



XII Apostles' LTP Overview

Long Term Plan Overview

Subject: Physical Education

Curriculum Team: 3 Mr. Ahmed and Mr Maj

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Beanbags Skills (Fundamental Games)	Gymnastics – Balance Gymnastics- Jumping and balancing	Dance Animals - Mini Beasts Dance- The Weather	Fun Games With Friends (Outdoor Adventure)	Ball Skills at the Zoo (Fundamental Games)	Fun with Quoits & Cones (Athletics Fundamentals)
Year 1	Throwing and Catching (Games)	Gymnastics - Balance & Agility Gymnastics- Position and direction	Dance The UK - Celebrations	Introduction to Invasion	Tennis (Net & Wall) Ball skills	Athletics (Fundamentals) Athletics (Running and jumping)
Year 2	Sending and Receiving (Games)	Gymnastics - Balance & Co-ordination Gymnastics 2D and 3D shapes	Dance The UK - Traditional Dances and fictional characters Pirates	Kinetics- Tag Rugby- KS1	Striking & Fielding	Movements (Athletics)
Year 3	Passing for Possession (Invasion - Basketball & Football)	Gymnastics - Jumping Splashing Rivers and symmetrical shapes	Thinking Aloud (Outdoor Adventure)	Invasion- Tag Rugby	Striking & Fielding	Being an Athlete (Athletics)



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	Swimming (Across the Year)					
Year 4	Passing and Moving (Invasion - Netball & Basketball)	Gymnastics - What's my Direction?	Dance Science - Electricity	Returning (Net Games - Tennis & Volleyball)	Striking & Fielding	Quidditch Invasion games rugby
Year 5	Invasion in a Team (Hockey & Football Skills)	Gymnastics - 'Viking' Balance	Accuracy & Rallies (Net Games)	Invasion Games- Flag Football	Exploring, Striking & Fielding Cricket	Olympic Training (Athletics)
Year 6	Invasion - Competitive (Netball & Basketball) Swimming (Across the year targeted pupils)	Gymnastics - 'Travelling' in WWII Finding success (Outdoor Adventure)	Dance Style - Street Dance	Net Games for Points (Net Games)	Striking & Fielding - Teamwork	Going for Gold (Athletics)