

Clifford Bridge Academy PE Long-Term Plan 2022-2023



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|---|---|---|--|---|---|--|---|
| Gymnastics | Dance | Attack, Defend, Shoot | Send and Return | Hit, Catch, Run | Athletics | Swimming | OAA |
| EYFS - 3 KS1 - 4 LKS2 - 3 UKS2 - 3 | EYFS - 3 KS1 - 4 LKS2 - 3 UKS2 - 3 | EYFS - 0 KS1 - 5 LKS2 - 8 UKS2 - 8 Football Netball Hockey Tag Rugby | EYFS - 0 KS1 - 2 LKS2 - 2 UKS2 - 2 Handball Tennis | EYFS - 0 KS1 - 3 LKS2 - 2 UKS2 - 2 | EYFS - 3 KS1 - 4 LKS2 - 2 UKS2 - 2 | EYFS - 0 KS1 - 0 LKS2 - 2 UKS2 - 2 (+1 top up only) | EYFS - 1 KS1 - 2 LKS2 - 2 UKS2 - 2 |

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Nursery | Space | | Balance | | Travel | |
| | Taught and practised through Continuous Provision: <ul style="list-style-type: none"> Rules and boundaries Avoiding obstacles Co-ordinating space through play | | Taught and practised through Continuous Provision: <ul style="list-style-type: none"> Co-ordinating balance Climbing safely Developing balance with control and movement | | Taught and practised through Continuous Provision: <ul style="list-style-type: none"> Travelling in different Ways Transitional travel Developing physical sequences of patterns and movements | |
| Reception | Body Management | Dance | Gymnastics | Manipulation & Coordination | Speed, Agility, Travel | Cooperate & Solve Problems OAA |
| | PE Hub Reception Body Management Unit 1 (to be taught through CP) | PE Hub Reception Dance Unit 1 (to be taught through CP) | PE Hub Reception Gymnastics Unit 1 (PE lessons begin in the hall once a week) | PE Hub Reception Manipulation & Coordination Unit 2 | PE Hub Reception Speed, Agility, Travel Unit 2 | PE Hub Reception Cooperate & Solve Problems Unit 1 |
| Year 1 | Dance | Gymnastics | Dance <i>[Theme-linked]</i> | Gymnastics | Send and Return | Athletics |
| | <i>PE Year 1 Dance Unit 1</i> | PE Hub Year 1 Gymnastics Unit | PE Year 1 Dance Unit 2 | PE Hub Year 1 Gymnastics Unit 2 | PE Hub Year 1 Send & Return Unit | PE Hub Year 1 Run, Jump, Throw Unit 2 |
| | Athletics | Attack, Defend, Shoot | Attack, Defend, Shoot | Hit, Catch, Run | OAA | Hit, Catch, Run |
| | PE Hub Year 1 Run, Jump, Throw Unit 1 | PE Hub Year 1 Attack, Defend, Shoot Unit 1 | PE Hub Year 1 Attack, Defend, Shoot Unit 2 | PE Hub Year 1 Hit, Catch, Run Unit 1 | 1PE Hub Year 1 OAA | PE Hub Year 1 Hit, Catch, Run Unit 2 |
| Year 2 | Gymnastics | Dance | Gymnastics | Dance <i>[Theme-linked]</i> | OAA | Athletics |
| | PE Hub Year 2 Gymnastics Unit 1 | PE Hub Year 2 Dance Unit 1 | <i>PE Hub Year 2 Dance Unit 2</i> | Hub Year 2 Gymnastics Unit 2 | PE Hub Year 2 OAA | PE Hub Year 2 Run, Jump, Throw Unit 2 |
| | Athletics | Netball Attack, Defend, Shoot | Football Attack, Defend, Shoot | Hockey Attack, Defend, Shoot | Tennis Send and Return | Rounders Hit, Catch, Run |
| | PE Hub Year 2 Run, Jump, Throw Unit 1 | PE Hub Year 2 Attack, Defend, Shoot | 3PE Hub Year 2 Attack, Defend, Shoot | = | PE Hub Year 2 Send & Return Unit 1 | PE Hub Year 2 Hit, Catch, Run Unit 1 |

