



Mossley CE Primary School and Multiflex Ltd Long Term P.E Plan
Overview of Units

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Aut 1	<p>Fundamental Skills- explore and develop the following skills individually, with a partner and as part of a small group. Agility, balance, coordination, throwing, catching, jumping and kicking.</p>	<p>Multiskills/ sports develop the following fundamental skills: agility, coordination, throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work and basic tactical awareness.</p>	<p>Invasion games focus teamwork, throwing and catching develop the following fundamental skills: agility, coordination, throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work an understanding of basic rules and tactical awareness.</p>	<p>Invasion games- Tag Rugby</p>	<p>Invasion games- football Swimming- all children will learn to swim 25m . Once this achieved stroke technique and water safety will be worked on.</p>	<p>Invasion games- Tag Rugby</p>	<p>Invasion games- football</p>
Aut 2	<p>Fundamental Skills- explore and develop the following skills</p>	<p>Multiskills/ sports develop the following</p>	<p>Invasion games- tactics</p>	<p>Invasion games- netball/ basketball</p>	<p>Invasion games- hockey</p>	<p>Invasion games- netball/ basketball</p>	<p>Invasion games- hockey</p>



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	<p>individually, with a partner and as part of a small group. Agility, balance, coordination, throwing, catching, jumping and kicking.</p>	<p>fundamental skills: agility, coordination, throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work and basic tactical awareness.</p>	<p>kicking and striking focus develop the following fundamental skills: agility, coordination, throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work an understanding of basic rules and tactical awareness.</p>		<p>Swimming- all children will learn to swim 25m . Once this achieved stroke technique and water safety will be worked on.</p>		
Spr 1	<p>Fundamental Skills- explore and develop the following skills individually, with a partner and as part of a small group. Agility, balance, coordination,</p>	<p>Multiskills/ sports develop the following fundamental skills: agility, coordination, throwing, catching,</p>	<p>Net and Wall games develop the following fundamental skills: agility, coordination,</p>	<p>Net and Wall – badminton / tennis (adapted games)and Gymnastics Develop action skills,</p>	<p>Net and Wall badminton / tennis (adapted games)and Gymnastics- Develop action skills,</p>	<p>Net and Wall – badminton/ tennis and Gymnastics- develop actions, skills, movements and</p>	<p>Net and Wall - badminton/ tennis and Gymnastics- develop actions, skills, movements and sequences. Including – shapes, jumping, taking</p>



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	<p>throwing, catching, jumping and kicking.</p>	<p>kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work and basic tactical awareness. Gymnastics- Develop actions, skills and movements through the following areas: shapes, travel, jumping, balancing, rocking and rolling.</p>	<p>throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work an understanding of basic rules and tactical awareness. Gymnastics- Develop actions, skills and movements through the following areas: shapes, travel, jumping, balancing, rocking and rolling.</p>	<p>movements and sequences including – shapes, jumping, rolling, travelling and balance.</p>	<p>movements and sequences including – shapes, jumping, rolling, travelling and balance. Swimming all children will learn to swim 25m . Once this achieved stroke technique and water safety will be worked on.</p>	<p>sequences. Including – shapes, jumping, taking weight on hands, rolling, travelling and balancing.</p>	<p>weight on hands, rolling, travelling and balancing.</p>
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Spr 2	<p>Fundamental Skills - explore and develop the following skills individually, with a partner and as part of a small group. Agility, balance, coordination, throwing, catching, jumping and kicking.</p> <p>Dance- themed activities linked to the development of controlled movements and actions with changes in speed and direction</p>	<p>Multiskills/ sports develop the following fundamental skills: agility, coordination, throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work and basic tactical awareness.</p> <p>Dance- Develop actions and phrases of movement, linking them to a theme using expression and choreography.</p>	<p>Invasion games – focus throwing and catching develop the following fundamental skills: agility, coordination, throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work an understanding of basic rules and tactical awareness.</p> <p>Dance- Develop actions and phrases of movement,</p>	<p>Invasion games – football</p> <p>Dance- Develop actions and phrases of movement, linking them to a theme using expression and choreography.</p>	<p>Invasion games – tag rugby and</p> <p>Dance- Develop actions and phrases of movement, linking them to a theme using expression and choreography.</p> <p>Swimming all children will learn to swim 25m . Once this achieved stroke technique and water safety will be worked on.</p>	<p>Invasion games- football and</p> <p>Dance- Develop actions and phrases of movement, linking them to a theme using expression and choreography.</p>	<p>Invasion games – tag rugby and</p> <p>Dance Develop actions and phrases of movement, linking them to a theme using expression and choreography.</p>
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			linking them to a theme using expression and choreography.				
Sum 1	Fundamental Skills- explore and develop the following skills individually, with a partner and as part of a small group. Agility, balance, coordination, throwing, catching, jumping and kicking.	Multiskills/ sports develop the following fundamental skills: agility, coordination, throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work and basic tactical awareness.	Net and Wall, develop the following fundamental skills: agility, coordination, throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work an understanding of basic rules and tactical awareness.	Net & wall games badminton / tennis (adapted games)	Net & wall games badminton / tennis (adapted games) Swimming all children will learn to swim 25m . Once this achieved stroke technique and water safety will be worked on.	Net & wall games badminton/ tennis	Net & wall games badminton/ tennis
Sum 2	Fundamental Skills- explore and develop the	Multiskills/ sports develop the	Striking and fielding games	Striking and fielding	Striking and fielding	Striking and fielding	Striking and fielding (rounders and cricket)



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	<p>following skills individually, with a partner and as part of a small group. Agility, balance, coordination, throwing, catching, jumping and kicking.</p> <p>Athletics- activities to be linked to the development of running, jumping and throwing whilst beginning to understand the basic principles of competition.</p>	<p>following fundamental skills: agility, coordination, throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work and basic tactical awareness.</p> <p>Athletics – Develop the following athletic skills: running, jumping and throwing. Develop understanding of personal best performance.</p>	<p>develop the following fundamental skills: agility, coordination, throwing, catching, kicking and striking. Use the above skills in individual, partner and team games and challenges. Develop team work an understanding of basic rules and tactical awareness.</p> <p>Athletics Develop the following athletic skills: running, jumping and throwing. Develop understanding</p>	<p>(rounders and cricket adapted games) Athletics- develop running, jumping and throwing skills with improvements in flexibility, strength technique, control and balance.</p>	<p>(rounders and cricket adapted games) and Athletics develop running, jumping and throwing skills with improvements in flexibility, strength technique, control and balance.</p> <p>Swimming all children will learn to swim 25m . Once this achieved stroke technique and water safety will be worked on.</p>	<p>(rounders and cricket)and Athletics developing running, jumping and throwing skills with improvements in flexibility, strength technique, control and balance.</p>	<p>and Athletics developing running, jumping and throwing skills with improvements in flexibility, strength technique, control and balance.</p>
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			of personal best performance.				
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