

**Long Term Plan 2022-23**

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year R	Exercise		Move		Practise		Communicate		Think		Create	
Year 1	Games /Multi skills Lessons 1-6	Gymnastics	Games /Multi skills Lessons 7-12	Gymnastics	Games /Multi skills Lessons 13-17	Dance	Games /Multi skills Lessons 18-24	Dance	Golf	Athletics skills for sports day	Fundamentals in PE (imoves)	Athletics
Year 2	Multi skills – ball skills Lessons 1-6	Gymnastics	Multi skills Lessons 7-12	Gymnastics	Multi skills Lessons 13-17	Dance	Multi skills Lessons 18-24	Dance	Tennis	Athletics skills for sports day	Fundamentals in PE (imoves)	Athletics
Year 3	Football	Gymnastics	Hockey	Gymnastics	Netball	Dance	Tennis	Dance	Swimming	Athletics	Swimming	Athletics
Year 4	Tag Rugby	Gymnastics	Dance	OAA	Basketball	Gymnastics	Dance	Cricket	Swimming	Golf	Swimming	Athletics
Year 5	Health and Fitness Challenges	Netball	Sports Hall Athletics	Dance	Football	Gymnastics	Hockey	Gymnastics	Tennis	Athletics	Rounders	Athletics
Year 6	Sports Leader/ Sports Hall Athletics	Gymnastics	Tag Rugby	Dance	Basketball	Dance	Lacrosse	Gymnastics	Cricket	Athletics	Badminton	Volleyball

Key: Skills taught – progression of skills

Invasion Games

Striking and Fielding

Dance

Athletics

Net and Ball

Multi skills

Cooperative skills

Gymnastics











Swimming

Year R

Autumn

Spring

Summer

 <p><b>Autumn 1</b> Core Strength &amp; Balance 6 Lessons</p>	 <p><b>Autumn 2</b> Locomotion, Travelling &amp; Agility 6 Lessons</p>	 <p><b>Spring 1</b> Coordination &amp; Dynamic balance 6 Lessons</p>	 <p><b>Spring 2</b> Agility, Object control, Core strength &amp; Balance 6 Lessons</p>	 <p><b>Summer 1</b> Object control 6 Lessons</p>	 <p><b>Summer 2</b> Locomotion &amp; Object control 6 Lessons</p>
<p><b>Fundamental Skills 1 - Lessons 1 to 8</b></p>  <p>Start here with your new intake of children as they experience school for the first time.</p> <p>These 7 lessons and 1 core task lesson are a great way to introduce the children to physical education using the theme of mini-monkeys to make the activities fun and engaging for the children.</p> <p>These lessons will help your children to develop ways of moving and direction of travel; to make decisions; move confidently at different speeds and heights; move with control and coordination; object control; moving with a ball; devising listening and observational skills; develop cooperation skills; develop spatial awareness; develop their imagination; to concentrate; work independently and follow a leader; learn to take turns.</p>		<p><b>Fundamental Skills 2 - Lessons 9 to 16</b></p>  <p>These 8 fun lessons, which include a core task lesson, break down the key elements to begin building fundamental physical literacy skills in a fun and engaging for the children.</p> <p>Develop key fundamental skills such as running, jumping, skipping, hopping, balancing, landing, sending, receiving, spatial awareness, listening to instructions, working together, taking turns and more.</p> <p>We recommend these lessons are taught as the 2nd scheme of work after mini-monkey adventures.</p>		<p><b>Fundamental Skills 3 - Lessons 17 to 23</b></p>  <p>These 6 fun lessons break down the key elements to begin building fundamental physical literacy skills in a fun and engaging for the children.</p> <p>Develop key fundamental skills such as balancing, landing, sending, receiving, spatial awareness, listening to instructions, working together, taking turns and more.</p> <p><b>Fundamental Skills 4 - Lessons 24 to 28</b></p>  <p>These 5 fun lessons build on all the skills developed previously and begin to pull them together with more difficulty in a fun and engaging way for the children. Each lesson is based on a different popular book to provide a fantastic opportunity for the children to use their imagination in the lesson in addition to learning the basic fundamental skills of physical literacy.</p> <p>Develop key fundamental skills such as running, jumping, skipping, hopping, balancing, landing, sending, receiving, spatial awareness, listening to instructions, working together, taking turns and more.</p> <p>We recommend these lessons come toward the end of the academic year and are a perfect way to cement the key learning outcomes expected for this age range.</p>	

## Fundamental Skills 6 - Lessons 34 to 38



A great scheme toward the end of the academic year. The Beanstalk Adventures is a fun progressive set of lessons designed to reinforce learning from previous schemes of work. It begins to pull them together with more difficulty in an engaging way for the children.

Use the Beanstalk Treasure Map and finish the journey with a further 5 lessons as they progress to the Castle of Learning. They will visit Lollipop Lane, Sunflower City, Unicorn Cove, Moonlight Bay, Mushroom Mile, Lighthouse Lookout, Wingfly Way, Breakaway Bridge, and Tactics Castle before reaching the Castle of Learning and the final Champions Challenge.

Use the treasure map to chart the class' progress over the 10 sessions and the downloads to support their learning.