

PE Year Plan 2016-17

| | Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
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| Autumn 1 | Gymnastics – Introductory unit | Gymnastics – D Flight, bouncing, jumping and landing Dance – Unit 1 Streamers, conkers, playing with a ball | Hockey (THYSF coach) Gymnastics – H Parts high and parts low | Swimming Gymnastics – L Stretching, curling and arching | Swimming Gymnastics – P Balance | Gymnastics – T Bridges Games – unit 1 Net/wall games | Fencing (THYSF coach) Gymnastics – X Partner work, matching and mirroring |
| Autumn 2 | Gymnastics A – Travelling | Gymnastics (THYSF coach) Dance – Unit 2 March, march, march. Jack and the beanstalk | Dance – Unit 1 The cat, balloons, reach for the stars Gymnastics – I Pathways, straight, zig-zag, curving | Swimming Dance – Unit 1 Who am I? The language of dance | Swimming Dance – Unit 1 These shoes are made for walking, giraffes can't dance, incognito | Hockey (THYSF coach) Games – Unit 3 Invasion games (implement kicking) | Fencing (THYSF coach) Dance – Unit 1 The world of sport, mix and match |
| Spring 1 | Games – Unit 2 Focus on using medium sized balls | Gymnastics (THYSF coach) Dance – Unit 3 Fog and sunshine, washing day, Handa's Surprise | Dance – Unit 2 Friends, bubbles, shadows Games – Unit 1 Throwing and catching, inventing individual games | Swimming Gymnastics – M Symmetry and asymmetry | Swimming Gymnastics – Q Receiving body weight | Judo (THYSF coach) Gymnastics – U Flight | Hockey (THYSF coach) Games – Unit 1 Invasion (implement and kicking) |



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| <p>Spring 2</p> | <p>Hockey (THYSF coach)</p> | <p>Dance – Unit 4 The rainbow fish, we're going on a bear hunt</p> <p>Games – Unit 1 Large ball skills and games</p> | <p>Games – Unit 2 Making up games with a partner, aiming, hitting, kicking</p> <p>Dance – Unit 3 Words and word messages, the three little pigs</p> | <p>Swimming</p> <p>Dance – Unit 2 the explorers, the hornpipe</p> | <p>Swimming</p> <p>Dance – Unit 2 Electricity</p> | <p>Judo (THYSF coach)</p> <p>Dance – Unit 1 Rubbish</p> | <p>Games – Unit 2 Net/wall games</p> <p>Gymnastics – Y Partner work, synchronisation and canon</p> |
| <p>Summer 1</p> | <p>Basketball (THYSF coach)</p> | <p>Tennis (THYSF coach)</p> <p>Games – Unit 3 bat and ball skills and games, skipping</p> | <p>Games – Unit 3 Dribbling, hitting and kicking</p> <p>Gymnastics – J Spinning, turning, twisting</p> | <p>Swimming</p> <p>Games – Unit 2 Creative Games making</p> | <p>Swimming</p> <p>Games – Unit 1 Net/wall games</p> | <p>Dance – Unit 2 What a card, word power</p> <p>Gymnastics – V Functional use of the limbs</p> | <p>Games – Unit 3 Striking/fielding games</p> <p>Gymnastics – Z Holes and barriers</p> |
| <p>Summer 2</p> | <p>Games – Unit 3 Focus on hoops and quoits</p> | <p>Tennis (THYSF coach)</p> <p>Games – Unit 4 Developing Partner work</p> | <p>Cricket (THYSF coach)</p> <p>Games – Unit 4 Group games and inventing rules</p> | <p>Swimming</p> <p>Games – Unit 3 Net wall games</p> | <p>Swimming</p> <p>Games – Unit 4 Striking and fielding games</p> | <p>Games – Unit 4 Striking/fielding games</p> <p>Dance – Unit 3 City life, pleased to see you</p> | <p>Games Unit 4 – Invasion games (ball handling)</p> <p>Dance – Unit 2 Theseus and Minotaur, cat's cradle</p> |