

Clifford Bridge Academy PE Long-Term Plan 2024-2025



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
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	Gymnastics (step onto stage)	Dance	Dance [Theme-linked]	Gymnastics	Send and Return	Athletics
	PE Hub Year 1 Gymnastics Unit 1	PE Year 1 Dance Unit 1	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	PE Hub Year 1 OAA	PE Hub Year 1 Hit, Catch, Run Unit 2
Year 2	Gymnastics	Dance [Theme-linked]	Gymnastics (step onto stage)	OAA	Dance	Athletics
	PE Hub Year 2 Gymnastics Unit 1	PE Hub Year 2 Dance Unit 1	Hub Year 2 Gymnastics Unit 2	PE Hub Year 2 OAA	PE Hub Year 2 Dance Unit 2	PE Hub Year 2 Run, Jump, Throw Unit 2
	Athletics	Netball	Football	Hockey	Tennis	Rounders
	PE Hub Year 2 Run, Jump, Throw Unit 1	PE Hub Year 2 Attack, Defend, Shoot Unit 1 4-6 // Unit 2 1-3	PE Hub Year 2 Attack, Defend, Shoot Unit 1 1-3 / Unit 2 4-6	=	PE Hub Year 2 Send & Return Unit 1	PE Hub Year 2 Hit, Catch, Run Unit 1

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