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| | | Unit 1 4-6 // Unit 2 1- | Unit 1 1-3 / Unit 2 4-6 | | | |
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| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Year 3 | OAA | Gymnastics | Swimming | | Netball Attack, Defend, Shoot | Hockey Attack, Defend, Shoot |
| | PE Hub Year 3 OAA | PE Hub Year 3 Gymnastics Unit 1 | PE Hub Beginner Swimming | | PE Hub Year 3 & 4 Netball | PE Hub Year 3 Hockey |
| | Football Attack, Defend, Shoot | Tag Rugby Attack, Defend, Shoot | Athletics | Handball Send and Return | Dance <i>[Theme-linked]</i> | Cricket Hit, Catch, Run |
| | PE Hub Year 3 Football | PE Hub Year 3 Tag Rugby | PE Hub Year 3 Athletics | PE Hub Year 3 Handball | <i>PE Hub Year 3 Dance Units 1 & 2</i> | PE Hub Year 3 & 4 |
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| Year 4 | Dance | Gymnastics | Dance <i>[Theme-linked]</i> | Gymnastics | Basketball Attack, Defend, Shoot | Hockey Attack, Defend, Shoot |
| | PE Hub Year 4 Dance Unit 1 | PE Hub Year 4 Gymnastics Unit 1 | <i>PE Hub Year 4 Dance Unit 2</i> | PE Hub Year 4 Gymnastics Unit 2 | PE Hub Year 3 & 4 Basketball | PE Hub Year 4 Tag Rugby |
| | OAA | Football Attack, Defend, Shoot | Athletics | Tag Rugby Attack, Defend, Shoot | Handball Send and Return | Rounders Hit, Catch, Run |
| | PE Hub Year 4 OAA | PE Hub Year 4 Football | PE Hub Year 4 Athletics | PE Hub Year 4 Hockey | PE Hub Year 4 Handball | PE Hub Year 3 & 4 Rounders |
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| Year 5 | Swimming | | Gymnastics | Dance <i>[Theme-linked]</i> | OAA | Athletics |
| | PE Hub Intermediate Swimming | | PE Hub Year 5 Gymnastics Unit 1 | <i>PE Hub Year 5 Dance Units 1 & 2</i> | PE Hub Year 5 OAA | PE Hub Year 5 Athletics |
| | Tag Rugby Attack, Defend, Shoot | Hockey Attack, Defend, Shoot | Football Attack, Defend, Shoot | Tennis Send and Return | Netball Attack, Defend, Shoot | Cricket Hit, Catch, Run |
| | PE Hub Year 5 Tag Rugby | PE Hub Year 5 Hockey | PE Hub Year 5 Football | PE Hub Year 5 Tennis | PE Hub Year 5 Netball | PE Hub Year 5 & 6 Cricket |
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| Year 6 | Gymnastics | OAA | Dance | Gymnastics | Athletics | Dance <i>[Theme-linked]</i> |
| | PE Hub Year 6 Gymnastics Unit 1 | PE Hub Year 6 OAA | PE Hub Year 6 Dance Unit 1 | PE Hub Year 6 Gymnastics Unit 2 | PE Hub Year 6 Athletics | <i>PE Hub Year 6 Dance Unit 2</i> |
| | Hockey Attack, Defend, Shoot | Football Attack, Defend, Shoot | Tag Rugby Attack, Defend, Shoot | Basketball Attack, Defend, Shoot | Tennis Send and Return | Rounders Hit, Catch, Run |
| | PE Hub Year 6 Hockey | PE Hub Year 6 Football | PE Hub Year 6 Rugby | PE Hub Year 5 & 6 Basketball | PE Hub Year 5 & 6 Tennis | Swim Top-Up PE Hub Year 5 & 6 Rounders |

