

KS2 Pensilva PE Long Term Plans

Autumn 1		2		Spring 1		Spring 2		Sum 1		2	
Yr3 Session 1	Gymnastics unit 7 Flight	Dance Unit 1	Invasion Games Basketball	Dance linked to topics	Athletics	Swimming					
Yr3 Session 2	Striking and fielding Oli	Invasion Games Hockey Oli	Gymnastics unit 8 Linking movement Oli	Invasion Games Basketball Oli	OAA Oli	Net/Wall Oli					
Yr4 Session 1	Gymnastics unit 9 Bending, curling, stretching	Dance Unit 2	Invasion Games Netball/Rugby	Dance Unit 2	OAA	Swimming					
Yr4 Session 2	Rugby/Handball Oli	Invasion Games Hockey Oli	Gymnastics Unit 10 Symmetry/asymme try Oli	Invasion Games Basketball Oli	Athletics Oli	Net/Wall Oli					
Yr5 Session 1	Gymnastics Unit 11 Transfer of weight	Dance unit 3	Invasion Games Football/Basketball	Dance linked to topics	Striking and Fielding	Net/wall					
Yr5 Session 2	Rugby/Handball Oli	Invasion Games Hockey Oli	Gymnastics unit 12 Lifting/lowering Oli	Invasion Games Rugby Oli	Athletics Oli	OAA Oli					
Yr6 Session 1	Gymnastics Unit 13 Counter Balances	Dance Unit 4	Invasion Games Basketball	Dance unit linked to topics	OAA	Swimming					
Yr6 Session 2	Rugby/Handball Oli	Invasion Games Hockey Oli	Gymnastics Unit 14 Partner Work Oli	Invasion games Rugby Oli	Athletics Oli	Net/Wall Oli					

