

New 2017/18- Long Term PE Plan

	FS	Year 1	Year 2	Year 3/4 Cycle A	Year 3/4 Cycle B	Year 5	Year 6
Autumn 1	<p>Coordination- floor movements patterns</p> <p>Static Balance- one leg standing</p>	<p>Multi Skills Champions Unit - 1.1 Multiskills</p>	<p>Multi Skills Champions Unit - 2.1 Multiskills</p>	<p>Movement Champions Unit - 3.1 + 4.1 Multiskills</p> <p>Swimming</p>	<p>Movement Champions Unit - 4.2 Bootcamp</p> <p>Swimming</p>	<p>Dance Champions Unit - 5.5 Mighty Movers</p>	<p>Dance Champions Unit - 5.5 Mighty Movers</p>
Autumn 2	<p>Dynamics Balance to Agility</p> <p>Static Balance- seated</p>	<p>Multi Skills Champions Unit - 1.5 Mighty Movers</p>	<p>Multi Skills Champions Unit - 2.5 Mighty Movers</p>	<p>Dance Champions Unit - 3.4 African Dance (topic link)</p> <p>Swimming</p>	<p>Dance Champions Unit - 4.4 Dynamic Dance (topic link)</p> <p>Swimming</p>	<p>Dance Champions Unit - 6.5 Mighty Movers</p>	<p>Dance Champions Unit - 6.5 Mighty Movers</p>
Spring 1	<p>Dynamic Balance</p> <p>Static Balance- small base</p>	<p>Dance Champions Unit - 1.4 Story Time Dance</p>	<p>Dance Champions Unit - 2.8 Skip to the Beat</p>	<p>Gymnastics Champions Unit - 3.7 Groovy Gymnastics</p> <p>Swimming</p> <p>Skipping preparation</p>	<p>Gymnastics Champions Unit - 4.7 Gym Sequences</p> <p>Swimming</p> <p>Skipping preparation</p>	<p>Gymnastics Champions Unit - 5.7 Gym Sequences</p>	<p>Gymnastics Champions Unit - 6.7 Gym Sequences</p>
Spring 2	<p>Coordination- ball skills</p> <p>Counter Balance in Pairs</p>	<p>Gymnastics Champions Unit - 1.7 Groovy Gymnastics</p>	<p>Gymnastics Champions Unit - 2.7 Groovy Gymnastics</p>	<p>Movement Champions Unit - 3.5 + 4.5 Mighty Movers</p> <p>Swimming</p>	<p>Movement Champions Unit - 3.5 + 4.5 Mighty Movers</p> <p>Swimming</p>	<p>Multi Skills Champions Unit - 5.1 Invaders</p>	<p>Multi Skills Champions Unit - 6.1 Invaders</p>
Summer 1	<p>Coordination- with equipment</p> <p>Agility- reaction to response</p>	<p>Multi Skills Champions Unit - 1.13 Throwing and Catching</p>	<p>Multi Skills Champions Unit - 2.13 Throwing and Catching</p>	<p>Multi Skills Champions Unit - 4.1 Invaders</p> <p>Swimming</p>	<p>Multi Skills Champions Unit - 4.10 Striking and Fielding</p> <p>Swimming</p>	<p>Multi Skills Champions Unit - 5.10 Striking and Fielding</p>	<p>Multi Skills Champions Unit - 6.10 Striking and Fielding</p>
Summer 2	<p>Agility- Ball Chasing</p> <p>Static Balance- floor work</p>	<p>Multi Skills Champions Unit - 1.16 Active Athletics</p>	<p>Multi Skills Champions Unit - 2.16 Active Athletics</p>	<p>Movement Champions Unit - 3.16 Active Athletics</p> <p>Swimming</p>	<p>Movement Champions Unit - 4.16 Young Olympians</p> <p>Swimming</p>	<p>Multi Skills Champions Unit - 5.16 Young Olympians</p>	<p>Multi Skills Champions Unit - 6.16 Young Olympians</p>