

Herne Junior School – Long Term Planning



Subject: Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 1 hour CM	<u>Multi Skills</u> Assessment of all motor skills developed through KS1 and target areas of improvement.	<u>Invasion Activities</u> Sending and receiving – links to netball, & basketball	<u>Invasion Activities</u> Sending and receiving & Striking – links to Hockey	<u>Invasion Activities</u> Striking – links to football <u>Net & Wall Activities</u> Links to tennis	<u>Strike & Field Activities</u> Links to cricket & Stoolball	<u>Athletic Activities</u> Running, jumping and throwing in isolation and combination
Class 1 hour	<u>Creative</u> 10 weeks Balance and coordination- links to gymnastics	<u>Creative continued (Christmas)</u> 10 weeks (continued)	<u>Dance</u> Coordination and movement- links to <i>A Journey Through the Ages (Stone Age)</i> 6 weeks	<u>OAA- team building</u> Working collaboratively to problem-solve and communicate whilst developing directional awareness. 6 weeks	<u>OAA- Orienteering</u> Working collaboratively to read, orientate and follow simple maps, gain an understanding of basic map symbols and use these to locate places around the school grounds. 6 weeks	<u>Strike & Field Activities</u> Links to Rounders

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Year 4 1 hour CM	<u>Invasion Activities</u> Dodging and body movement- links to Tag Rugby	<u>Invasion Activities</u> Sending and receiving – links to netball, & basketball	<u>Invasion Activities</u> Sending and receiving & Striking – links to Hockey	<u>Invasion Activities</u> Striking – links to football <u>Net & Wall Activities</u> Links to tennis	<u>Strike & Field Activities</u> Links to cricket & Stoolball	<u>Athletic Activities</u> Running, jumping and throwing in isolation and combination
Class 1 hour	<u>Creative</u> 9 weeks Balance and coordination- links to gymnastics	<u>Creative continued (Christmas)</u> 9 weeks (continued)	<u>Dance</u> Coordination and movement- links to <i>Imaginary Worlds</i> 6 weeks	<u>OAA- Orienteering</u> Orientate individually & within a team. Giving and receiving direction. 6 weeks	<u>OAA- team building</u> Identifying and developing effective teamwork skills. 6 weeks	<u>Strike & Field Activities</u> Links to Rounders <u>Swimming</u> 10 lessons per class
Year 5 1 hour CM	<u>Invasion Activities</u> Dodging and body movement- links to Tag Rugby	<u>Invasion Activities</u> Sending and receiving – links to netball & basketball	<u>Invasion Activities</u> Sending and receiving & Striking – links to Hockey	<u>Invasion Activities</u> Striking – links to football <u>Net & Wall Activities</u> Links to tennis	<u>Strike & Field Activities</u> Links to cricket & Stoolball	<u>Athletic Activities</u> Running, jumping and throwing in isolation and combination
Class 1 hour	<u>Creative</u> 7 weeks Balance and coordination- links to gymnastics	<u>Creative continued (Christmas)</u> 7 weeks (continued)	<u>Dance</u> Coordination and movement to music- links to <i>Volatile Planet (volcanoes)</i>	<u>OAA- Orienteering</u> Orientate individually & within a team. Giving and receiving direction.	<u>OAA- team building</u> Identifying and developing effective teamwork skills.	<u>Strike & Field Activities</u> Links to Rounders

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			6 weeks	(elements and lessons covered during residential trip to Avon Tyrell) 6 weeks	(elements and lessons covered during residential trip to Avon Tyrell) 6 weeks	
Swimming 5 lessons per class						
Year 6 1 hour CM	<u>Invasion Activities</u> Dodging and body movement- links to Tag Rugby	<u>Invasion Activities</u> Sending and receiving – links to netball, handball & basketball	<u>Invasion Activities</u> Sending and receiving & Striking – links to Hockey	<u>Invasion Activities</u> Striking – links to football <u>Net & Wall Activities</u> Links to tennis	<u>Strike & Field Activities</u> Links to cricket & Stoolball	<u>Athletic Activities</u> Running, jumping and throwing in isolation and combination
Class 1 hor	<u>Dance</u> Coordination and movement- links to <i>Power of Water</i> (Rivers) 6 weeks	<u>Creative (Christmas)</u> Balance and coordination- links to gymnastics 8 weeks	<u>Creative continued</u> 8 weeks (continued)	<u>OAA- Orienteering</u> Orientate individually & within a team. Giving and receiving direction. (elements and lessons covered during residential trip to Iron Bridge) 6 weeks	<u>OAA- team building</u> Identifying and developing effective teamwork skills. (elements and lessons covered during residential trip to Iron Bridge) 6 weeks	<u>Strike & Field Activities</u> Links to Rounders