

St Matthew's Bloxam Primary School Long Term plan for Physical activities

Teachers to use <https://thepehub.co.uk/> for planning.

Team work= Onside coaching to lead

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Children have access to physical activities during the day e.g. scooters, bikes, climbing frame, balls, ropes, obstacle courses					
Reception	<u>Reception planning</u>					
	Children have access to physical activities during the day e.g. scooters, bikes, climbing frame, balls, ropes, obstacle courses	Cooperate & Solve problems <u>Unit 1</u>	Dance <u>dance 1</u>	Manipulation & Coordination <u>M&C 1</u>	Manipulation & Coordination <u>M&C unit 2</u>	
		Body Management 1 <u>bodymanage1</u>	Speed Agility Travel <u>SAT Unit 1</u>	Speed Agility Travel <u>SAT Unit 2</u>	Sports day practise	
Year 1	Dance <u>Unit 1</u>	(xmas play) Gymnastics <u>gym 1&2</u>	Attack Defend shoot <u>Unit 2</u>	Hit catch run <u>Unit 2</u>	OAA - Tag games <u>OAA</u>	Sports day practise
	Hit Catch Run <u>Unit 1</u>		Dance <u>Unit 1</u>	Gymnastics <u>gym 1&2</u>	Run Jump Throw <u>Unit 1</u>	Send & Return <u>Unit 1& Unit 2</u>
Year 2	Attack Defend Shoot <u>Unit 1</u>	Attack Defend Shoot <u>Unit 2</u> (Xmas play)	Hit Catch Run <u>Unit 1</u> & <u>Unit 2</u>	Dance <u>Unit 1</u>	Send & return <u>Unit 2</u>	Run Jump Throw <u>Unit 2</u>
	Send & return <u>Unit 1</u>		Gym <u>Unit 1</u>	OAA - Tag games <u>OAA</u>	Run Jump Throw <u>Unit 1</u>	Sports day practise
Year 3	Team work <u>OAA</u>	Gymnastics <u>Unit 1</u>	Dance <u>Unit 1</u>	Invasion Games <u>handball</u>	Tennis <u>tennis</u>	Athletics - Sports day <u>Unit 1</u> Outdoor learning
	Invasion games <u>tag rugby</u>	Net game <u>Badminton</u>	Football <u>Football</u>	School Play	Swimming	
Year 4	Tag Rugby <u>Tag Rugby</u>	Gymnastics <u>Unit 1</u>	Volleyball / Handball <u>Handball</u>	Invasion games <u>netball</u>	Striking games <u>rounders</u>	Striking games <u>cricket</u>
	Dance <u>Unit 1</u>	Team work <u>OAA</u>	Swimming		Athletics - sports day <u>Athletics</u>	Athletics - sports day <u>Athletics</u>
Year 5	OAA - team work <u>OAA</u>	Yoga <u>wellbeing</u>	Dance - Hakka <u>dance unit 1</u>	Striking/fielding <u>cricket</u>	Net game <u>tennis</u>	Athletics <u>athletics</u>
	Invasion games <u>tag rugby</u>	Swimming	Invasion games - <u>netball</u>	Net games <u>badminton</u>	Athletics - Sports day practise	
Year 6	Tag Rugby	OAA - team work <u>OAA</u>	Joe Wicks work outs, Daily Mile		Athletics - sports day <u>athletics</u>	
	Swimming	Invasion game <u>hockey</u>	Invasion games - <u>handball</u>	Net games - <u>badminton</u>	Striking / fielding <u>cricket</u>	Fielding games - <u>rounders</u>

Whole school Physical theme activities ?? Ideas??			
Autumn	Spring	Summer	Other ??
Sweaty September – Joe Wicks, Hitt work out Orienteering October Nimble November - Yoga activities Dashing December – Santa run!	January Jump - skipping, hurdles, speed bounce Or Red January - move in your own way Focus February - yoga, taichi, karate - focus the mind March Marathon - each class take on Marathon distance? Acrobatic April - use Just Dance	Skipping 2bfit May marathon - Can we time 15 minutes? How many laps can we do in 15 mins? Record once a week. June jump - skipping for 2 mins July jaunt - walking	Bringing bikes / scooters to the play ground.
Enrichment days			
BMX day - Y5/6 Scooter day - Y 1/2/3/4 Boogie Bounce - R/1/2/3/4/5/6 Sports week - Non-competitive sports day / fun afternoon e.g. water games? Transfer water with sponges etc Sports day			