

# Whittle Academy PE Long-Term Plan 2023-2024



<b>Gymnastics</b>	<b>Dance</b>	<b>Attack, Defend, Shoot</b>	<b>Send and Return</b>	<b>Hit, Catch, Run</b>	<b>Athletics</b>	<b>Swimming</b>	<b>OAA</b>
EYFS - 4 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 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
<b>Nursery</b>	<b>Space</b>		<b>Balance</b>		<b>Travel</b>	
	Taught and practised through Continuous Provision: <ul style="list-style-type: none"> <li>Rules and boundaries</li> <li>Avoiding obstacles</li> <li>Co-ordinating space through play</li> </ul>		Taught and practised through Continuous Provision: <ul style="list-style-type: none"> <li>Co-ordinating balance</li> <li>Climbing safely</li> <li>Developing balance with control and movement</li> </ul>		Taught and practised through Continuous Provision: <ul style="list-style-type: none"> <li>Travelling in different Ways</li> <li>Transitional travel</li> <li>Developing physical sequences of patterns and movements</li> </ul>	
<b>Reception</b>	<b>Body Management</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Manipulation &amp; Coordination</b>	<b>Speed, Agility, Travel</b>	<b>Cooperate &amp; Solve Problems OAA</b>
	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 Hub Reception Manipulation & Coordination Unit 2	PE Hub Reception Speed, Agility, Travel Unit 2	PE Hub Reception Cooperate & Solve Problems Unit 1
<b>Year 1</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Dance</b> <i>[Theme-linked]</i>	<b>Gymnastics</b>	<b>OAA</b>	<b>Send and Return</b>
	PE Year 1 Dance Unit	PE Hub Year 1 Gymnastics Unit 1	PE Hub Year 1 Dance Unit 2	1PE Hub Year 1 Gymnastics Unit 2	PE Hub Year 1 OAA	PE Hub Year 1 Send & Return Unit 1
	<b>Athletics</b>	<b>Attack, Defend, Shoot</b>	<b>Attack, Defend, Shoot</b>	<b>Hit, Catch, Run</b>	<b>Athletics</b>	<b>Hit, Catch, Run</b>
	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 Run, Jump, Throw Unit 2	PE Hub Year 1 Hit, Catch, Run Unit 2
<b>Year 2</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Dance</b> <i>[Theme-linked]</i>	<b>OAA</b>	<b>Athletics</b>
	PE Hub Year 2 Gymnastics Unit 1	PE Hub Year 2 Gymnastics Unit 1	PE Hub Year 2 Gymnastics Unit 2	PE Hub Year 2 Dance Unit 2	PE Hub Year 2 OAA	PE Hub Year 2 Run, Jump, Throw Unit
	<b>Athletics</b>	<b>Football</b> Attack, Defend, Shoot	<b>Hockey</b> Attack, Defend, Shoot	<b>Netball</b> Attack, Defend, Shoot	<b>Tennis</b> Send and Return	<b>Rounders</b> Hit, Catch, Run
	PE Hub Year 2 Run, Jump, Throw Unit 1	PE Hub Year 2 Attack, Defend, Shoot Unit 1 1-3 / Unit 2 4-6		PE Hub Year 2 Attack, Defend, Shoot Unit 1 4-6 / Unit 2 1-3	PE Hub Year 2 Send & Return Unit 1	PE Hub Year 2 Hit, Catch, Run Unit 1

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