

**PE Passport Long Term Plan 2023**

2 hour session per week

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|  | **Autumn 1 (8 Weeks)** | **Autumn 2 (7 Weeks)** | **Spring 1 (5 Weeks)** | **Spring 2 (6 Weeks)** | **Summer 1 (6 Weeks)** | **Summer 2 (7 Weeks)** |
| **Nursery** |  |  | Gymnastics – Travelling, Stopping and Making Shapes | Stability 1 | Locomotion 1 | Dance – Nursery Rhymes |
| **Reception** | Fine Motor Skills | Target Games 1 | Dance - Seasons | Gymnastics - Flight – Bouncing, Jumping & Landing | Net & Wall Games Skills 1 | Athletics 1  **4 weeks**  Striking & Fielding Games Skills 1  **3 weeks** |
| **Year 1** | Fundamental Movement Skills 1  **4 weeks**  Net & Wall Game Skills 1  **4 weeks** | Gymnastics – Balance  **4 weeks**  Dance – Animals  **3 weeks** | Invasion Game Skills 1  **3 weeks**  Dance – Mini Beasts  **2 weeks** | Gymnastics – Wide, narrow & curled rolling & balancing  **3 weeks**  Target Games 2  **3 weeks** | Striking & Fielding Games Skills 1  **3 weeks**  Dance – Pirates  **3 weeks** | Gymnastics – Pathways – Small & Long  **3 weeks**  Athletics 2  **4 weeks** |
| **Year 2** | Net & Wall Game Skills 1  **4 weeks**  Target Games 3  **4 weeks** | Gymnastics – Stretching, Curling & Arching  **4 weeks**  Dance – Animals  **3 weeks** | Invasion Game Skills 2  **3 weeks**  Dance – Fire of London  **2 weeks** | Gymnastics – Spinning, turning & twisting  **3 weeks**  Yoga  **3 weeks** | Dance – Under The Sea  **3 weeks**  Tri Golf  **3 weeks** | Athletics 2  **4 weeks**  Striking & Field Games Skills 2  **3 weeks** |

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| **Year 3** | Dance – Dance Around The World  **4 weeks**  Gymnastics – Symmetry & Asymmetry  **4 weeks** | Hockey  **4 weeks**  OAA  **3 weeks** | Dance – Egyptians  **2 weeks**  Basketball  **3 weeks** | Gymnastics – Receiving body weight  **3 weeks**  Football  **3 weeks** | Dance – Space  **3 weeks**  Cricket  **3 weeks** | Athletics  **4 weeks**  Tennis  **3 weeks** |
| **Year 4** | Handball  **4 weeks**  Dance – Vikings  **4 weeks** | Football  **4 weeks**  OAA  **3 weeks** | Flag Football  **3 weeks**  Gymnastics – Arching and Bridging  **2 weeks** | Health Related Fitness  **3 weeks**  Tag Rugby  **3 weeks** | Rounders  **3 weeks**  Cricket  **3 weeks** | Athletics  **4 weeks**  Tennis  **3 weeks** |

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| **Year 5** | Gymnastics – Partner Work – Under and Over  **4 weeks**  Dance – British Values  **4 weeks** | Handball  **3 weeks**  Tag Rugby  **4 weeks** | Basketball  **3 weeks**  Invasion Game Skill 4  **2 weeks** | Health Related Fitness  **3 weeks**  Dance – World War 2  **3 weeks** | Badminton  **3 weeks**  Danish Longball  **3 weeks** | Athletics  **4 weeks**  Tennis  **3 weeks** |
| **Year 6** | Hockey  **4 weeks**  Health Related Fitness  **4 weeks** | Dance – The Haka  **3 weeks**  Dodgeball  **4 weeks** | Gymnastics – Counter Balance & Counter Tension  **2 weeks**  Netball  **3 weeks** | Volleyball  **3 weeks**  Dance – Dance Through The Ages  **3 weeks** | Cricket  **3 weeks**  Yoga  **3 weeks** | Athletics  **4 weeks**  Tennis  **3 weeks** |