

### PE Long Term Plan New Holland

As a church school, New Holland Primary seeks to live out the church's philosophy of "Valuing all God's children" paying particular attention to the Christian Vision, "Looking forward with hope. Flourishing. Doing all the good we can."

| Year Group |         | Autumn 1                                                                                           | Autumn 2                                                                    | Spring 1                                               | Spring 2                                             | Summer 1                                             | Summer 2                                                                                           |
|------------|---------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| EYFS       | Cycle A | Introduction to PE (unit 1)                                                                        | Fundamentals (unit 1)                                                       | Dance (Unit 1)                                         | Dance (Unit 2)                                       | Fundamentals (unit 2)                                | Games (unit 1)                                                                                     |
|            | Cycle B | Introduction to PE (unit 2)                                                                        | Ball skills (unit 1)                                                        | Gymnastics (shape, strategy, balance & rolls - unit 1) | Gymnastics (shape, strategy, jumps & rolls - unit 2) | Ball skills (unit 2)                                 | Games (unit 2)                                                                                     |
| KS1        | Cycle A | Team building<br><br>Fundamentals (link to athletics)                                              | Dance                                                                       | Gymnastics (shape, strategy, balance & rolls)          | Target<br><br>OAA                                    | Athletics (rules, running & jumping)<br><br>Net/wall | Invasion games<br><br>Striking/Fielding                                                            |
|            | Cycle B | Team building<br><br>Fundamentals (link to athletics)                                              | Dance                                                                       | Gymnastics (shape, strategy, jumps & rolls)            | Target<br>OAA                                        | Athletics (rules and throwing)<br><br>Net/wall       | Invasion games<br><br>Striking/Fielding                                                            |
| KS2        | Cycle A | Invasion Games (football Year 3 & Year 4)<br><br>Striking and Fielding (cricket Year 3 & Year 4)   | Dance (Y3 Themes - Machines, A Trip to..., Country Western and Superpowers) | Gymnastics (shape, strategy & balance)                 | Swimming                                             | Athletics<br><br>OAA                                 | Invasion Games (football Year 5 & Year 6)<br><br>Striking and Fielding (cricket Year 5 & Year 6)   |
|            | Cycle B | Striking and Fielding (rounders Year 3 & Year 4)<br><br>Invasion games (tag rugby Year 3 & Year 4) | Dance (Y4 Themes - The Spy, Carnival, States of Matter and the Twist)       | Gymnastics (shape, strategy & rolls)                   | Swimming                                             | Athletics<br><br>OAA                                 | Striking and Fielding (rounders Year 5 & Year 6)<br><br>Invasion games (tag rugby Year 5 & Year 6) |
|            | Cycle C | Target Games (dodgeball Year 3 & Year 4)                                                           | Dance (Y5 Themes - Dance)                                                   | Gymnastics (shape, strategy & balance)                 | Swimming                                             | Athletics                                            | Target Games (dodgeball Year 5 & Year 6)                                                           |

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|  |         | Year 4)<br><br>Invasion Games<br>(basketball Year 3 &<br>Year 4)                                   | by Chance, Rock and<br>Roll, Ancient Maya<br>and Chinese Dance)                   | jumps)                                                     |          | OAA                  | Year 6)<br><br>Invasion Games<br>(basketball Year 5 &<br>Year 6)                                   |
|  | Cycle D | Net/Wall Games<br>(tennis Year 3 & Year<br>4)<br><br>Invasion Games<br>(hockey Year 3 &<br>Year 4) | Dance<br>(Y6 Themes - Stamp,<br>Clap, Bhangra,<br>Waiting for.. And 70s<br>Disco) | Gymnastics<br>(shape, strategy &<br>inverted<br>movements) | Swimming | Athletics<br><br>OAA | Net/Wall Games<br>(tennis Year 5 &<br>Year 6)<br><br>Invasion Games<br>(hockey Year 5 &<br>Year 6) |