

# Britannia Bridge PE Long Term Plan

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N3 Caterpillars	All about me	Celebrations	Down in the woods	Heroes and villains	Amazing animals	Under the sea
	<p>Continuous coverage throughout the year of physical skills through Physical Development -Gross motor skills &amp; Expressive Arts &amp; design- Being imaginative and expressive</p> <p><b>Physical Development- Gross Motor skills</b> Begin to run with more spatial awareness. • Moves more confidently in different ways- e.g. runs, jumps, marches, hops. • Can catch and throw a large ball, developing more control with ball skills. • Beginning to be more confident climbing. • Walk up steps or stairs using alternate feet. • Uses a range of large movements • Decides what skill to use in certain activities e.g. to walk along a beam or jump over a crate. • Developing balance riding trike, balance bikes, scooters. • Balance on one foot or in a squat momentarily. • Maintain balance and stability walking down steps or slopes carrying a small object.</p> <p><b>Expressive arts and Design- Being Imaginative and Expressive -</b> Show attention to sounds and music. • Move and dance to music. • Respond emotionally and physically to changes in music</p>					
Reception Butterflies	Dance till you drop Dance	Jumping Jack Gymnastics	In the jungle Gymnastics	Dinosaurs Dance	Best of balls Games	The Olympics Athletics
	<p>Plus continuous coverage throughout the year of physical skills through Physical Development -Gross motor skills &amp; Expressive Arts &amp; design- Being imaginative and expressive</p> <p><b>Physical Development- Gross Motor skills</b> Refines movement skills- e.g. runs, jumps, marches, hops, skips, crawl, roll, climb. • Has a developed range of ball skills. Can throw, catch, pass, kick and aim. • Confidently and safely use a range of climbing equipment and apparatus, climbs with skill. • Confidently walks up stairs or steps using alternate feet • Negotiate space successfully when playing with others and avoids obstacles. • Combine different movements with Fluency e.g. going around an obstacle course. • Confidently rides trikes, scooters, balance bikes with skill and using good balance. • Shows increasing control over an object in throwing, rolling, catching, patting and kicking it.</p> <p><b>ELG-</b> Move energetically, such as running, jumping, dancing, hopping skipping and climbing. • Negotiates space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing.</p> <p><b>Expressive arts and Design- Being Imaginative and Expressive -</b> • Create collaboratively, sharing ideas, resources and skills • Move to and talk about music, expressing feelings and thoughts. • Initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences</p> <p><b>ELG-</b> Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music</p>					
Year 1 Bumblebees	The Seasons Dance	Starry skies Dance	Animals Gymnastics	Throwing and catching Games	Attacking and defending Games	Running and jumping Athletics
Year 2 Seahorses	Under the sea Gymnastics	Toys Dance	Landscapes and cities Gymnastics	Invasion games Games	Multi skills- target games Games	Animal Olympics Athletics

Year 3 Hummingbirds	Outdoor and adventurous activities OAA	Movement Gymnastics	RainForest dance Dance	Dodgeball Games	Invasion games- Football Games	Athletics Athletics
	Outdoor and adventurous activities OAA	Ancient Egypt-shape and balance Gymnastics	Romans Dance	Hockey Games	Striking and fielding- Cricket Games	Athletics Athletics
Year 5 Owls	Swimming Swimming	Swimming Swimming	Swimming Swimming	Eco dance Dance	Movement Gymnastics	Athletics Athletics
	Outdoor and adventurous activities OAA	Handball Games	Circuit training Athletics			
Year 6 Sharks	Outdoor and adventurous activities OAA	Netball Games	Dance through the decades Dance	Movement Gymnastics	Striking and fielding games Games	Athletics Athletics
	Swimming catch up lessons					