

# Sunnyside PE Long Term Plan

2017-2018

Invasion games

Striking and fielding

Net and wall

Swimming

Gym

Dance

OAA

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Co-ordination (Starting, stopping, moving & travelling)		Gym (Jumping, landing, balancing & travelling)		Multi skills	
	Write Dance		Ball skills	Fitness	Athletics	Games
Year 1	Dance (Co-ordination & sequences)		Gymnastics (Balancing, travelling & making shapes)		Multiskills	
	Invasion Games (Throwing, catching & travelling)		Skipping	Cheerleading	Athletics	
Year 2	Dance (Co-ordination & sequences)		Gymnastics (Levels & sequences)		Skipping	Dance Cultural
	Invasion Games (Throwing, catching & travelling)		Multiskills		Athletics	
Year 3	Sportshall Athletics/Gymnastics		Gymnastics Sequences & balances		Net and wall Dodgeball	Dance Cultural
	Invasion Games (Changing pace & direction)	Invasion Games (Pivoting)	OAA	Striking & Fielding Tri-Golf	Athletics	
Year 4	Gymnastics	Dance	Sportshall Athletics	Net and wall Dodgeball/Volleyball	Dance	Gym Cheerleading/ rhythmic gymnastics
	Invasion Games (Catching)	Invasion Games (Dribbling)	OAA	Net and wall Tennis	Athletics	Striking & Fielding Cricket/rounders
Year 5	Gymnastics	Dance	Swimming/Sportshall Athletics	Swimming/Sportshall Athletics	Sportshall Athletics	Net and wall Badminton
	Invasion Games Tag Rugby	OAA	Invasion Games Netball (Pivoting)	Invasion Games Hockey	Net and wall Tennis/Volleyball	Striking & Fielding Cricket/rounders
Year 6	Swimming		Gymnastics/Dance		Sportshall Athletics	
	Invasion Games Football (Dribbling)	Gymnastics	OAA	Net and wall Tennis	Striking & Fielding Cricket/Rounders	