



The Federation of Middleham (VA) and Spennithorne (VC) CE Primary Schools

Executive Headteacher – Mrs Marie Mann

Blessed is the one who trusts in the Lord, whose confidence is in him.
 They will be like a tree planted by the water that sends out its roots by the stream.
 It does not fear when heat comes; its leaves are always green.
 It has no worries in a year of drought and never fails to bear fruit.

Jeremiah 17: 7 - 8

PE (Physical Education) Long Term Plan

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS (Reception)	Locomotion: Walking Ball Skills Hands 1	Gymnastics: Moving Locomotion: Jumping	Dance: Nursery Rhymes Health and wellbeing	Gymnastics: High, low, over, under Ball Skills Feet	Ball skills: Hands 2 Games for Understanding: Attack and defence	Dance: The Zoo Ball skills: Rackets, bats and balls
Year 1	Locomotion: Dodging Ball Skills Hands 1	Gymnastics: Linking Locomotion: Jumping	Dance: Water Health and wellbeing	Team building Ball Skills Feet	Swimming Games for Understanding: Attack and defence	Swimming Ball skills: Rackets, bats and balls
Year 2	Locomotion: Dodging Ball Skills Hands 2	Gymnastics: Linking Locomotion: Jumping	Dance: Water Health and wellbeing	Team building (RI) Ball Skills Feet (CB)	Swimming Games for Understanding: Attack and defence	Swimming Ball skills: Rackets, bats and balls
Year 3/4	Outdoor Adventure Activities: Communication & tactics Invasion: Tag Rugby	Health & Wellbeing: Mindfulness Gymnastics: Bridges	Swimming Dance: Wild animals	Swimming Invasion: Football and Hockey	Invasion: Netball (KR) Net: Tennis (CB)	Athletics: Athletics Striking & fielding: Cricket
Year 5/6	Invasion: Dodge Ball Invasion: Tag Rugby	Health related exercise Gymnastics: Matching & mirroring	Dance: The circus Invasion: Football	Invasion: Hockey Net: Badminton	Invasion: Netball Striking & fielding: Rounders	Swimming Athletics: Athletics Striking & fielding: Cricket

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS (Reception)	Locomotion: Walking Ball Skills Hands 1	Gymnastics: Moving Locomotion: Jumping	Dance: Nursery Rhymes Health and wellbeing	Gymnastics: High, low, over, under Ball Skills Feet	Ball skills: Hands 2 Games for Understanding: Attack and defence	Dance: The Zoo Ball skills: Rackets, bats and balls
Year 1	Locomotion: Running Ball Skills Hands 1	Gymnastics: Wide, Narrow, Curled Locomotion: Jumping	Dance: Growing Health and wellbeing	Team building Ball Skills Feet	Swimming Games for Understanding: Attack and defence	Swimming Ball skills: Rackets, bats and balls
Year 2	Locomotion: Running Ball Skills Hands 1	Gymnastics: Wide, Narrow, Curled Locomotion: Jumping	Dance: Growing Health and wellbeing	Team building Ball Skills Feet	Swimming Games for Understanding: Attack and defence	Swimming Ball skills: Rackets, bats and balls
Year 3/4	Outdoor Adventure Activities: Problem Solving Invasion: Tag Rugby	Health & Wellbeing: Mindfulness Gymnastics: Symmetry & Asymmetry	Swimming Dance: Weather	Swimming Invasion: Football and Hockey	Invasion: Netball Net: Rounders	Athletics: Competitions Striking & fielding: Cricket
Year 5/6	Outdoor Adventure Activities: Orienteering Invasion: Tag Rugby	Health related exercise Gymnastics: Counter balance & counter tension	Dance: Carnival Invasion: Football	Net: Badminton Invasion: Hockey	Invasion: Netball Striking & fielding: Rounders	Swimming Athletics: Competitions Striking & fielding: Cricket