



## Rockcliffe First School: PE Long-Term Plan

### Cycle A

Y		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R		Fundamentals: Access Coaching	Fundamentals: Access Coaching	Fundamentals: Access Coaching	Fundamentals: Access Coaching	Fundamentals: Access Coaching	Fundamentals: Access Coaching
		Working with Others	Fitness	Dance	Ball Skills	Throwing and Catching	Fun and Games
KS1		Gymnastics – Linking Movement	Dance – Moving to the Beat	Fitness – Fundamental Fitness 1	Invasion Games	Orienteering - Problem Solving	Athletics – Coordination and Movement
		Net360: Fundamentals – Strength and Movement	Net 360: Net and Wall – Net and Wall Skills	Net360: Fundamentals – Throwing and Catching	Net 360: Net and Wall - Tennis	Andy Cartwright FC: Striking and Fielding – Striking and Fielding Skills	Andy Cartwright FC: Invasion Games - Dribbling, Kicking and Hitting
KS2		Andy Cartwright FC: Invasion Games - Handball	Andy Cartwright FC: Gymnastics	Andy Cartwright FC: Dance	Andy Cartwright FC: Striking and Fielding- Cricket	Net360: Net and Wall - Tennis	Net360: Athletics - Track
		Gymnastics: Individual Sequences	Dance: Hip Hop	Swimming	Swimming	Fitness – Fundamental Fitness 1	Andy Cartwright FC: Invasion Games - Netball

## Cycle B

Y		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R		Fundamentals: Access Coaching	Fundamentals: Access Coaching	Fundamentals: Access Coaching	Fundamentals: Access Coaching	Fundamentals: Access Coaching	Fundamentals: Access Coaching
		Working with Others	Fitness	Dance	Ball Skills	Throwing and Catching	Fun and Games
KS1		Gymnastics – Incorporating Apparatus	Dance – Dancing in Character	Fitness – Fundamental Fitness 2	Invasion Games	Orienteering - Following Direction	Athletics – Jumping and Throwing
		Net360: Fundamentals – Strength and Movement	Net 360: Net and Wall – Net and Wall Skills	Net360: Fundamentals – Ball Skills	Net 360: Net and Wall - Tennis	Andy Cartwright FC: Striking and Fielding – Cricket	Andy Cartwright FC: Invasion Games - Games, Skills and Tactics
KS2		Andy Cartwright FC: Invasion Games - Tag Rugby	Andy Cartwright FC: Gymnastics	Andy Cartwright FC: Dance	Andy Cartwright FC: Striking and Fielding- Rounders	Net360: Net and Wall - Tennis	Net360: Athletics - Field
		Gymnastics: Group Sequences	Dance: Group Dance	Swimming	Swimming	Fitness – Fundamental Fitness 2	Andy Cartwright FC: Invasion Games - Basketball

## Curriculum Coverage of Concepts

<b>Invasion Games</b>	<ul style="list-style-type: none"><li>• Ball Skills: Dribbling and Control (R, KS1)</li><li>• Invasion Game Skills (KS1)</li><li>• Invasion Games: Tactics (KS1)</li><li>• Invasion Games: Attacking and Defending (KS2)</li><li>• Tag rugby (KS2)</li><li>• Netball (KS2)</li><li>• Handball (KS2)</li><li>• Basketball (KS2)</li></ul>
<b>Net and Wall</b>	<ul style="list-style-type: none"><li>• Net and Wall Skills (KS1)</li><li>• Tennis (KS1, KS2)</li></ul>
<b>Striking and Fielding</b>	<ul style="list-style-type: none"><li>• Striking and Fielding Skills (KS1, KS2)</li><li>• Cricket (KS1, KS2)</li><li>• Rounders (KS2)</li></ul>
<b>Outdoor and Adventurous</b>	<ul style="list-style-type: none"><li>• Teambuilding/Problem Solving (KS1)</li><li>• Orienteering (KS1)</li><li>• Robinwood (Year 4)</li><li>• Trail and Challenge (Year 4)</li></ul>
<b>Dance/Gymnastics</b>	<ul style="list-style-type: none"><li>• Dance (R, KS1, KS2)</li><li>• Gymnastics (R, KS1, KS2)</li></ul>
<b>Fundamentals</b>	<ul style="list-style-type: none"><li>• Fundamentals; Movement skills (R, KS1)</li><li>• Throwing, catching and ball skills (R, KS1)</li></ul>

	<ul style="list-style-type: none"><li>• Athletics (R, KS1, KS2)</li><li>• Fitness (R, KS1, KS2)</li><li>• Ball Skills (R, KS1)</li></ul>
<b>Swimming</b>	<ul style="list-style-type: none"><li>• KS2</li></ul>
<b>Other</b>	<ul style="list-style-type: none"><li>• Fun and Games (R)</li><li>• Working with Others (R)</li></ul>