PE Long Term Plan- Beyond the Physical Version

Welbourn C of E Primary School

'Believe, Excite, Succeed, Together'

YEAR A

Class Teacher

Lincoln City or PPA Cover

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topaz (Reception)	Coordination (Footwork) Play Move Explore	Dynamic Balance (Jumping and landing) Move Match Magic	Dynamic Balancing Explore Evade Escape	Coordination (ball skills) Search Steal Share	Coordination (sending and receiving) Crawl Climb Collect	Agility (Ball Chasing) Hands Feet Equipment
Emerald (Year 1 and 2)	Agility Balance Coordination Look Run Avoid	Throw Prepare Catch Hands Free Equipment	Jump Share Create Fair Share Dare	Duel Win Lose Inspire Create Perform	Run Jump Throw React Roll Retrieve	Target Control Combine Send Receive Return
Amethyst (Year 3 and 4)	Hands Free Equipment	Strike React Rally Look Run Avoid	Agility Balance Coordination	Run Jump Throw Fair Share Dare	Duel Win Lose Swimming	Jump Shape Create Swimming

	Inspire Create Perform		React Roll Retrieve			
Moonstone (Year 5 and 6)	Fair Share Dare Evade Invade Capture	Inspire Create Perform Block Guard Support	Lend Move Score Watch Move Connect	Symmetry Balance Travel Explore Solve Challenge	Aim Strike Retrieve Serve Set Slam	Run Jump Throw Speed Distance Strength

YEAR B

	Term 1	**Term 2**	**Term 3**	**Term 4**	**Term 5**	**Term 6**
Topaz (Reception)	Play Move Explore	Move Match Magic	Explore Evade Escape	Search Steal Share	Crawl Climb Collect	Hands Feet Equipment
Emerald (Year 1 and 2)	Agility Balance Coordination Look Run Avoid	Throw Prepare Catch Hands Free Equipment	Jump Share Create Fair Share Dare	Duel Win Lose Inspire Create Perform	Run Jump Throw React Roll Retrieve	Target Control Combine Send Receive Return
Amethyst (Year 3 and 4)	Hands Free Equipment Inspire Create Perform	Strike React Rally Look Run Avoid	React Roll Retrieve Throw Prepare Catch	Run Jump Throw Fair Share Dare	Pass Position Patience Swimming	Accuracy Power Distance Swimming
Moonstone (Year 5 and 6)	Evade Invade Capture	Inspire Create Perform	Symmetry Balance Travel	Lend Move Score Modified Game (Basketball or Hockey)	Speed Distance Strength Modified Game (Tennis or Cricket)	Aim Strike Retrieve Modified Game (Rounders)

	Modified Game (Tag Rugby or Netball)	Modified Game (Football or Gaelic)	Modified Game (Tchoukball or Handball)			