



Monks Coppenhall Academy and Day Nursery

"To be the best we can in mind, body and spirit"

"Working together to create better futures"

P.E Long Term Planner 2023/24

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Agility and Spatial Awareness – directions, movement & finding space	Balance – different types of balances, group work & individual	Travelling & shapes – creative movement, travelling individually/ with others	Sending & Receiving – throwing, bouncing, rolling, pushing, bowling and striking	Jumping – jumping & landing Dance – Creative movements & Shapes	Co-ordination – hand eye & foot co-ordination
Year 1	Ball Skills – sending, receiving, throwing, bouncing, striking	Gymnastics – Rolls, jumping & balance Invasion Games – Defending & Attacking principles	Targets – Sending, Spatial awareness, co-ordination Dance – Creative movements & Shapes	Team Games – Co-ordination – hand eye & foot co-ordination Gymnastics – Rolls, jumping & Balance	Striking & Fielding – Sending/Receiving Wall & Net – Sending & receiving	Outdoor activities – Problem Solving, adventure Athletics – Track & Field
Year 2	Ball Skills – sending, receiving, throwing, bouncing, striking	Gymnastics – Rolls, Jumping & balance Invasion games – Defending & Attacking principles	Targets – Sending, Spatial awareness, co-ordination Dance – Creative movement & Shapes	Team Games – Co-ordination – hand eye & foot co-ordination Gymnastics – Rolls, Jumping & balance	Striking & Fielding – Sending/Receiving Wall & Net – Sending & receiving	Outdoor activities – Problem Solving, adventure Athletics – Track & Field
Year 3	Invasion games – Netball / Basketball – principles of attack / defence / transition	Invasion games – Football – principles of attack / defence / transition / match tactics Athletics – track & fielding Jumping, speed, power & strength	Gymnastics – Rolls, Jumping & balance Invasion games – Rugby - principles of attack / defence / transition / match tactics	Net / Wall – serving / receiving (Tennis/Volleyball) Swimming Dance – Creative movements & Shapes	Striking & Fielding – Bowling, batting, fielding (Rounders and Cricket) Athletics – track & fielding Swimming	Orienteering – problem solving, outdoor activities Striking & Fielding – Bowling, batting, fielding (Rounders and Cricket) Swimming

Year 4	Invasion games – Netball / Basketball / Hockey – principles of attack / defence / transition Swimming Dance – Creative movements, shapes & routines	Invasion games – Football – principles of attack / defence / transition / match tactics Swimming Athletics – track & fielding Jumping, speed, power & strength	Gymnastics – Rolls, Jumping & balance Swimming Invasion games – Rugby - principles of attack / defence / transition / match tactics	Net / Wall – serving / receiving (Tennis/Volleyball)	Athletics – track & fielding Striking & Fielding – Bowling, batting, fielding, game tactics / play (Rounders and Cricket)	Orienteering – problem solving, outdoor activities Striking & Fielding – Bowling, batting, fielding (Rounders and Cricket)
Year 5	Invasion games – Netball & Hockey – Principle of attack / defence, tactics & game play Swimming (pool on site)	Invasion games – Football – principles of attack / defence / transition / match tactics Dance – Creative movements, shapes & routines	Gymnastics – Rolls, Jumping & balance Invasion games – Rugby - principles of attack / defence / transition / match tactics	Net / Wall – serving / receiving / Shot selection (Tennis/Volleyball)	Striking & Fielding – Bowling, batting, fielding, game tactics / play (Rounders and Cricket) Athletics – track & fielding	Orienteering – problem solving, outdoor activities Striking & Fielding – Bowling, batting, fielding, game tactics / play
Year 6	Invasion games – Netball/Basketball & Hockey – Principle of attack / defence, tactics & game play Swimming (pool on site)	Invasion games – Football – principles of attack / defence / transition / match tactics / game play Athletics – track & fielding Jumping, speed, power & strength	Gymnastics – Rolls, Jumping & balance Dance – Creative movements, shapes & routines Invasion games – Rugby - principles of attack / defence / transition / match tactics	Net / Wall – serving / receiving / Shot selection (Tennis/Volleyball)	Striking & Fielding – Bowling, batting, fielding, game tactics / play (Rounders and Cricket) Athletics – track & fielding	Top up swimming Athletics – track & fielding Dance – Creative movements, shapes & routines

Dance will be covered through CPD this year, however the allocated time may change due to circumstances.