



PE Long Term Plan 2023- 2024

	Weekly Well Being	Autumn 1 7 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 5 weeks	Summer 2 6 weeks
FS2	Stretch & Reflect, Mindfulness, Run4Fu, Go Noodle	Baseline Assessment (Wk1 both lessons) Ball skills (Hand, feet & eye coordination)	Gym (12hrs input refer to teaching resource)	Ball skills (Hand, feet & eye coordination) Each child to have their own ball. (Last week 2hr inter year group football tournament)	Gym (12hrs input refer to teaching resource)	Athletics (12hrs input refer to teaching resource) Orienteering (10hrs input refer to teaching resource) Swimming	Baseline Assessment (Last week of Term both lessons) Tennis (5hr input refer to teaching resource) Dance (4hr input) (Dance performance)
YR 1	Stretch & Reflect, Mindfulness, Run4Fun, Go Noodle	Baseline Assessment (Wk1 both lessons) Orienteering (10hrs input refer to teaching resource)	Gym (12hrs input refer to teaching resource)	Ball skills (Hand, feet & eye coordination) Each child to have their own ball. (Last week 2hr inter year group football tournament)	Gym (12hrs input refer to teaching resource)	Athletics (12hrs input refer to teaching resource) (Last week 2hr mini Olympic tournament) Swimming	Baseline Assessment (Last week of Term both lessons) Tennis (5hr input refer to teaching resource) Dance (4hr input) (Dance performance)
YR 2	Stretch & Reflect, Mindfulness, Run4Fun, Go Noodle	Baseline Assessment (Wk1 both lessons) Orienteering (10hrs input refer to teaching resource)	Gym (12hrs input refer to teaching resource)	Ball skills (Hand, feet & eye coordination) Each child to have their own ball. (Last week 2hr inter year group football tournament)	Gym (12hrs input refer to teaching resource) Dance (4hr input) (Dance performance)	Athletics (12hrs input refer to teaching resource) (Last week 2hr mini Olympic tournament) Swimming	Baseline Assessment (Last week of Term both lessons) Tennis (5hr input refer to teaching resource)



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<p>YR 3</p>	<p>Stretch & Reflect, Mindfulness, Run4Fun</p>	<p>Baseline Assessment (Wk1 both lessons)</p> <p>Tag Rugby (7hrs input refer to teaching resource) (Last week 2hr inter year group tournament)</p>	<p>Hockey (6hrs input refer to teaching resource) (Last week 2hr inter year group tournament)</p> <p>Gym (6hrs input refer to teaching resource)</p>	<p>Netball (8hrs input refer to teaching resource) (Last week 2hrs inter year group tournament)</p>	<p>Cricket (10hrs input refer to teaching resource) (Last week 2hrs inter year group tournament)</p>	<p>Athletics (10hrs input refer to teaching resources) (Last week 2hr mini Olympic tournament)</p> <p>Orienteering (3hrs input) inc visit to Ashton Park</p> <p>Swimming</p>	<p>Baseline Assessment (Last week of Term both lessons)</p> <p>Tennis (5hr input refer to teaching resource)</p> <p>Dance (5hr input) (Dance performance)</p>
<p>YR 4</p>	<p>Stretch & Reflect, Mindfulness, Run4Fun</p>	<p>Baseline Assessment (Wk1 both lessons)</p> <p>Tag Rugby (7hrs input refer to teaching resource) (Last week 2hr inter year group tournament)</p>	<p>Hockey (6hrs input refer to teaching resource) (Last week 2hr inter year group tournament)</p> <p>Gym (6hrs input refer to teaching resource)</p>	<p>Basketball (8hrs input refer to teaching resource) (Last week 2hrs inter year group tournament)</p>	<p>Cricket (10hr input refer to teaching resource) (Last week 2hrs inter year group tournament)</p>	<p>Athletics (10hrs input refer to teaching resources) (Last week 2hr mini Olympic tournament)</p> <p>Orienteering (3hrs input) inc visit to Ashton Park</p> <p>Orienteering (3hrs input refer to teaching resource) inc visit to Ashton Park</p> <p>Swimming</p>	<p>Baseline Assessment (Last week of Term both lessons)</p> <p>Tennis (5hr input refer to teaching resource)</p> <p>Dance (5hr input) (Dance performance)</p>
<p>YR 5</p>	<p>Stretch & Reflect, Mindfulness, Run4Fun</p>	<p>Baseline Assessment (Wk1 both lessons)</p> <p>Tag Rugby (7hrs input refer to teaching resource) (Last week 2hr inter year group tournament)</p>	<p>Hockey (6hrs input refer to teaching resource) (Last week 2hr inter year group tournament)</p> <p>Gym (6hrs input refer to teaching resource)</p>	<p>Basketball (8hrs input refer to teaching resource) (Last week 2hrs inter year group tournament)</p>	<p>Cricket (10hr input refer to teaching resource) (Last week 2hrs inter year group tournament)</p>	<p>Athletics (10hrs input refer to teaching resources) (Last week 2hr mini Olympic tournament)</p> <p>Orienteering (3hrs input refer to teaching resource) inc visit to Ashton Park</p> <p>Swimming</p>	<p>Baseline Assessment (Last week of Term both lessons)</p> <p>Tennis (5hr input refer to teaching resource)</p> <p>Dance (5hr input) (Dance performance)</p>



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<p>YR 6</p>	<p>Stretch & Reflect, Mindfulness, Run4Fun HIIT circuits</p>	<p>Baseline Assessment (Wk1 both lessons) Orienteering (3hrs input) inc visit to Ashton Park Tag Rugby (7hrs input refer to teaching resource) (Last week 2hr inter year group tournament)</p>	<p>Hockey (6hrs input refer to teaching resource) (Last week 2hr inter year group tournament) Gym (6hrs input refer to teaching resource)</p>	<p>Basketball (8hrs input refer to teaching resource) (Last week 2hrs inter year group tournament) Dance (5hr input) (Dance performance)</p>	<p>Cricket (10hr input refer to teaching resource) (Last week 2hrs inter year group tournament)</p>	<p>Athletics (10hrs input refer to teaching resources) (Last week 2hr mini Olympic tournament) Swimming</p>	<p>Baseline Assessment (Last week of Term both lessons) Tennis (5hr input refer to teaching resource)</p>
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