



Physical Education – Long Term Plan - Year A – Butterwick Primary School

Early Years:

		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	School	Dance – lessons 1-6	Games – Unit 2 - Ball	Gymnastics - Unit A – Travelling	Dance – lessons 13 – 18.	Games – Unit 4 – ropes, bat and ball.	Gymnastics – Unit C – Travelling.
	Elite Sport	Games - Unit 1 - Beanbags	Gymnastics – Unit 1 – Intro, space, footwork	Dance – lessons 7 - 12	Games – Unit 3 – Hoops & quoits	Gymnastics – Unit B – stretching and curling	Athletics – Sports Day

Key stage 1:

		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1 & 2	School	2.1 – Fitness – Boot camp	2.2 – Sport – Ugly Bug Ball Dance	2.3 – Fitness – Skip to the beat	2.4 – Sport – Brilliant ball skills	2.5 – Fitness – Cool core (strength)	2.6 – Sport – Active athletes
	Wet session - Health	2.1 – Body parts & their function	2.2 – Healthy minds, emotions and goals	2.3 – Hygiene, medicine and exercise	2.4 – Body protectors and body changes	2.5 – Relationships with others, and opinions	2.6 – Diet and vitamins
	Elite Sport	2.1 - Sport – Multi-skills	2.2 – Fitness – Mighty Movers (running)	2.3 – Sport – Groovey gymnastics	2.4 – Fitness – Gym skills	2.5 – Sport – Throwing and catching	2.6 – Fitness – Fitness frenzy

Lower Key Stage 2:

		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3 & 4	School	4.1 – Fitness – Boot camp	4.2 – Sport – Dynamic Dance	4.3 – Fitness – Step to the beat!	4.4 – Sport – Striking and fielding	4.5 – Fitness – Cool core (pilates)	4.6 – Sport – Young Olympians
	Wet session – Health	4.1 – Healthy body: inside out!	4.2 – Healthy mind: Going for goals	4.3 – Healthy Lifestyles: you are what you eat!	4.4 – Healthy body: Blood and guts	4.5 – Healthy mind: healthy body	4.6 – Germ Busters!
	Elite Sport	4.1 - Sport - Invaders	4.2 – Fitness – Might movers (Boxercise)	4.3 – Sport – Gym sequences	4.4 – Fitness – Gymfit circuits	4.5 – Sport – Nimble nets	4.6 – Fitness – Fitness frenzy

Upper Key Stage 2:

		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 5 & 6	School	6.1 – Fitness – Boot camp	6.2 – Sport – Dynamic dance	6.3 – Fitness – Step to the beat	6.4 – Sport – Stricking and fielding	6.5 – Fitness – Cool core (pilates)	6.6 – Sport – Young Olympians
	Wet session - Health	6.1 – Healthy body: inside out!	6.2 – Healthy mind: Going for goals	6.3 – Healthy Lifestyles: you are what you eat!	6.4 – Healthy body: Blood and guts	6.5 – Healthy mind: healthy body	6.6 – Germ Busters!
	Elite Sport	6.1 – Sport - Invaders	6.2 – Fitness – Mighty movers (Boxercise)	6.3 – Sport – Gym sequences	6.4 – Fitness – Gymfit circuits	6.5 – Sport – Nimble nets	6.6 – Fitness – Fitness frenzy

Key :		= Sport Skills		= Fitness		= Health
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*Resources for Year 1 to Year 6 are found in Rising stars: Champions.

* Reception resources are found in Val Sabin materials.