

## All Saints' CE Junior School - PE Long term Plan

		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		<u>Autumn term 1</u> 8 weeks (1 <sup>st</sup> Sept-24 <sup>th</sup> Oct)	<u>Autumn Term 2</u> 7 weeks (3 <sup>rd</sup> Nov-19 <sup>th</sup> Dec)	<u>Spring 1</u> 6 weeks (5 <sup>th</sup> Jan-13 <sup>th</sup> Feb)	<u>Spring 2</u> 5 weeks (23 <sup>rd</sup> Feb-27 <sup>th</sup> March)	<u>Summer 1</u> 6 weeks (13 <sup>th</sup> April-22 <sup>nd</sup> May)	<u>Summer 2</u> 6 weeks (13 <sup>th</sup> April-22 <sup>nd</sup> May)
Year 3	Outdoor (summer-field)	<u>Invasion Games</u> Hockey	<u>Health and Fitness</u> Handball	<u>OAA</u> Orienteering	<u>Invasion Games</u> Circuit training/multi-skills/team games	Athletics	<u>Striking/fielding</u> Cricket
	Indoor (summer-playground)	<u>Creative Movement</u> Dance	<u>Creative Movement</u> Gymnastics	<u>SWIMMING</u>	<u>SWIMMING</u>	<u>(3 weeks swimming)</u> <u>Invasion Games</u> Tag-Rugby/Football	<u>Net &amp; Ball</u> Tennis
Year 4	Outdoor (summer-field)	<u>Invasion Games</u> Hockey	Speed Stacking	<u>Invasion Games</u> Netball/Basketball	<u>Invasion Games</u> Tag-Rugby/Football	<u>Invasion Games</u> Athletics	<u>Striking/fielding</u> Rounder's/Tee ball
	Indoor (summer-playground)	<u>SWIMMING</u>	<u>Creative Movement</u> Gymnastics	<u>Creative Movement</u> Yoga/Dance	<u>Health and Fitness</u> Circuit training/multi-skills/team games	<u>Invasion Games</u> Tchoukball/Handball	<u>Net &amp; Ball</u> Tennis
Year 5	Outdoor (summer-field)	<u>OAA</u> Orienteering	(Swimming takes whole afternoon)	<u>Invasion Games</u> Hockey	<u>Invasion Games</u> Tchoukball/Handball	Athletics	<u>Striking/fielding</u> Field - Cricket and rounders Playground - Cricket and tennis; Indoors - Netball and handball
	Indoor (summer-playground)	<u>Creative Movement</u> Gymnastics	<u>SWIMMING</u>	<u>Creative Movement</u> Yoga/Dance	<u>Health and Fitness</u> Circuit training/multi-skills/team games	<u>(2 weeks swimming)</u> <u>Net &amp; Ball</u> Tennis	<u>Invasion Games</u> Football/Tag-Rugby
Year 6	Outdoor (summer-field)	<u>Invasion games</u> Tag-Rugby	<u>Invasion Games</u> Football	<u>OAA</u> Orienteering	<u>Invasion Games</u> Netball/Basketball	Athletics	<u>Striking/fielding</u> Rounder's/Tee ball
	Indoor (summer-playground)	<u>Invasion Games</u> Hockey	<u>Creative Movement</u> Gymnastics	<u>Creative Movement</u> Yoga/Dance	<u>Health and Fitness</u> Circuit training/multi-skills/team games	<u>(1 weeks swimming)</u> <u>Net &amp; Ball</u> Tennis	<u>SWIMMING &amp; Kick 25</u> (1 week on Sum 1)