

HALE PREP Long-Term Plan for P.E.

	AUT 1	AUT2	SPR1	SPR2	SUM1	SUM2
R 2 x lessons per week	Locomotion and stability skills & Target Games	Object manipulation Individual ball skills	Gymnastics	Dance Under the Sea	Athletics	Racket and ball skills/ Strike and field
Y1 3 x lessons per week	Locomotion & stability. Games, Tri-Golf, Dance	Gymnastics Dodgeball Dance	Football skills Flag Football skills Dance	Unihoc skills Danish Longball Dance	Athletics Handball skills Dance	Short Tennis skills Kwik Cricket skills Dance
Y2 3 x lessons per week	FMS- Locomotion, Stability, Tri golf Dance	Gymnastics Football Dance	Dodgeball Flag Football Dance	Unihoc Danish Longball Dance	Athletics Handball Dance	Short Tennis Kwik Cricket Dance
Y3 Single lesson	Basketball	Dance The Egyptians	Hockey skills and Unihoc	Netball	Athletics	Dodgeball
Y3 Double lesson	Football	Tag Rugby	Pop lacrosse	Kwik Cricket	Rounders	Tennis
Y4 Single lesson	Basketball	Gym	Dance Vikings	Flag Football	Athletics	OAA and Team building
Y4 Double lesson	Football	Tag Rugby	Pop lacrosse	Kwik Cricket	Rounders	Tennis
Y5 Single lesson	Basketball	Gym	Dance The Victorians	Netball	Athletics	Dodgeball
Y5 Double lesson	Football	Tag Rugby	Pop lacrosse	Kwik Cricket	Rounders	Tennis
Y6 Single lesson	Basketball	Gym Partner and group work	Dance World War 2	Flag Football	Athletics	OAA and Team building
Y6 Double lesson	Football	Tag Rugby	Pop lacrosse	Kwik Cricket	Rounders	Tennis