



# PICKNALLS FIRST SCHOOL LONG TERM PE PLAN 2024 - 25

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
<b>AUTUMN TERM UNITS</b>	<b>EYFS - Autumn 1</b>	<b>Year 1 - Autumn 1</b>	<b>Year 2 - Autumn 1</b>	<b>Year 3 - Autumn 1</b>	<b>Year 4 - Autumn 1</b>
	Balanceability, Introduce JumpStart Johnny & Fun and Games (Pe planning)	Ball Skills EYFS back to basics HANDBALL Circuits PE PLANNING—fitness	ALL NEW PE PLANNING Orienteering—PE PLANNING Athletics—master basic movements of running jumping, throwing and catching.	Swimming 3 swim teachers 2 x half hour Athletics PE PLANNING	Orienteering (school site) Hockey (everyone active coaches)
	<b>EYFS - Autumn 2</b>	<b>Year 1 - Autumn 2</b>	<b>Year 2 Autumn 2</b>	<b>Year 3 Autumn 2</b>	<b>Year 4 - Autumn 2</b>
	Balanceability & Catching and Throwing (PE Planning)	Netball Throwing, catching, special awareness, vocabulary. Dance PE PLANNING—developing a routine as a whole class	Gymnastics—developing fundamental movement, travelling, balancing rolling and jumping. Handball—to master basic movements of running, jumping, throwing and catching. PE PLANNING	Swimming 3 swim teachers 2 x half hour Gymnastics PE PLANNING	Hockey/Gymnastics Floor work  Fitness
<b>SPRING TERM UNITS</b>	<b>EYFS - Spring 1</b>	<b>Year 1 - Spring 1</b>	<b>Year 2 - Spring 1</b>	<b>Year 3 - Spring 1</b>	<b>Year 4 - Spring 1</b>
	Fitness (PE Planning)	Orienteering PE PLANNING & Orienteering site. Dodgeball PE PLANNING	Fitness—improving speed, agility, balance and co-ordination Gymnastics—transferring fundamental movement, travelling, balancing rolling and jumping onto apparatus.)	Swimming 3 swim teachers, 2 x half hour Gymnastics PE PLANNING	Gymnastics Transfer skills onto apparatus Dance (Street Dance) PE PLANNING
	<b>EYFS - Spring 2</b>	<b>Year 1 - Spring 2</b>	<b>Year 2 - Spring 2</b>	<b>Year 3 - Spring 2</b>	<b>Year 4 - Spring 2</b>
	Dance (PE Planning)	Dance Creating full dance over half term to go with the theme of Africa as our topic Gymnastics PE PLANNING—UNIT 1	Dodgeball—develop balance, agility and co- ordination. PE PLANNING Dance— to move to music showing expressive qualities of dance. Thriller.	Dance (Street Dance) PE PLANNING Dodgeball PE PLANNING	Invasion Games handball PE PLANNING Swimming 3 swim teachers 2x half hour
<b>SUMMER TERM UNITS</b>	<b>EYFS - Summer 1</b>	<b>Year 1 - Summer 1</b>	<b>Year 2 - Summer 1</b>	<b>Year 3 - Summer 1</b>	<b>Year 4 - Summer 1</b>
	Athletics & Ball Skills (PE Planning)	Gymnastics School apparatus & links to UNIT 2 in PE PLANNING Athletics PE PLANNING	Rounders—developing simple tactics for attacking and defending. PE PLANNING  Football—PE PLANNING	Athletics/Fitness PE PLANNING Tennis PE PLANNING	Swimming 3 swim teachers 2x half hour Athletics PE PLANNING
	<b>EYFS - Summer 2</b>	<b>Year 1 - Summer 2</b>	<b>Year 2 - Summer 2</b>	<b>Year 3 - Summer 2</b>	<b>Year 4 - Summer 2</b>
	Athletics & Movement Development (PE Planning)	Team Games Rounders and tag rugby Athletics Sports day game practices and throwing (over arm)	Swimming 3 swim teachers, 2 x half hour Athletics/orienteering	Cricket/rounders PE PLANNING Orienteering PE PLANNING	Striking & fielding PE PLANNING Net games—tennis PE PLANNING
<b>SUBSTANTIVE CONCEPTS</b>	Movement and Balance	Co-ordination	Sportsmanship		