



PE Medium Term Plan- Complete PE

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
EYFS	Yoga Bugs Lesson plans		Dance - Ourselves Explore different movements using different parts of the body. Explore larger scale travelling movements. To respond to words and music using their bodies and props. To create their own movement ideas relating to specific words. Explore different movements using qualities of movement. Pupils will learn the meaning of opposites. Explore movements such as creeping, tiptoeing and hiding.		Gymnastics Moving - High, low, under To introduce, 'champion gymnastics' by moving in a highway and explore making high shapes. Apply, 'champion gymnastics' by moving in a low way and explore making low shapes. apply, 'champion gymnastics' while exploring how to move safely using apparatus.		Locomotion Complete PE Walking and jumping (Include Playground Games)		Ball Skills Complete PE Hands 1 - throwing and catching		Skipping1 Sports Day preparation Ball Skills Feet 1 Ball Skills/ Complete PE	
Year 1	Ball skills	Locomotion : Jumping	Gymnastics	Dance	Gymnastics	Dance CSOW	Ball Skills	Circus 2	Locomotion : Running		Ball Skills	Playground Games 1



	Complete PE Feet 1	Complete PE r]	Complete PE Jumping Jacks	Complete PE Heros	Complete PE Rock and Roll	Weather	Complete PE Hands1		Complete PE	Chance to Shine - Cricket	Complete PE Rackets, Bats & Balls	
Year 2	Ball skills Feet 1 Complete PE (outdoor)	Locomotion : Dodging [outdoor]	Gymnastics CSOW Points of Contact [indoor]	Dance CSOW <i>Great Fire of London</i>	Gymnastics CSOW Ball, Tall and Wall [indoor]	Dance Complete PE Explorers	Ball Skills Complete PE Hands 1 [outdoor]	Skipping 2 <i>Where possible to be taught as a whole cohort</i> [outdoor]	Ball Skills Hands 2 [outdoor]	Circus 3 [indoor]	Locomotion Jumping Complete PE [outdoor]	Games for Understanding Complete PE Attacking & Defence [outdoor]
Year 3	Invasion Football Complete PE [outdoor]	Team Building and Outdoor and Adventurous Complete PE Problem Solving [outdoor]	Gymnastics Complete PE Symmetry and asymmetry [indoor]	Dance	Gymnastics CSOW Patterns and Pathways [indoor]	Dance	Playground Games 3 [outdoor]	Tri-golf [outdoor]	Invasion Dodgeball Complete PE [indoor]	Invasion Complete PE Cricket [outdoor]	Athletics Complete PE [outdoor]	Net and Wall Tennis Complete PE [outdoor]
Year 4	Invasion Complete PE Netball (outdoor)	Team Building and Outdoor and	Gymnastics CSOW Rotation [indoor]	Dance CSOW Rugby and the Haka	Swimming	Dance CSOW Cold Places	Gymnastics CSOW Bridges [indoor]	Swimming	Invasion Complete PE Cricket [outdoor]	Skipping 3 <i>Where possible to be taught</i>	Athletics Complete PE [outdoor]	Invasion Complete PE Football [outdoor]



		Adventurous Complete PE Orienteering [outdoor]								as a whole cohort [outdoor]		
Year 5	Swimming	Invasion Football Complete PE [outdoor]	Swimming	Invasion Complete PE Hockey [outdoors]	Gymnastics CSOW Body Symmetry [indoor]	Dance	Gymnastics Complete Counter balance/ counter tension [indoor]	Invasion Complete PE Netball [outdoor]	Invasion Complete PE Cricket [outdoor]	Invasion Complete PE Tag [outdoor]	Striking and Fielding Rounders Complete PE [outdoor]	Athletics Complete PE [outdoor]
Year 6	Invasion Football Complete PE (Outdoor)	Invasion Complete PE Netball [outdoor]	Gymnastics CSOW Group work [indoor]	Invasion Hockey Complete PE [outdoor]	Gymnastics Complete PE matching & mirroring [indoor]	Dance	Invasion Tag Complete PE [outdoor]	Invasion Netball Complete PE [outdoor]	Dance	Invasion Complete PE Cricket [outdoor]	Striking and Fielding Rounders Complete PE [outdoor]	Athletics - Competition Complete PE [outdoor]