

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
Continuous coverage throughout the year of physical skills through Physical Development -Gross motor skills & Expressive Arts & design- Being imaginative and expressive						
Physical Development- Gross Motor skills 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. Expressive arts and Design- Being Imaginative and Expressive - Show attention to sounds and music. • Move and dance to music. • Respond emotionally and physically to changes in music						
Reception Butterflies	Dance till you drop Dance	Jumping Jack Gymnastics	In the jungle Gymnastics	Dinosaurs Dance	Best of balls Games	The Olympics Athletics
Plus continuous coverage throughout the year of physical skills through Physical Development -Gross motor skills & Expressive Arts & design- Being imaginative and expressive						
Physical Development- Gross Motor skills 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. ELG- 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. Expressive arts and Design- Being Imaginative and Expressive - • 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 ELG- Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music						
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
Year 4 Dragonflies	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				