

Long Term Plan for Key Stage 1 P.E.

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	Year 1	Multiskills Funs for Everyone	Fitness Circuit training/Boot camp	Gymnastics Rocking/ Rolling VS yr1, unit F	Dance Rhythmic patterns VS yr1, unit 2	Games Bat & Ball skills/ Skipping VS yr1, unit 3	Athletics Tops Athletics Cards
	Year 2	Multiskills Funs for Everyone	Fitness Circuit training/Boot camp	Gymnastics Turning/ Spinning/ Twisting VS yr2, unit J	Dance Partner work VS yr2, unit 2	Games Throw/Catch VS yr2, unit 2	Athletics Tops Athletics Cards
Cycle B	Year 1	Multiskills Funs for Everyone	Fitness Circuit training/Boot camp	Gymnastics Points/ Patches VS yr1, unit E	Dance Moods/Feelings VS yr1, unit 3	Games Throw/ catch and aiming games. VS yr1, unit 2	Athletics Tops Athletics Cards
	Year 2	Multiskills Funs for Everyone	Fitness Circuit training/Boot camp	Gymnastics Sequences VS yr2, unit K	Dance Travelling/Contrast VS yr2, unit 1	Games Dribbling/ Kicking/Hitting VS yr2, unit 3	Athletics Tops Athletics Cards

(VS – Val Sabin scheme of work)