



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

Early Years:

		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	School	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
	Elite Sport	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.

Key stage 1:

		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1 & 2	School	1.1 - Sport - Multiskills	1.2 – Fitness – Mighty Movers (running)	1.3 – Sport – Groovey gymnastics	1.4 – Fitness – Gym fit circuits	1.5 – Sport – Throwing and catching	1.6 – Fitness – Fitness frenzy
	Wet session - Health	1.1 – Body parts & their function	1.2 – Healthy minds, emotions and goals	1.3 – Hygiene, medicine and exercise	1.4 – Body protectors and body changes	1.5 – Relationships with others, and opinions	1.6 – Diet and vitamins
	Elite Sport	1.1 – Fitness – Boot camp	1.2 – Sport – Story time dance	1.3 – Fitness – Skip to the beat	1.4 – Sport – Brilliant ball skills	1.5 – Fitness – Cool core (strength)	1.6 – Sport – Active athletes

Lower Key Stage 2:

		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3 & 4	School	3.1 - Sport - Multi-skills	3.2 – Fitness – Might movers (running)	3.3 – Sport – Groovy gymnastics	3.4 – Fitness – Gymfit circuits	3.5 – Sport – Throwing and catching	3.6 – Fitness – Fitness frenzy
	Wet session – Health	3.1 – Body parts & their function	3.2 – Healthy minds, emotions and goals	3.3 – Hygiene, medicine and exercise	3.4 – Body protectors and body changes	3.5 – Relationships with others, and opinions	3.6 – Diet and vitamins
	Elite Sport	3.1 – Fitness – Boot camp	3.2 – Sport – African Dance	3.3 – Fitness – Skip to the beat!	3.4 – Sport – Brilliant ball skills	3.5 – Fitness – Cool core (strength)	3.6 – Sport – Active athletes

Upper Key Stage 2:

		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 5 & 6	School	5.1 – Sport - Invaders	5.2 – Fitness – Mighty mover (Boxercise)	5.3 – Sport – Gym sequences	5.4 – Fitness – Gymfit circuits	5.5 – Sport – Nimble nets	5.6 – Fitness – Fitness frenzy
	Wet session - Health	5.1 – Healthy body: inside out!	5.2 – Healthy mind: Going for goals	5.3 – Healthy Lifestyles: you are what you eat!	5.4 – Healthy body: Blood and guts	5.5 – Healthy mind: healthy body	5.6 – Germ Busters!
	Elite Sport	5.1 – Fitness – Boot camp	5.2 – Sport – Dynamic dance	5.3 – Fitness – Step to the beat	5.4 – Sport – Stricking and fielding	5.5 – Fitness – Cool core (pilates)	5.6 – Sport – Young Olympians

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.