

**PE Passport Long Term Plan 2023**

2 hour session per week

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|  | **Autumn 1 (8 Weeks)** | **Autumn 2 (7 Weeks)** | **Spring 1 (5 Weeks)** | **Spring 2 (6 Weeks)** | **Summer 1 (6 Weeks)** | **Summer 2 (7 Weeks)** |
| **Nursery** |  |  | Gymnastics – Travelling, Stopping and Making Shapes  | Stability 1 | Locomotion 1 | Dance – Nursery Rhymes  |
| **Reception** | Fine Motor Skills | Target Games 1 | Dance - Seasons | Gymnastics - Flight – Bouncing, Jumping & Landing | Net & Wall Games Skills 1 | Athletics 1**4 weeks**Striking & Fielding Games Skills 1**3 weeks** |
| **Year 1** | Fundamental Movement Skills 1**4 weeks**Net & Wall Game Skills 1**4 weeks** | Gymnastics – Balance**4 weeks**Dance – Animals**3 weeks** | Invasion Game Skills 1**3 weeks**Dance – Mini Beasts**2 weeks** | Gymnastics – Wide, narrow & curled rolling & balancing**3 weeks**Target Games 2**3 weeks** | Striking & Fielding Games Skills 1**3 weeks**Dance – Pirates**3 weeks** | Gymnastics – Pathways – Small & Long**3 weeks**Athletics 2**4 weeks** |
| **Year 2** | Net & Wall Game Skills 1**4 weeks**Target Games 3 **4 weeks** | Gymnastics – Stretching, Curling & Arching**4 weeks**Dance – Animals**3 weeks** | Invasion Game Skills 2**3 weeks**Dance – Fire of London**2 weeks** | Gymnastics – Spinning, turning & twisting**3 weeks**Yoga**3 weeks** | Dance – Under The Sea**3 weeks**Tri Golf**3 weeks** | Athletics 2**4 weeks**Striking & Field Games Skills 2**3 weeks** |

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| **Year 3** | Dance – Dance Around The World**4 weeks**Gymnastics – Symmetry & Asymmetry**4 weeks** | Hockey **4 weeks**OAA**3 weeks** | Dance – Egyptians**2 weeks**Basketball **3 weeks** | Gymnastics – Receiving body weight**3 weeks**Football**3 weeks** | Dance – Space**3 weeks**Cricket**3 weeks** | Athletics**4 weeks**Tennis**3 weeks** |
| **Year 4** | Handball**4 weeks**Dance – Vikings**4 weeks** | Football **4 weeks**OAA**3 weeks** | Flag Football**3 weeks**Gymnastics – Arching and Bridging **2 weeks** | Health Related Fitness**3 weeks**Tag Rugby**3 weeks** | Rounders**3 weeks**Cricket**3 weeks** | Athletics **4 weeks**Tennis**3 weeks** |

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| **Year 5** | Gymnastics – Partner Work – Under and Over**4 weeks**Dance – British Values**4 weeks** | Handball**3 weeks**Tag Rugby**4 weeks** | Basketball **3 weeks**Invasion Game Skill 4**2 weeks** | Health Related Fitness**3 weeks**Dance – World War 2**3 weeks** | Badminton **3 weeks**Danish Longball**3 weeks** | Athletics **4 weeks**Tennis**3 weeks** |
| **Year 6** | Hockey**4 weeks**Health Related Fitness**4 weeks** | Dance – The Haka**3 weeks** Dodgeball **4 weeks** | Gymnastics – Counter Balance & Counter Tension**2 weeks**Netball**3 weeks** | Volleyball**3 weeks**Dance – Dance Through The Ages**3 weeks** | Cricket **3 weeks**Yoga**3 weeks** | Athletics **4 weeks**Tennis**3 weeks** |