



# Physical Education

## Long term plan



Key Stage 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Core	<b>Coordination:</b> footwork <b>Static balance:</b> one leg	<b>Dynamic balance to agility:</b> jumping and landing <b>Static balance:</b> seated	<b>Dynamic balance:</b> on a line <b>Static balance:</b> stance	<b>Coordination:</b> ball skills <b>Counter balance:</b> with a partner	<b>Coordination:</b> sending and receiving <b>Agility:</b> reaction/response	<b>Agility:</b> ball chasing <b>Static balance:</b> floor work
Rotation	<b>Games</b>	<b>Gymnastics</b> Shape, Balance, Travel, Flight and Rotation: Floor work, hand apparatus, low apparatus, partner work and large apparatus.		<b>Dance</b> Shapes Solo, Artistry Musicality, Partnering Shapes, Circles Solo, Artistry Abstraction and Artistry (Making).	<b>Athletics, striking and fielding</b>	