### Herne Junior School – Long Term Planning



# Subject: Physical Education

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

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

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