



Long Term Planning: PE – COVID Adaptation

Assessment Period 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Year 1	Mastering Basic Movements – developing agility, balance, and co-ordination and applying these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Delivery - Fundamentals											
Year 2	Mastering Basic Movements – developing agility, balance, and co-ordination and applying these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Delivery - Fundamentals											
Year 3	Applying and Developing Skills – Use running, jumping, throwing and catching in isolation and in combination. Experience competition where applicable. Develop flexibility, strength, technique, control and balance. Delivery – Striking and Fielding											
Year 4	Applying and Developing Skills – Use running, jumping, throwing and catching in isolation and in combination. Experience competition where applicable. Develop flexibility, strength, technique, control and balance. Delivery – Striking and Fielding											
Year 5	Applying and Developing Skills – Use running, jumping, throwing and catching in isolation and in combination. Experience competition where applicable. Develop flexibility, strength, technique, control and balance. Delivery – Athletics											
Year 6	Applying and Developing Skills – Use running, jumping, throwing and catching in isolation and in combination. Experience competition where applicable. Develop flexibility, strength, technique, control and balance. Delivery – Athletics											



Assessment Period 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Year 1	Mastering Basic Movements – developing agility, balance, and co-ordination and applying these in a range of activities. Perform dances using simple movement patterns Delivery – Fundamentals/ Dance											
Year 2	Mastering Basic Movements – developing agility, balance, and co-ordination and applying these in a range of activities. Perform dances using simple movement patterns Delivery – Fundamentals/ Dance											
Year 3	Applying and Developing Skills – Use running, jumping, throwing and catching in isolation and in combination. Experience competition where applicable. Perform dances using a range of movement patterns. Leading healthy, active lifestyles - Develop flexibility, strength, technique, control and balance. Delivery – HRE/ Dance											
Year 4	Applying and Developing Skills – Use running, jumping, throwing and catching in isolation and in combination. Experience competition where applicable. Perform dances using a range of movement patterns. Leading healthy, active lifestyles - Develop flexibility, strength, technique, control and balance. Delivery – HRE/ Dance											
Year 5	Applying and Developing Skills – Use running, jumping, throwing and catching in isolation and in combination. Experience competition where applicable. Perform dances using a range of movement patterns. Leading healthy, active lifestyles - Develop flexibility, strength, technique, control and balance. Delivery – HRE/ Dance											
Year 6	Applying and Developing Skills – Use running, jumping, throwing and catching in isolation and in combination. Experience competition where applicable. Perform dances using a range of movement patterns. Leading healthy, active lifestyles - Develop flexibility, strength, technique, control and balance. Delivery – HRE/ Dance											

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