



PE Long Term Plan 2015 Harehills Primary School



Learn, Laugh and Love

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Personal - Enjoying PE	Social - Taking turns	Cognitive - Following instructions	Creative - Observing others	Physical - Moving in different ways	Health and fitness - Importance of exercise
	Floor movement patterns	Dynamic balance to agility	Dynamic balance	Coordination - ball skills	Coordination with equipment	Agility - ball chasing
	Static balance	Seated balance	Small base balance	Counter balance in pairs	Agility - Reaction and response	Static balance - floor work
Year 1	Personal - Working safely	Social - Working sensibly	Cognitive - Following rules	Creative - Exploring different movements	Physical - Linking movements	Health and fitness - Importance of exercise
	Floor movement patterns	Dynamic balance to agility	Dynamic balance	Coordination - ball skills	Coordination with equipment	Agility - ball chasing
	Static balance	Seated balance	Small base balance	Counter balance in pairs	Agility - Reaction and response	Static balance - floor work

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Personal - Resilience	Social - Taking turns and sharing	Cognitive - Ordering instructions	Creative - Selecting and linking movements	Physical - Controlling speed	Health and fitness - Talking about body during exercise
	Floor movement patterns	Dynamic balance to agility	Dynamic balance	Coordination - ball skills	Coordination with equipment	Agility - ball chasing
	Static Balances	Seated balance	Small base balance	Counter balance in pairs	Agility - Reaction and response	Static balance - floor work
Year 3	Personal - Resilience	Social - Encouraging self and others	Cognitive - Ordering movements	Creative - Comparing skills and movements	Physical - Controlled movements	Health and fitness - Awareness of own body
	Floor movement patterns	Dynamic balance to agility	Dynamic balances	Coordination with equipment	Reaction and response	Ball chasing
	Static Balances	Seated balances	Ball skills	Counter balance in pairs	Floor work	Small base static balances
Year 4	Personal - Challenging yourself	Social - Patience and supporting others	Cognitive - Tactics of attack and defend	Creative - Linking movements to music	Physical - Sustained controlled movements	Health and fitness - Awareness of warm up and cool down
	Floor movement patterns	Dynamic balance to agility	Dynamic balances	Coordination with equipment	Reaction and response	Ball chasing
	Static Balances	Seated balances	Ball skills	Counter balance in pairs	Floor work	Small base static balances

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 and 6	Cognitive - Decision making	Creative - Expressing own ideas	Social - Organising roles and responsibilities	Physical - Body tension	Health and fitness - Monitoring own fitness	Personal - Improvement through practice
	Ball Skills Reaction/response	Seated balances Static balances	Dynamic balances Counter balance in pairs	Static balance - one leg Dynamic balance to agility	Static balance - small base Coordination - floor movement patterns	Agility - ball chasing Coordination with equipment