

Knowleswood Primary PE Long Term Plan



Knowleswood
Primary School

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REC	Me and Myself	Movement Development	Create Your Own Dance	Dance	Throwing and Catching	Fun and Games Bikability
1	Look Run Avoid Agility Balance Co-ordination	Fair Share Dare Hands Feet Equipment	Dual Win Loose Inspire Create Perform	React Roll Retrieve Jump Shape Create	Run Jump Throw Multi-Skills/Fitness (Sports UK festival)	Dual Win Loose Target Control Combine Bikability
2	Look Run Avoid Agility Balance Co-ordination	Multi-Skills/Fitness (Sports UK festival) Hands Feet Equipment	Dual Win Loose Inspire Create Perform	React Roll Retrieve Jump Shape Create	Run Jump Throw Fair Share Dare	Dual Win Loose Target Control Combine Bikability
3	Jump Shape Create Fair Share Dare	Space Chase Dodge Golf (Sports UK festival)	Pass Position Patience Inspire Create Perform	Volleyball (Invasion Games) Badminton (Net & Wall Games)	Run Jump Throw OAA	Strike React Rally Football (Invasion Games)
4	Space Chase Dodge Hockey (Invasion Games)	Sports Hall Athletics/Fitness Gymnastics	Netball Dance	Basketball (Invasion Games) Cricket (Striking & Fielding) Sports UK Festival	Rounders (Striking & Fielding) Athletics	Tag Rugby (Invasion Games) Tennis (Net & Wall Games)
5 W	Cricket (Striking & Fielding) Football (Invasion Games) Bikability	Gymnastics Bikability Rugby	Dodgeball (Invasion Games) Dance	Tennis (Net & Wall Games) Swimming	Athletics Swimming	Netball (Invasion Games) Sports UK festival Swimming
5 R	Football (Invasion Games) Swimming Bikability	Swimming Rugby Bikability	Swimming Dance	Tennis (Net & Wall Games) Cricket	Athletics Dodgeball (Invasion Games)	Gymnastics Netball (Invasion Games) Sports UK festival
6	Football (Invasion Games) Ultimate Frisbee	Gymnastics Basketball (Invasion Games)	Badminton (Net & Wall Games) Dance	Hockey (Net & Wall Games) Cricket (Striking & Fielding)	Athletics OAA	Rounders (Striking & Fielding) Tag Rugby (Invasion Games) Bikability