

KS1 Pensilva PE Long Term Plans

Autumn 1		2	Spring 1	Spring 2	Sum 1	2
R Session 1	Fundamental skills Running, rolling, throwing, jumping.	Gymnastics Travelling and balance on floor and apparatus	Fundamental skills Dodging, overhand throw, running games, jumping.	Dance linked to topic	Athletics	Athletics
R Session 2	Fundamental skills Running, rolling, throwing, jumping.	Gymnastics Travelling and balance on floor and apparatus	Fundamental skills Dodging, overhand throw, running games, jumping.	Gymnastics Sequences	Team games	Team Games
Yr1 Session 1	Fundamental skills Running, rolling, throwing, jumping.	Gymnastics Travelling and balance on floor and apparatus	Fitness circuits	Dance linked to topic	Athletics	Athletics
Yr1 Session 2	Fundamental skills Running, rolling, throwing, jumping.	Gymnastics Travelling and balance on floor and apparatus	Fundamental skills Dodging, overhand throw, running games, jumping.	Orienteering	Tennis	Basketball
Yr2 Session 1	Fundamental skills Running, rolling, throwing, jumping.	Hockey Gymnastics-Paired balance	Fitness Circuits	Dance linked to topic	Athletics	Athletics
Yr2 Session 2	Fundamental skills Running, rolling, throwing, jumping.	Hockey Gymnastics-Paired Balance	Gymnastics/Dance	Orienteering	Tennis	Basketball