

Trewidland PE Long Term Plan

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|----------------------|--|--|---|---|---|--|
| Reception | Getting changed Circle games Holding a pencil | Dancing | Gymnastics Topic dance | Dancing and games | Outside games | Team games Sports day |
| Year 1 | Fundamental skills Running, rolling, throwing, jumping | Gymnastics Travelling and balance on floor and large apparatus | Fitness circuits & Fundamental skills Dodging e.g tagging, dodge ball, overhand throw, running games, jumping | Dance linked to topic & Orienteering | Athletics & Tennis | Athletics & Basketball |
| CoEL | Choosing ways to do things | | | | | |
| Year 2 | Fundamental skills Running, kicking, throwing overhand, jumping | Hockey & Gymnastics-Paired balance, rolling and simple sequences | Fitness Circuits & Dance linked to topics | Dance linked to topic & Orienteering | Athletics & Tennis | Athletics & Basketball |
| SECRET Skills | - Get involved - Seek feedback - Take responsibility | - Get involved - Seek feedback - Take responsibility | - Handle risk - Be organised | - Lead the team - Go for it, finish it | - Go for it, finish it - Handle emotions | - Evaluate the team |
| Year 3 | Gymnastics unit 7 Flight & Invasion Games Tag Rugby | Dance Unit 1 & Invasion Games Hockey | Invasion Games Basketball/Tag rugby & Gymnastics unit 8 Linking movement | Cricket & Invasion Games Basketball Badminton | Athletics Frisbee & Orienteering | Striking and fielding & Net/Wall |

