

PE- Long Term Plan –2020-2021

		Autumn Term		Spring Term		Summer Term	
		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Lesson 1- Class Teacher	Introduction to PE: Unit 1	Introduction to PE: Unit 2	Dance: Unit 1	Dance: Unit 2	Athletics Sports Day Activities	Games: Unit 1
	Lesson 2 PPA - Progressive Sports	Fundamentals: Unit 1	Fundamentals: Unit 2	Multiskills/ Ball Skills: Unit 1	Multiskills/ Ball Skills: Unit 2	Gymnastics (Unit 1)	Gymnastics (Unit 2)
Year 1	Lesson 1- Class Teacher	Fundamentals	Ball skills	Yoga	Invasion	Team Building	Striking and Fielding
	Lesson 2 PPA - Progressive Sports	Health and Fitness	Gymnastics	Flag football*	Dance	Athletics	Net and Wall
Year 2	Lesson 1- Class Teacher	Ball skills	Sending and retrieving	Yoga	Invasion	Team Building	Striking and Fielding
	Lesson 2 PPA - Progressive Sports	Health and Fitness	Gymnastics	Tri-Golf*	Dance	Athletics	Net and Wall

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Year 3	Lesson 1 Class Teacher	Dodgeball	Football	Yoga	Basketball	OAA	Rounders
	Lesson 2 PPA - Progressive Sports	Health and Fitness	Gymnastics	Ultimate Frisbee*	Dance	Athletics	Tennis
Year 4	Lesson 1 Class Teacher	Dodgeball/swimming	Netball/swimming	Tag Rugby/swimming	Swimming/Hockey	Swimming/ OAA	Swimming/cricket
	Lesson 2 PPA - Progressive Sports	Health and Fitness	Gymnastics	Ultimate Frisbee*	Dance	Athletics	Badminton *
Year 5	Lesson 1 Class Teacher	Volleyball	Football	Yoga	Basketball	Rounders	OAA
	Lesson 2 PPA - Progressive Sports	Health and Fitness	Gymnastics	Archery*	Dance	Athletics	Tennis
Year 6	Lesson 1 Class Teacher	Volleyball	Netball	Tag Rugby	Hockey	Cricket	OAA
	Lesson 2 PPA - Progressive Sports	Health and Fitness	Gymnastics	Fencing*	Dance	Athletics	Badminton *

Lesson 1 =Taught by the class teacher

Lesson 2= To be taught by Progressive Sports – Provided they use the skills outlined on the skills progression document, they can either use the plans provided or their own.

One session, each term, will be indoors and the other will be outdoors.

Each Year group will also experience an alternative sport (planning is not on Get Set 4 PE- Progressive sports will provide this).

KEY:

Gym

Dance

Invasion Games

Net/ Wall Games

Striking/ fielding Games

Athletics

Health and Fitness

OAA- Orienteering

Yoga

Alternative sport*

* = lesson plans not provided by Get Set 4 PE.