

Montalbo Nursery and Primary School PE Long Term Plan 2022 - 2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Dance - Nursery Rhymes	Gymnastics - Parts High & Parts Low	Gymnastics - Travelling, Stopping, and Making Shapes	Yoga	Locomotion 1	Target Games 1
	Stability 1	Locomotion 1	Fine Motor skills	Dance - Seasons	Dance - Toys	Create your own unit
Reception	Dance - Jungle	Gym - Rocking & Rolling	Gymnastics - Flight - Bouncing, Jumping & Landing	Stability 2 (static and dynamic balance)	Athletics 1	Dance - Circus
	Fundamental Movement Skills 1	Net & Wall Game Skills 1	Locomotion 1	Locomotion 2	Object manipulation 1	Striking & Fielding Game Skills 1
Year One	Dance - Animals	Gymnastics - Balancing & spinning on Points & Patches	Gymnastics - Pathways - small & long	Gymnastics - Wide, narrow & curled rolling & balancing	Dance - Pirates	Athletics 2
	Invasion Game Skills 1	Invasion Game Skills 2	Yoga Storybook	Fundamental Movement Skills 2	Striking & Fielding Game Skills 1	Striking & Fielding Game Skills 2
Year Two	Dance - Under the Sea	Gymnastics - Pathways: straight, zipzag & curving	Gymnastics - Spinning, turning & twisting	Invasion Game Skills 2	Tri Golf	Athletics 1
	Fundamental Movement Skills 3	Net & Wall Game Skills 2	Yoga	Target Games 3	Gymnastics - Stretching, curling & arching	Athletics 2
Year Three	Dance - Dance Around the World	Gymnastics - Linking movements together	Gymnastics - Receiving body weight	Gymnastics - Symmetry & asymmetry (partners)	Cricket	Athletics
	Tag Rugby	Handball	Health Related Fitness	Yoga	Tag Rugby	OAA
Year Four	Dance - Space	Gymnastics - Arching and bridges	Gymnastics - Partner work - Pushing and pulling	Gymnastics - Rolling & travelling low	Tag Rugby	Athletics
	Football	Tennis	Dodgeball	Yoga	Cricket	OAA
Year Five	Dance - The Haka	Gymnastics - Matching, mirroring & contrast	Gymnastics - Partner work - under and over	Gymnastics - Synchronisation & canon	Athletics	Cricket
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year Six	Dance - Dance through the ages	Gymnastics - Counter-balance & counter tension	Gymnastics - Flight	Leadership	Dodgeball	Cricket
	Hockey	Basketball	Health Related Fitness	Ultimate Frisbee	OAA	Athletics