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Dishforth CE Primary School PE Long Term Planning.

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Class	Autumn				Spring				Summer			
	Half Term 1 Topic	Skills to be taught	Half Term 2 Topic	Skills to be taught	Half Term 1 Topic	Skills to be taught	Half Term 2 Topic	Skills to be taught	Half Term 1 Topic	Skills to be taught	Half Term 2 Topic	Skills to be taught
EYFS (a)	<b>Chalk assault course</b>	Focus on fundamental movement. Running, stopping, chasing, changing direction and negotiating space.	<b>Gymnastics</b>	Experiment with different movement.	<b>Dance</b>	Focus on gross motor skills		Throwing Rolling Bouncing Catching		Skill development using equipment and apparatus		Cooperation and team working.
EYFS (b)												
1 (a)	<b>Ball Skills</b>  (e.g. netball)	Running Jumping Throwing Catching Attacking Defending	<b>Net/Wall Games</b>  <b>Tennis</b>	Striking Running Coordination Agility	<b>Ball Skills Football</b>	Running Passing Throwing Attacking Defending	<b>Swimming</b>	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke.] Perform safe self-rescue in different	<b>Striking and fielding games</b> - <b>rounders</b>	Striking Fielding Teamwork tactics	<b>Athletics</b>	Agility running jumping throwing catching

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								waterbased situations				
1 (b)	<b>Gymnastics – floor work</b>	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	<b>Dance</b>	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina Coordination	<b>Ball Skills Football</b>	Running Passing Throwing Attacking Defending	<b>Swimming</b>	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke ] Perform safe self-rescue in different waterbased situations	<b>Striking and fielding games – rounders</b>	Striking Fielding Teamwork tactics	<b>Athletics</b>	Agility running jumping throwing catching
2 (a)	<b>Football</b>	Attack Defend Spatial Awareness Throwing Catching Running Attacking Defending	<b>Swimming</b>	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke ] Perform safe self-	<b>Hockey</b>	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	<b>Tag Rugby</b>	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	<b>Cricket</b>	Strike Field Throwing Catching Running	<b>Athletics</b>	Agility running jumping throwing catching

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				rescue in different water-based situations								
2 (b)	<b>Dance</b>	Control Sequence, presentation, combining, strength, evaluation	<b>Swimming</b>	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke ] Perform safe self-rescue in different water-based situations	<b>Gym - floor</b>	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	<b>Orienteering</b>	To take part In outdoor and adventurous activities and challenges individually and as a team.	<b>Athletics</b>	Running Jumping Throwing Catching Control Balance Comparing performance. Strength Poise Technique	<b>Rounders</b>	Strike Field Throwing Catching Running
3 (a)	<b>Football</b>	Attack Defend Spatial Awareness Throwing Running Jumping Foot work	<b>Tag Rugby</b>	Attack Defend Spatial Awareness Throwing Running Jumping Foot work	<b>Netball/Basketball</b>	Attack Defend Spatial Awareness Throwing Running Jumping Foot work	<b>Swimming (Y5)</b>	Use a range of strokes effectively [for example, front crawl, backstroke and	<b>Athletics</b>	Running Jumping Throwing Catching Control Balance Comparing performance.	<b>Rounders/Cricket</b>	Strike Field Throwing Catching Running

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								breaststroke ] Perform safe self-rescue in different water-based situations		Strength Poise Technique		
							<b>Dance (Y6)</b>	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina				
3 (b)	<b>Floor work Gymnastics</b>	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	<b>Dance</b>	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	<b>Apparatus Gymnastics</b>	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	<b>Swimming (Y5)</b>	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke ] Perform safe self-rescue in	<b>Athletics</b>	Running Jumping Throwing Catching Control Balance Comparing performance. Strength Poise Technique	<b>Rounders</b>	Strike Field Throwing Catching Running

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							<b>Dance (Y6)</b>	<i>different water- based situations</i>				
								<i>Flexibility Control Balance Comparin g performa nce. Strength Poise Technique Stamina</i>				