



Springfield Junior School Long Term PE Plan

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year 3	OAA: Communication & Tactics	Dance: (Dance Specialist)	Invasion: Netball	Gymnastics: Symmetry and Asymmetry	Invasion: Hockey	Net/Wall: Squash (ISC coaches)	Invasion: Tag Rugby	Dance: e.g. Weather or Wild Animals (CP)	Striking & Fielding Cricket	Athletics & Multi-Skills	Striking & Fielding Rounders	OAA: Problem Solving
Year 4	OAA: Communication & Tactics	Gymnastics: Bridges	Invasion: Netball	Dance: (Dance Specialist)	Invasion: Hockey	Net/Wall: Squash (ISC coaches)	Invasion: Tag Rugby	Dance: e.g. Cats, Space (CP) or Umbrella	Striking & Fielding Cricket	Athletics & Multi-Skills	Striking & Fielding Rounders	OAA: Problem Solving
Year 5	OAA: Communication & Tactics	Net/Wall: Squash (ISC coaches)	Invasion: Netball	Athletics: Sportshall Athletics	Invasion: Hockey	Dance: (Dance Specialist)	Striking & Fielding Cricket	Gymnastics: Counter Balance & Counter Tension	Invasion: Tag Rugby	Athletics & Health Related Exercise	Striking & Fielding Rounders	OAA: Problem Solving
Year 6	Invasion: Netball	Net/Wall: Squash (ISC coaches)	Invasion Tag Rugby	Athletics: Sportshall Athletics	Invasion: Hockey	Gymnastics: Matching & Mirroring	Striking & Fielding Cricket	Health Related Exercise	Athletics: Running, jumping, throwing	Dance: (Dance Specialist)	Striking & Fielding Rounders	OAA: Orienteering

Key

Area of Activity	Colour Code
Invasion Games	
Net/Wall Games	
Striking & Fielding Games	
Gymnastics	
Dance	
Athletics	
OAA	

Notes

There may be some variation of when units are taught due to events, competitions, curriculum changes and working alongside coaches with specialisms for different aspects of the PE curriculum.

Swimming

Year 5 (Autumn, Spring and Summer 1)

Year 6 (Summer 2)