

# Willow Park School - Long Term Plan - PE- Rivelin (KS2)



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Cycle 1</b>	Invasion Games	OAA	Fitness and Exercise	Dance and Gymnastics	Invasion Games	Athletics
	Invasion Games Develop resilience Develop spatial awareness Teamwork Receive ball with basic control Participate in simple games	Playing outside Creativity Play to rules Enjoyment	Fitness Games Learn basic exercises Muscular endurance Balance Cardiovascular endurance	Movement Copy actions Make series of movements Roll, Turn, Jump and Balance	Striking and Fielding Catching Throwing Striking	Athletics Running technique Run appropriate speeds for distance Hurdling
<b>Cycle 2</b>	Football	OAA (within school)	Boxing	Dance/Boxing	Tennis	Athletics
	Passing Controlling Dribbling	Orienteate around a short trail Create short trails for others Treasure hunts Completing tasks in a set time	Boxing Footwork Stance Jab, Cross, Hook, Uppercut Basic combinations	Dance/Boxing Move with control and co-ordination Put two movements together Move to music Create simple dance/boxing routine	Tennis Hand-eye co-ordination Forehand 'Over and In'	Athletics Develop stamina Throwing technique Long jump technique
<b>Cycle 3</b>	Basketball	OAA (outside of school)	Fitness and Exercise	Gymnastics	Cricket	Athletics
	Passing Catching Dribbling Shooting	Orienteate around a trail outside of school Use maps to complete course as part of a team Create trails for others	Fitness and Exercise More complex exercises Circuit training HIIT training Know how to beat best score	Gymnastics Show flexibility in movements	Cricket Batting Bowling Wicket keeping Fielding	Athletics Recap running, jumping and throwing technique Record and evaluate performance. Class and Key stage competitions