

Key Stage 2 – PE long term plan 2018 - 2019

	Autumn Term 1st Half	Autumn term 2nd Half	Spring term 1st Half	Spring Term 2nd Half	Summer Term 1st Half	Summer Term 2nd Half
YEAR 3	Invasion Games <i>Passing – netball, football, rugby</i>	Dance <i>Linking Dance actions</i>	Gymnastics <i>Stretching and curling</i>	Swimming	Athletics <i>Running, Throwing, jumping</i>	Striking / fielding games <i>How to hit or strike the ball into space. Fielding as a team</i>
YEAR 4	Net / wall games <i>Controlling and receiving Netball, rugby, football</i>	Dance <i>Re-telling a story</i>	Swimming	Gymnastics <i>Balance</i>	Athletics <i>Developing good running, throwing and jumping techniques</i>	Striking / fielding games <i>How to hit or strike the ball into space. Fielding as a team</i>
YEAR 5	Invasion Games <i>Passing – netball, football, rugby</i>	Dance <i>Formations in historical dance</i>	Gymnastics <i>Bridges</i>	Athletics <i>Set targets and improve performance in running</i>	Swimming	Striking / fielding games <i>Role of bowler, wicket keeper, backstop, fielder and batter</i>
YEAR 6	Net / wall games <i>Controlling and receiving Netball, rugby, football</i>	Dance <i>Putting on a dance performance</i>	Gymnastics <i>Counter balance / counter tension</i>	Athletics <i>Develop technical understanding of athletic activity</i>	Striking / fielding games <i>Develop role of bowler, wicket keeper, backstop, fielder and batter</i>	Swimming

