

Little Thurrock Primary School

PE Long Term Plan 2023 - 24



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>Yoga</p> <p>Scissor paper skills – snips</p> <p>Running, rolling, crawling, climbing, walking, avoiding obstacles</p>	<p>Yoga</p> <p>Scissor paper skills – snips</p> <p>Running, rolling, crawling, climbing, walking, avoiding obstacles</p>	<p>Yoga</p> <p>Scissor paper skills – snips</p> <p>Running, rolling, crawling, climbing, walking, avoiding obstacles</p> <p>Using a tricycle</p>	<p>Yoga</p> <p>Scissor paper skills – snips</p> <p>Running, rolling, crawling, climbing, walking, avoiding obstacles</p> <p>Using a tricycle</p>	<p>Yoga</p> <p>Scissor paper skills – snips</p> <p>Running, rolling, crawling, climbing, walking, avoiding obstacles</p>	<p>Yoga</p> <p>Scissor paper skills – snips</p> <p>Running, rolling, crawling, climbing, walking, avoiding obstacles</p>
Reception	<p>Manage their own needs - personal hygiene</p> <p>Know and talk about the different factors that support overall health and wellbeing - regular physical activity</p>					
Reception Fine motor skills	<p>Dough disco</p> <p>Scissor skills- snips in paper</p>	<p>Dough disco</p> <p>Scissor skills- snips in paper</p>	<p>Handwriting penpals</p> <p>Scissor skills -cutting a straight line</p>	<p>Handwriting penpals</p> <p>Scissor skills -cutting a simple shape</p>	<p>Handwriting penpals</p> <p>Scissor skills -cutting a complex shape with straight lines and curvy lines</p>	<p>Handwriting penpals</p> <p>Scissor skills -cutting a complex shape with straight lines and curvy lines</p>
Reception Gross motor skills	<p>Running, crawling, rolling, walking, climbing avoiding obstacles</p> <p>Yoga</p>	<p>Balancing</p> <p>Travelling on, over and under equipment</p> <p>Yoga</p>	<p>Moving equipment safely</p> <p>Using a bike with pedal.</p> <p>Yoga</p>	<p>Combine movements to move gracefully</p> <p>Yoga</p>	<p>Combine movements to move gracefully</p> <p>Skipping</p> <p>Ball skills</p> <p>Yoga</p>	<p>Combine movements to move gracefully</p> <p>Skipping</p> <p>Ball skills</p> <p>Yoga</p>

Year 1	Health related fitness Throwing & catching Gymnastics & Dance	Ball skills – dribbling, kicking and hitting Gymnastics	Hockey Basketball Dance & gymnastics	Football Gymnastics	Cricket Tennis Athletics Gymnastics
Year 2	Health related fitness Throwing & catching Ball skills Gymnastics & Dance	Dribbling, kicking and hitting Netball Gymnastics	Hockey Basketball Gymnastics& Dance	Football Gymnastics	Cricket Tennis Athletics Gymnastics
Year 3	Health related fitness Basketball Gymnastics & dance	Netball Dribbling, kicking & hitting Gymnastics & dance	Hockey Gymnastics & dance	Football Gymnastics	Cricket Tennis Athletics Gymnastics
Year 4	Health related fitness Basketball Gymnastics & dance	Netball Gymnastics & dance	Hockey Dance	Football Gymnastics	Cricket Tennis Athletics Gymnastics
Year 5	Health related fitness Basketball Gymnastics & dance	Netball Gymnastics & dance	Hockey Gymnastics & dance	Football Gymnastics	Cricket Tennis Athletics Gymnastics
Year 6	Health related fitness Basketball Gymnastics & dance	Netball Gymnastics & dance	Hockey Gymnastics & dance	Football Gymnastics	Cricket Tennis Athletics Gymnastics