



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

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

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