



Primary Curriculum 2015-16

Subject Long Term Plan

Scheme of Work for: Physical Education

'Going for Gold'
'Achieving Excellence'

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Travelling in different ways	Negotiating Space and Pathways	Gymnastics: Apparatus	Gymnastics: Body shapes	Control and Coordination: Multi Skills	Dance: Moving with confidence and imagination
1	Slot 1: Dance – Ourselves Slot 2: Games: Ball skills	Slot 1: Gymnastics – Body Shapes Slot 2: MultiSkills	Slot 1: Multiskills Slot 2: Dance - Animals	Slot 1: Gymnastics - Apparatus Slot 2: Gymnastics - Rolls	Slot 1: Invasion games – Football Euro Competition Slot 2: Games – Ball skills	Slot 1: Striking/fielding games - Cricket Slot 2: Striking/fielding games - Rounders
2	Slot 1: Gymnastics – Solo sequences Slot 2: Swimming	Slot 1: Dance – Emotions (happy/sad) Slot 2: Swimming	Slot 1: Gymnastics – Partner sequences Slot 2: Swimming	Slot 1: Games - Dodgeball Slot 2: Swimming	Slot 1: Invasion Game – Football Euro Competition Slot 2: Swimming	Slot 1: Striking/fielding games - Cricket Slot 2: Swimming
3	Slot 1: Outdoor/Adventurous – Orienteering, map work Slot 2: Swimming	Slot 1: Gymnastics – Sequences on apparatus Slot 2: Swimming	Slot 1: Dance - Egyptians Slot 2: Swimming	Slot 1: Athletics – Relays, sprints and long jump Slot 2: Swimming	Slot 1: Invasion games – Football Euro Competition Slot 2: Swimming	Slot 1: Invasion games - Hockey Slot 2: Swimming
4	Slot 1: Gymnastics: Combine action, balance, shape Slot 2: Athletics: Long jump, relays, shot-put	Slot 1: MultiSkills Slot 2: Gymnastics - Apparatus	Slot 1: Dance - Olympics Slot 2: Net/wall games - Basketball	Slot 1: Athletics – Cross country running Slot 2: Invasion game: Dodgeball	Slot 1: Net/wall games - Volleyball Slot 2: Invasion game: Football Euro Competition	Slot 1: Striking/fielding games - Rounders Slot 2: Outdoor/Adventurous – timed map work
5	Slot 1: Gymnastics – Complex and extended sequences Slot 2: Invasion Game: Dodgeball	Slot 1: Gymnastics - Apparatus Slot 2: Net/Wall games - Netball	Slot 1: Dance – The Mayas Slot 2: Athletics: Relays, Discuss shot-put	Slot 1: Athletics - Hurdles Slot 2: Invasion games: Hockey	Slot 1: Striking/fielding games - Cricket Slot 2: Invasion games: Football Euro Competition	Slot 1: Striking/fielding game - Rounders Slot 2: Outdoor/Adventurous – timed map work
6	Slot 1: Net/Wall games - Volleyball Slot 2: Gymnastics – timed pair sequences	Slot 1: Invasion games - Rugby Slot 2: Gymnastics - Apparatus	Slot 1: Dance – Street Dance Slot 2: Athletics - Heptathlon	Slot 1: Athletics – Decathlon Slot 2: Striking/fielding games - Cricket	Slot 1: Invasion games: Football Euro Competition Slot 2: Invasion games: Football Euro Competition	Slot 1: Outdoor Adventure – Orienteering, plan a route Slot 2: Striking/fielding games - Rounders