

Vernon Primary School Physical Education Long Term Map



	Autumn	Spring	Summer
EYFS	Gross motor skills – Trim Trail, outdoor provision, Welly Wednesdays Independence skills (changing) Fine motor skills Fundamental Movement Skills Diwali Dancing	Gross motor skills – Trim Trail, outdoor provision, Welly Wednesdays Fine motor skills Dragon and Lion dancing Gymnastics - Flight, Bouncing, Jumping and Landing Target Games	Gross motor skills – Trim Trail, outdoor provision, Welly Wednesdays Sports week Fine motor skills – handwriting Athletics Dance - Seasons
Year 1	Dance – Minibeasts Fundamental Movement Skills Invasion Games Skills Yoga storybook	Dance – Fire of London Net and Wall Games Skills Gymnastics – Balancing and spinning on points and patches. Locomotion (fundamental skills)	Gymnastics - Wide, narrow & curled rolling & balancing Striking and Fielding Skills Target Games Object Manipulation
Year 2	Gymnastics - Pathways: straight, zigzag & curving Fundamental Movement Skills Invasion Games Skills Yoga	Dance – Under the Sea Net and Wall Games Skills Target Games Gymnastics – Spinning, turning and twisting	Dance – Animals Striking and Field Games Skills Tri-Golf Athletics
Year 3	Gymnastics – Linking movements together Dodgeball Tag-rugby Swimming	Dance – Romans Gymnastics – receiving body weight Hockey Handball	Dance – Space Yoga Rounders Danish Longball
Year 4	Dance – Egyptians Gymnastics – Arching and Bridges Tennis Basketball	Gymnastics – Partner work – pushing and pulling Football Netball Badminton	Dance – Vikings Athletics Tri-Golf Cricket
Year 5	Gymnastics – Matching, mirroring and contrast Tag-rugby Hockey Dance - Zorba	Dance – The Victorians Gymnastics – Synchronisation and canon Lacrosse Ultimate Frisbee	Badminton Team-building and Problem-solving Rounders Dodgeball
Year 6	Dance – World War 2 Gymnastics - Flight Basketball Tennis	Gymnastics – Group sequencing Yoga Netball Orienteering	Athletics Cricket Health-related Fitness Rounders
Curriculum Values			
Creativity & Curiosity	Independence	Respect & Cooperation	

'Nobody else is quite like me'