

West Bridgford Infant School – PE Long Term Plan

- 2 Sessions a week.
- 1 with Class Teacher – Following Complete PE scheme. 1 with Next Level – Specialist Coaches.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Reception –</u> Teacher Led from Complete PE Scheme	Locomotion Walking 1	Dance Nursery Rhymes	Gym High, Low, Under and Over	Balls Skills Feet 1	Balls Skills Hands 1	Games for Understanding Healthy Fortnight
<u>Reception –</u> Next Level	Fundamental Multi Skills	Gymnastics Coordination and balance/ Jumps and action moves/Rolling and apparatus work /Coordination and balance/ Locomotor skills and apparatus	Dance Theme - Alphabet animals - Pathways and direction Weather and seasons Balloon -Dynamics in dance	Racquet/Bat Skills Experience of different types of bats/balls and rackets. Still focusing on fundamental movement skills.	Fundamentals Through Athletics Skills Running/Jumping/ Throwing/Catching techniques.	Health and Wellbeing Focus on agility, balance and coordination, understanding what they mean and why they are important. Sports day Skills Cricket Skills
<u>Year 1</u> Teacher Led from Complete PE Scheme	Locomotion Running 1	Dance The Zoo	Gymnastics Body Parts	Games Feet 1	Games for Understanding	Team Building Healthy Fortnight
<u>Year 1 –</u> Next Level	Fundamental Multi Skills	Gymnastics Basic Shapes and Body Tension/Travelling/ Jumps and Landings Supports/Balances/Rolls	Dance Levels and speed Pathways and direction Four basic movements in dance Dynamics in dance Canon Creating a sequence and performing	Racquet/Bat Skills Develop the ability to keep a ball controlled using a racket/bat. Explore and develop hitting skills using different sized balls and bats/rackets and should improve understanding of accuracy and space through playing games.	Fundamentals Through Athletic Skills Running/Jumping/ Throwing/Catching techniques	Health and Wellbeing Focus on agility, balance and coordination, understanding what they mean and why they are important. Perform circuits to develop application and understanding. Sports Day Skills Cricket Skills

<p><u>Year 2</u> Teacher Led from Complete PE Scheme</p>	<p>Locomotion Dodging 1</p>	<p>Dance Explorers</p>	<p>Gymnastics Linking</p>	<p>Games Feet 1</p>	<p>Games for Understanding</p>	<p>Team Building Healthy Fortnight</p>
<p><u>Year 2 –</u> Next Level</p>	<p>Fundamentals/ Multi Skills</p>	<p>Gymnastics Basic Shapes and Body Tension/Travelling/ Jumps and Landings Supports/Balances/Rolls</p>	<p>Dance Levels and speed Pathways and direction Four basic movements in dance Dynamics in dance Canon Creating a sequence and performing</p>	<p>Striking Skills Hitting (striking) skills to send the ball into space in order to win a game and score points (for themselves and their team). These skills lead towards mini type games of tennis/cricket/rounders</p>	<p>Fundamentals Through Athletic Skills Running/Jumping/ Throwing/Catching techniques</p>	<p>Health and Wellbeing Focus on consolidating understanding of agility, balance and co-ordination, applying these elements of fitness in a variety of activities. To include circuits and understanding how motivation can enhance performance Sports Day Skills Cricket Skills</p>