotion Skipping, bounding, leaping. Movement Games - to develop spatial awareness and types of locomotion.	Stabilisation & Locomotion Flexing, hanging, rotating, twisting. Gymnastics - to develop rolling, balancing, climbing, jumping.	Movement to Music Dance - to develop movement, special awareness of self and others, posture, tension and control. Improve timing of actions, which reflect a theme or story.	Manipulation Bouncing, striking, catching, throwing. Challenges with Objects - to develop throwing, catching, dribbling, bouncing.	Ball Games Games that help to develop children's FMS, including throwing, catching & running. Hit and Run Games - involve decision-making and teamwork.	Run, Jump & Throw Personal Challenge - to learn how to run quicker, throw accurately and jump further. To keep improving on a previous best score or effort in activities relating to running, jumping and throwing.
2 Year 1/2	Locomotion Skipping, bounding, leaping. Movement Games - to develop spatial awareness and types of locomotion.	Stabilisation & Locomotion Flexing, hanging, rotating, twisting. Gymnastics - to develop rolling, balancing, climbing, jumping.	Movement to Music Dance - to develop movement, special awareness of self and others, posture, tension and control. Improve timing of actions, which reflect a theme or story.	Manipulation Bouncing, striking, catching, throwing. Challenges with Objects - to develop throwing, catching, dribbling, bouncing.	Ball Games Games that help to develop children's FMS, including throwing, catching & running. Hit and Run Games - involve decision-making and teamwork.	Run, Jump & Throw/OAA Personal Challenge - to learn how to run quicker, throw accurately and jump further. To keep improving on a previous best score or effort in activities relating to running, jumping and throwing. To solve problems as a group.
1 Year 3 /4	Multi -Skills Work on body and object control. Throwing catching, rolling kicking including SAQ.	Gymnastics into Dance into Gymnastics Linking movements to create sequences building from floor work up to low and high apparatus. Creating movement patterns, jumps, rolls and balances in a variety of spaces.		Invasion Games Endzone – to develop principles of attacking and defending in an invasion game using throwing and catching.	Striking & Fielding Games Team Hit & Run – to focus on basic aspects of shot selection throwing catching and fielding tactics.	Athletics / OAA Personal Challenge- Improving on previous best and running longer distances in OAA.
2 Year 3 /4	Multi –Skills Health and fitness scheme and SAQ. Game based skills practiced and put into challenges.	Gymnastics into Dance into Gymnastics Create sequences with partner on floor and a combination of low and high apparatus. Movement patterns using a variety of gymnastic techniques		Invasion Games – to develop tactics for attacking and defending in an invasion game using throwing and catching to keep possession.	Net/Wall Develop skills of throwing catching, feeding a ball. Using a bat or racket to send a ball over a barrier using tennis type activities	Athletics / OAA Determination - showing a desire to learn, improve and compete. Determined to complete physically demanding challenges.
1 Year 5 /6	Invasion Games Tag Rugby/ Netball/Hockey – leaning and applying more sport specific skills. Applying invasion game principles learned in Y3/4 to new contexts.	Dance into Gymnastics Create sequences and routines in small groups on floor and a combination of low and high apparatus. Performances should be choreographed to reflect a theme and include techniques like cannon and unison.		Net & Wall Volleyball – developing skills and thought processes for Net & Wall games starting with throw and catch, progressing into more specific Volleyball skills.	Striking & Fielding Games Rounders - to focus on more refined skills (batting & bowling) and creating tactics. Communication and leadership are essential.	Athletics / OAA Resilience - to overcome difficulties when faced with challenges in athletic and outdoor activities.
2 Year 5 /6	Invasion Games Tag Rugby / Netball/ Hockey – leaning and applying more sport specific skills. Applying invasion game principles learned in Y3/4 to new contexts using more complex equipment and rules.	Dance into Gymnastics Create sequences and routines in small groups to create large performance on apparatus and floor. A musical theme can be used to combine aspects of gym and dance. Performances should be refined to improve.		Net & Wall Tennis – building from throw-catch tennis, creating tactics and progressing to playing more specific tennis skills with control.	Striking & Fielding Games Cricket - to focus on more refined skills and techniques in batting & bowling	Athletics / OAA Goal Setting - set realistic goals based on prior learning and performance and work towards achieving them