



PE – Long Term Plan (Indoor)



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<u>Gymnastics - Animals</u> <i>Travelling safely in different ways, at different speeds and levels by bouncing, hopping, skipping, running and jumping.</i> Key Vocabulary: apparatus, warm up, cool down, bounce, jump, movement, speed, shape, link Links: Animals (Science)	<u>Gymnastics – Traditional Tales</u> <i>Practising a variety of skills, including travelling movements, rolls, jumps and balances.</i> Key Vocabulary: balance, shape, perform, movement, travel, sequence, log roll, egg roll, straight jump Links: Traditional Tales (English)	<u>Dance – The Seasons</u> <i>Developing an understanding of dance terminology such as mirroring, improvisation, canon and unison.</i> Key Vocabulary: shape, jump, travel, spin, unison, perform, repeat, beat, mirror, improvise Links: Seasonal Changes (Science)	<u>Circuit Training</u> <i>Building overall fitness through a circuit of eight activities, each of which is based on a different skill.</i> Key Vocabulary: speed, jump, hop, circuit, exercise, distance, balance, control, bounce, catch,	<u>Yoga – Salute to the Sun</u> <i>Developing a yoga sequence which incorporates forward bends, backbends, inversions, twists and balances.</i> Key Vocabulary: stretch, sequence, pose, arch, dip, flow, balance, link, form, breath Links: Seasonal Changes (Science)	PE lessons to be taught outdoors this term.
Year 2	<u>Gymnastics – Under the Sea</u> <i>Developing control, agility and co-ordination by practising rolls, jumps and balances.</i> Key Vocabulary: balance, paired balance, apparatus, roll, jump, shape, land, sequence	<u>Dance – The Gunpowder Plot</u> <i>Exploring how dance can be used to communicate ideas through movement, gesture and expression.</i> Key Vocabulary: partner, movement, expression, gesture, motif, march, stretch. Links: Movers and Shakers (History)	<u>Dance – Plants</u> <i>Exploring movements based on working in the garden, dancing alone, with partners and in groups.</i> Key Vocabulary: movement, motif, unison, canon, shape, control, combine, music, representation, partner Links: Plants (Science) Flower Head (Art)	<u>Circuit Training</u> <i>Building overall fitness through a circuit of eight activities, each of which is based on a different skill.</i> Key Vocabulary: direction, jump, perform, underarm throw, similarities, differences, skills, pivot, control, accuracy	<u>Gymnastics – Landscapes and Cities</u> <i>Exploring different types of roll, jumping from springboards and beginning to complete handstands.</i> Key Vocabulary: roll, shape, balance, springboard, jump, plank, sequence, handstand, crab Links: London visit (History)	PE lessons to be taught outdoors this term.

Year 3	<u>Gymnastics – Movement</u> <i>Performing a variety of floor and vault movements and developing flexibility, strength and control.</i> Key Vocabulary: perform, movement, sequence, pike jump, straight jump, cat leap, forward roll, vault	<u>Dodgeball</u> <i>Exploring the main attacking and defending skills needed for an invasion game.</i> Key Vocabulary: dodgeball, technique, target, dodge, jump, duck, sidestep, block, rules, skills, boundary, position, team	<u>Gymnastics - Shape</u> <i>Making basic body shapes and performing sequences involving a variety of body shapes and gymnastic movements.</i> Key Vocabulary: control, co-ordination, static shape, apparatus, sequence, symmetry Links: People and Places – L S Lowry (Art)	<u>Dance – Extreme Earth</u> <i>Producing an interesting dance phrase to represent a montage of natural disasters.</i> Key Vocabulary: improvise, stimuli, phrase, narrative, combine, link, fluent, precision, control Links: Rocks, Relics and Rumbles (Geography)	<u>Dance - Rainforests</u> <i>Developing interpretative dance skills, taking inspiration from different features of rainforests.</i> Key Vocabulary: movement, levels, improvise, speed, phrases. Links: Plants (Science) Beautiful Botanicals (Art)	PE lessons to be taught outdoors this term.
Year 4	<u>Swimming</u> <i>Developing front crawl and backstroke.</i> Links: Keeping Safe (PSHE)	<u>Swimming</u> <i>Developing breast stroke and understanding how to keep safe in and around water.</i> Links: Keeping Safe (PSHE)	<u>Dance – Water</u> <i>Exploring a range of different dance techniques to produce a dance phrase to represent the water cycle.</i> Key Vocabulary: improvise, stimuli, movement, phrases, patterns, unison, canon, repetition, motif. Links: Misty Mountain, Winding River (Geography) Water Cycle (Science)	<u>Gymnastics - Movement</u> <i>Performing a variety of floor and vault movements, including straddle rolls and lunges into cartwheels.</i> Key Vocabulary: movement, cat leap, straddle roll, lunge, cartwheel, vault, sequence, link	<u>Gymnastics – Ancient Egypt</u> <i>Using shapes and balances to communicate key aspects of the ancient Egyptian civilization.</i> Key Vocabulary: balance, shape, strength, flexibility, routine, counterbalance, theme Links: Ancient Civilizations (History)	PE lessons to be taught outdoors this term.

Year 5	<u>Gymnastics – Space</u> <i>Performing rhythmic gymnastics to represent the movement of the Earth, Sun and Moon.</i> Key Vocabulary: shape, rhythm, ribbon, movement, balance, link, elements, tension, strength, tuck, straddle, pike, apparatus Links: Earth and Space (Science)	<u>Dance – Eco Dance</u> <i>Exploring how to transition between actions in a dance and how to create a recurring motif.</i> Key Vocabulary: movement, transfer weight, canon, actions, levels, motif, lines, shapes, mood	<u>Swimming</u> <i>Developing front crawl and backstroke.</i> Links: Keeping Safe (PSHE)	<u>Swimming</u> <i>Developing breast stroke and understanding how to keep safe in and around water.</i> Links: Keeping Safe (PSHE)	<u>Gymnastics – Movement</u> <i>Exploring stag jumps, pike rolls and round-offs to choreograph a sequence as part of a group.</i> Key Vocabulary: stag jump, split leap, pike roll, round-off, squat, vault, movement, theme, control Links: Body Parts (French)	PE lessons to be taught outdoors this term.
Year 6	<u>Gymnastics – Movement</u> <i>Performing a variety of floor and vault movements, including stag leaps, dive forward rolls and hurdle steps into cartwheels.</i> Key Vocabulary: stag leap, dive forward roll, hurdle step, cartwheel, round-off, vault, flexibility, strength, control, routine, choreograph	<u>Circuit Training</u> <i>Exploring the benefits of different types of exercise on mental and physical wellbeing.</i> Key Vocabulary: circuit, intensity, target, flexibility, strength, technique, control, Links: Circulatory System (Science) Physical and Mental Wellbeing (PSHE)	<u>Dance – Dance Through the Decades</u> <i>Using characteristics and elements of particular dance styles from the 1960s until the 2010s.</i> Key Vocabulary: twist, disco, hip-hop, unison, movement, perform.	Both PE lessons to be taught outdoors this term.	<u>Swimming</u> <i>Developing front crawl and backstroke.</i> Links: Keeping Safe (PSHE) Pupils will also be learning dance routines linked to their end of year production.	<u>Swimming</u> <i>Developing breast stroke and understanding how to keep safe in and around water.</i> Links: Keeping Safe (PSHE) Pupils will also be learning dance routines linked to their end of year production.