



Sutton in Craven C of E Primary School  
Physical Education Long Term Planning – 2023 – 2024



		<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<b>Blossom</b> <b>Reception and Year 1</b>  <b>Mrs Harrison</b>	<b>Dance</b> Dinosaurs – Twinkl (Rec)	<b>Multi-skills</b> Throwing and Catching skills	<b>Gymnastics</b> Simple Activities and movements leading towards Gymnastics  (Focus) Jumps, Rolls and Balancing	<b>Gymnastics</b> Simple Activities and movements leading towards Gymnastics  (Focus) Travelling and pathways Supporting and Transferring weight	<b>Multi-skills</b> Bat and Ball activities	<b>Multi – Skills</b> Running and Jumping	
	<b>Fundamental Skills</b> outdoors whenever dry A – Agility B – Balance C – Coordination	<b>Body and Mind</b> Yoga Twinkl (yr1)	<b>Dance</b> Theme - TBC	<b>Circuit Training</b> Twinkl Year 1 unit	<b>Games</b> Activities leading to basic skills for invasion games attacking and defending	<b>Multi – Skills</b> Sports day activities	
<b>Willow</b> <b>Year 2 and 3</b>  <b>Miss Margetson</b>	<b>Invasion Games</b> Activities in developing invasion games on the floor (Main focus Football)	<b>Dance</b> Twinkl - Gunpowder Plot (yr2)	<b>OAA</b> <i>(main focus Teamwork)</i>	<b>Fitness and Sports Science</b> <b>Circuit Training</b> Twinkl Year 2/3 unit	<b>Invasion Games</b> Activities developing skills in invasion games ball/equipment in hand (Main Focus Tag Rugby)	<b>Athletics</b> Activities developing athletic skills	
	<b>Gymnastics</b> Jumps, Rolls and balancing (body shapes)	<b>Invasion Games</b> Activities in developing invasion games on the floor (Main focus Hockey)	<b>Gymnastics</b> Travelling, pathways supporting and transferring weight.	<b>Striking and Fielding</b> Activities leading to fielding and striking (Kwik Cricket)	<b>Dance</b> Toys – Twinkl (yr2)	<b>Tennis Skills</b> Activities developing skills in net/wall	

<p>Birch Year 4 and 5</p> <p>Miss Key</p>	<p><i>Gymnastics</i> Movement Twinkl (Yr 4)</p>	<p><i>Invasion Games</i> Basketball/Netball</p>	<p><i>Invasion Games</i> Tag Rugby</p>	<p><i>Striking and Fielding</i> Activities leading to fielding and striking Kwik Cricket</p>	<p><i>Dance</i> Water – Twinkl ( Yr4)</p>	<p><b>Tennis</b></p>
	<p><i>Invasion Games</i> Football/Hockey)</p>	<p><i>Dance</i> Carnival of the animals – Twinkl (Yr4)</p>	<p><i>Gymnastics</i> Movement Twinkl (Yr 5 )</p>	<p><i>Swimming</i></p>	<p><i>Swimming</i></p>	<p><b>Athletics</b> Runnings (sprint/endurance/relay/ hurdles) Jumping (standing) Throwing – (Javelin, discus and hammer)</p>
				<p><b>Striking and fielding</b> Rounders</p>		
<p>Oak Year 6</p> <p>Mrs Campbell and Mrs Mcgeorh</p>	<p><i>Invasion Games</i> Basketball/Netball</p>	<p><i>Dance</i> Twinkl Year 5 unit World War II</p>	<p><i>Dance</i> Twinkl Year 6 unit Dance through the decades</p>	<p><i>Striking and Fielding</i> Kwik Cricket</p>	<p><i>Striking and Fielding</i> Rounders</p>	<p><b>Swimming</b></p>
	<p><i>Invasion Games</i> Football/Hockey</p>	<p><i>Gymnastics</i> Twinkl Year 5 unit – Movement</p>	<p><i>Invasion Games</i> Tag Rugby</p>	<p><i>Gymnastics</i> Twinkl Year 6 unit – Movement</p>	<p><i>Swimming</i></p>	
					<p><b>Athletics</b> Runnings (sprint/endurance/relay/ hurdles) Jumping (standing) Throwing – (Javelin, discus and hammer)</p>	<p><b>Tennis</b></p>

