

Ranelagh Primary School Long Term PE Plan 2019 -2020

	YEAR 1		YEAR 2		YEAR 3		YEAR 4		YEAR 5 <small>*swimming replaces indoor session</small>		YEAR 6	
	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor
A1	Games Sending Kicking/ Receiving	Dance The Sea Partner	Games Ball Skills Dribbling	Gym Balance: Arches/ Bridges	Handball Use invasion game plan for basketball Creating space	Gym Balance Moving into/out	Rounders Striking / Fielding games Throw + Catch	Dance Space Leading with Body Parts (weather)	Netball Games Understand. Invading / Protecting	*Gym/ swimming Travelling Transferring Weight	Tag Rugby Invasion games Teamwork / Formations	Gym Jumping/ Landing Partner matching / mirroring
A2	Games Ball Skills Catching + Bouncing	Gym Balance: Body Parts	Games Sending Bowling/ Hitting / Striking	Dance Actions Jumping/ Turning	Badminton Net games Lesson 1-5 (grips, footwork, lunges)	Dance Dynamics Beg/Middle/E nds	Dodgeball	Gym Travelling Body Parts	Basketball Inv. Games – understanding Retaining possession	*Dance/ swimming Relationships Different formations (Victorians) yr 6	Volleyball Creating Games Net Games	Dance Rhythm Regular/ Sustained
S1	Games Receiving Stopping + Catching	Dance Space Partner movement	Games Receiving Sticks/Bats	Gym Jumping + Landing / Body Parts	Dodgeball	Gym Travelling Speeds	Badminton Net games Lesson 6-10 (serves + rally)	Dance Relationships The environment	Football Invasion Games Shooting / Keeping / Scoring	*Gym/ swimming Balance Counter Balance / Support	Tennis Net Games Partner work/ Tactics / Rules	Gym Rolling / rotating Symmetry/ asymmetry
S2	Games Creating Games With partner	Gym Travelling: Pathways/ Directions	Games Creating Games Small groups	Dance Cultural Barn Dance	Invasion Games Creating Space Dribbling / Travelling	Dance The Romans Contrasting Levels	Basketball Invasion games Protecting the Ball	Gym Jumping + Landing Flight	Tennis Net games Forehand / Backhand	*Gym/ swimming Travelling Transferring Weight	Basketball Use invasion games plan for rugby Support Play/ Spatial Awarenes	Dance The Body Posture/ Poise
SU 1	Games Travelling Activities Run/Stop/ Chasing	Dance Rhythm Slow	Games Defending (dodging/ avoiding games)	Gym Rolling+ Rotating Pivoting/ Rocking	Rounders Striking + Fielding Retrieving	Gym Moving in sequences	Hockey (invasion games) Controlling + Stopping Targets	Dance Actions Gesture (The Greeks)	Cricket Creating Games Striking / Fielding	*Dance/ swimming Relationships Different formations (Victorians) yr 6	Rounders Striking / Fielding games	Gym Moving in sequences Tension and poise
SU 2	Games Game Forms Jumping/ Skipping	Gym Rolling/Rotati ng: Transferring Weight	Games Game Forms Relays / Races	Dance The Seaside Moving in Space	Athletics Continuous Running, Jumping Long/High, overarm throw	Dance The Body Tension / Quality	Athletics Sprinting, comb. Jumps, push (shot)	Gym Rolling + Rotating Partner matching / mirroring	Athletics Relay races, take offs (jumps), overarm throw (javelin)	*Gym/ swimming Balance Counter Balance / Support	Athletics Hurdling / Sprint starts, Slinging (discus)	Dance Actions Flow/ Momentum Yr 6 show