Dobwalls PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2			
Reception	Getting changed Circle games Holding a pencil	Dancing	Gymnastics Topic dance	Dancing and games	Outside games	Team games Sports day			
Year 1	Fundamental skills Running, rolling, throwing, jumping	Gymnastics Travelling and balance on floor and large apparatus	Fitness circuits & Fundamental skills Dodging e.g tagging, dodge ball, overhand throw, running games, jumping	Dance linked to topic & Orienteering	Athletics & Tennis	Athletics & Basketball			
CoEL		Choosing ways to do things							
Year 2	Fundamental skills Running, kicking, throwing overhand, jumping	Hockey & Gymnastics-Paired balance, rolling and simple sequences	Fitness Circuits & Dance linked to topics	Dance linked to topic & Orienteering	Athletics & Tennis	Athletics & Basketball			
SECRET Skills	- Get involved - Seek feedback - Take responsibility	- Get involved - Seek feedback - Take responsibility	- Handle risk - Be organised	- Lead the team - Go for it, finish it	- Go for it, finish it - Handle emotions	- Evaluate the team			
Year 3	Gymnastics unit 7 Flight & Invasion Games Tag Rugby	Dance Unit 1 & Invasion Games Hockey	Invasion Games Basketball/Tag rugby & Gymnastics unit 8 Linking movement	Cricket & Invasion Games Basketball Badminton	Athletics Frisbee & Orienteering	Striking and fielding & Net/Wall			

SECRET Skills	- Handle risk	- Handle emotions	- Evaluate the team	- Get involved	- Be organised	- Seek feedback
Year 4	Gymnastics unit 9 Bending, curling, stretching & Rugby/Handball	Dance Unit 2 & Invasion Games Hockey	Invasion Games Netball/Rugby & Gymnastics Unit 10 Symmetry/asymmetry	Dance Unit 2 & Invasion Games Basketball Badminton	Orienteering & Athletics Frisbee	Striking and fielding & Net/Wall
SECRET Skills	- Setting challenges	- Take responsibility	- Setting challenges	- Take responsibility	- Setting challenges	- Take responsibility
Year 5	Gymnastics Unit 11 Transfer of weight & Rugby/Handball	Dance unit 3 & Invasion Games Hockey	Invasion Games Football/Basketball & Gymnastics unit 12 Lifting/lowering	Cricket & Invasion Games Tag Rugby	Rounders & Athletics Frisbee	Net/wall & Orienteering
SECRET Skills	- Setting challenges	- Evaluate the team	- Setting challenges	- Build team strength	- Build team strength	- Setting challenges
Year 6	Gymnastics Unit 13 Counter Balances & Team Building and Problem solving	Invasion Games Basketball	Swimming & Dance Unit 4	Gymnastics Unit 14 Partner Work Dance unit linked to topics & Orienteering	Cricket & Athletics Frisbees	Invasion Games Hockey & Net/Wall
SECRET Skills	- Handle risk - Get involved	- Handle risk - Get involved	- Handle risk - Get involved	- Handle risk - Get involved	- Handle risk - Get involved	- Handle risk - Get involved