

Key Stage 1 – PE long term plan 2015 - 2016

	Autumn Term 1 st Half	Autumn term 2 nd Half	Spring term 1 st Half	Spring Term 2 nd Half	Summer Term 1 st Half	Summer Term 2 nd Half
YEAR 1	Games <i>Travelling</i>	Dance <i>Simple movements / patterns</i>	Gymnastics <i>Taking weight on different body parts</i>	Gymnastics <i>Transferring weight from one body part to another</i>	Athletics <i>Running, hopping, Jumping</i>	Games <i>Sending / receiving</i>
YEAR 2	Games <i>Dribbling</i>	Dance <i>Communicate different moods, feelings and ideas</i>	Gymnastics <i>high and low</i>	Gymnastics <i>Jumping and landing</i>	Athletics <i>Running, hopping, jumping</i>	Games <i>Hitting / striking</i>