

CHERITON PRIMARY SCHOOL  
PE Long Term Plan

Golden threads:

Team work, co-ordination / movement,  
performance

Please see progression of skills  
document for LOs, vocab and specific  
skills to be taught and practised.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	
CLASS 1	Me & Myself	Working with others	Ball skills	Throwing and catching	Fun and games	Dance / movement development	
CLASS 2	Cycle A	Multi-skills	Gym	Dance Forest School	Multi-skills Forest School	Dance Forest School	Fitness
	Cycle B	Multi-skills	Gym	Dance Forest School	Multi-skills Forest School	Dance Forest School	Multi-skills
CLASS 3	Cycle A	Throwing & catching – handball	Forest School – team building games Striking - hockey	Dance (Dance notes – rivers) Swimming	Swimming Dance - maypole	Forest School Athletics – jumping & throwing	Athletics – running Games - rounders
	Cycle B	Throwing and catching - netball	Gym Forest School - team building games	Dance - maypole Swimming	Swimming Dance	Forest School Athletics Games - badminton	Athletics Games - tennis
CLASS 4	Cycle A	Basketball Forest School - team building games	Games – tag rugby	Swimming Dance	Swimming Dodgeball	Athletics Games - rounders	Forest School – team building games Games - tennis
	Cycle B	Forest School - team building games Throwing & catching - netball	Gym Football	Swimming Dance	Swimming Dodgeball	Athletics Games – rounders	Forest School Games –cricket

For units of work, see lesson plans on [www.peplanning.org](http://www.peplanning.org)