

The Grange School PE Long Term Plan

Rec - Y6 2018/2019

Year	Term 1 Sept-Oct		Term 2 Oct-Dec		Term 3 Jan-Feb		Term 4 Mar-Apr		Term 5 May-Jun		Term 6 Jun-Jul	
	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
Rec	Gymnastics Unit 1	Physical Literacy Unit 1	Dance Unit 1	Physical Literacy Unit 2	Dance Unit 1	Physical Literacy Unit 3	Gymnastics Unit 2	Physical Literacy Unit 4	Dance Unit 2	Physical Literacy Unit 5		Physical Literacy Unit 6
Year 1	Gymnastics Unit 1	Dance Unit 1	Attack, Defend, Shoot Unit 1	Hit, Catch, Run Unit 1	Send and Return Unit 1	Run, Jump, Throw Unit 1	Gymnastics Unit 2	Dance Unit 2	Attack, Defend, Shoot Unit 2	Hit, Catch, Run Unit 2	Send and Return Unit 2	Run, Jump, Throw Unit 2
Year 2	Gymnastics Unit 1	Hit, Catch, Run Unit 1	Send and Return Unit 1	Run, Jump, Throw Unit 1	Attack, Defend, Shoot Unit 1	Dance Unit 1	Attack, Defend, Shoot Unit 2	Hit, Catch, Run Unit 2	Gymnastics Unit 1	Dance Unit 1	Send and Return Unit 2	Run, Jump, Throw Unit 2
Year 3	Football	Gymnastics Unit 1	Gymnastics Unit 2	Dance	Hockey (use Y4 plans)	Handball	Tennis	OAA	Netball	Cricket	Rounders	Athletics
Year 4	Football	Gymnastics Unit 1	Gymnastics Unit 2	Tag Rugby	Hockey	Dance	Tennis	OAA *Handball	Netball	Cricket	Rounders	Athletics
Year 5	Tag Rugby	Football / Swimming	Gymnastics Unit 1	Dance	Tennis	Netball	Gymnastics Unit 2	Hockey	Athletics	Cricket	OAA / Handball	Rounders
Year 6	Tag Rugby	Gymnastics Unit 1	Football	Dance	Tennis	Netball	Gymnastics Unit 2	Hockey	Athletics	Cricket	OAA / Handball	Rounders

- Sports in bold have inter-school competitions
- Additional swimming units will be added as the year progresses

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