



SCPS Long Term Planning
Term by Term Curriculum Overview

PE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Unit 1 Multi-Skills: Throwing and Catching Throwing and catching	Unit 4 Dance: Starry Skies Dance beneath a sweet starry sky.	Unit 5 Attacking and Defending Skills and purpose of attacking and defending	Unit 10 Gymnastics: Traditional Tales Gymnastics following Traditional Tales theme	Unit 7 Multi-Skills: Bat and Ball Hand eye coordination with bat and ball	Unit 9 Multi-Skills: Running and Jumping Running and jumping
Year 2	Unit 1 Multi-Skills: Throwing and Catching Hand eye coordination. Unit 2 Gymnastics: Landscapes and Cities Gymnastics exploring levels of movement. High, medium and low.	Unit 3 Invasion Games Understanding simple rules for attacking and defending. Unit 4 Dance: Gunpowder Plot Dance to interpret the Gunpowder Plot.	Unit 5 Attacking and Defending Skills and purpose of attacking and defending Unit 6 Circuit Training Fitness	Unit 7 Multi-Skills: Bat and Ball Hand eye coordination with bat and ball Unit 8 Dance: Plants Dance with the theme of Plants.	Unit 9 Multi-Skills: Target Games Hand eye coordination. Unit 10 Gymnastics: Under the Sea Gymnastics following an Under the Sea theme.	Unit 11 Animal Olympics Pupils working through the theme of animal Olympics run and jump like animals. Unit 12 Dance: Toys Dance with the theme and music related to toys.
Year 3	Unit 1 Multi-Skills: Hockey; Gymnastics: Movement Hockey skills and rules of the game. Unit 2 Multi-Skills: Hockey; Gymnastics: Movement Hockey skills and rules of the game.	Unit 3 Invasion Games; Netball Summary text here Unit 4 Dodgeball Learning the rules for invasion games, skills and tactics.	Unit 5 Invasion Games; Football: Circuit Training Learning the rules for invasion games, skills and tactics. Unit 6 Invasion Games; Football: Circuit Training Learning the rules for invasion games, skills and tactics.	Unit 7 Net and Wall Games: Basketball Learning the rules for invasion games, skills and tactics Unit 8 Dance: Rainforest Dance Dance using the theme of The Rainforest.	Unit 9 Striking and Fielding Games: Tennis and Rounders Hand eye coordination with bat and ball Unit 10 Gymnastics: Shape Using your body to create different shapes.	Unit 11 Athletics; Dance: Extreme Earth Athletic skills for Sports Day Dance using the theme Extreme Earth - volcanoes etc. Unit 12 Athletics; Dance: Extreme Earth Athletic skills for Sports Day Dance using the theme Extreme Earth - volcanoes etc.
Year 4	Unit 1 Multi-Skills: Hockey Hockey skills and rules of the game. Unit 2 Gymnastics: Movement Learning formal gymnastic skills.	Unit 3 Invasion Games; Football Learning the rules for invasion games, skills and tactics. Unit 4 Dance Dance skills	Unit 5 Invasion Games; Tag Rugby Learning the rules for invasion games, skills and tactics. Unit 6 Swimming Aiming to meet the End of KS2 requirements for swimming.	Unit 7 Net and Wall Games: Basketball; Swimming Aiming to meet the End of KS2 requirements for swimming. Unit 8 Net and Wall Games: Basketball; Swimming Aiming to meet the End of KS2 requirements for swimming.	Unit 9 Striking and Fielding Games: Cricket Hand eye coordination with bat and ball Unit 10 Gymnastics: Shape and Balance Gymnastic skills shape and balance.	Unit 11 Athletics Preparation for Sports Day. Unit 12 Dance: Water Dance moves to the theme of water.
Year 5	Unit 1 Multi-Skills: Hockey Hockey skills and rules of the game. Unit 2 Gymnastics: Movement Formal gymnastic skills.	Unit 3 Invasion Games; Football: Dance Learning the rules for invasion games, skills and tactics. Unit 4 Invasion Games; Football: Dance Learning the rules for invasion games, skills and tactics.	Unit 5 Invasion Games: Basketball Learning the rules for invasion games, skills and tactics. Unit 6 Circuit Training Learning the rules for invasion games, skills and tactics.	Unit 7 Net and Wall Games: Tennis; Gymnastics: Shape and Balance - Space Summary text here Unit 8 Net and Wall Games: Tennis; Gymnastics: Shape and Balance - Space Hand eye coordination with bat and ball	Unit 9 Striking and Fielding Games: Rounders Hand eye coordination with bat and ball Unit 10 Swimming Hand eye coordination with bat and ball	Unit 11 Athletics Sports Day preparation. Aiming to meet the End of KS2 requirements for swimming. Unit 12 Swimming Sports Day preparation. Aiming to meet the End of KS2 requirements for swimming.
Year 6	Unit 1 Swimming Aiming to meet the End of KS2 requirements for swimming. Formal gymnastic movement. Unit 2 Gymnastics: Movement Aiming to meet the End of KS2 requirements for swimming. Formal gymnastic movement.	Unit 3 Invasion Games; Football: Swimming Learning the rules for invasion games, skills and tactics. Aiming to meet the End of KS2 requirements for swimming. Unit 4 Invasion Games; Football: Swimming Learning the rules for invasion games, skills and tactics.	Unit 5 Invasion Games: Netball Summary text here Unit 6 Circuit Training Learning the rules for invasion games, skills and tactics.	Unit 7 Net and Wall Games: Tennis Hand eye coordination with bat and ball Unit 8 Gymnastics: Rivers and Mountains Hand eye coordination with bat and ball	Unit 9 Striking and Fielding Games: Rounders Hand eye coordination with bat and ball Unit 10 Dance Through the Decades Hand eye coordination with bat and ball	Unit 11 Athletics; Striking and Fielding Games: Cricket Hand eye coordination with bat and ball Unit 12 Athletics; Striking and Fielding Games: Cricket Hand eye coordination with bat and ball