



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	Gymnastics: Symmetry and Asymmetry	Invasion: Games Sense	Dance: e.g. Weather or Wild Animals	Invasion: Tag Rugby	Net/Wall: Squash (ISC coaches)	Striking & Fielding Cricket	Dance: e.g. Weather or Wild Animals	OAA: Problem Solving	Athletics	Striking & Fielding Rounders	Health & Wellbeing: Mindfulness
Year 4	OAA: Communication & Tactics	Gymnastics: Bridges	Invasion: Games Sense	Dance: e.g. Space or Cats	Invasion: Tag Rugby	Net/Wall: Squash (ISC coaches)	Striking & Fielding Cricket	Health & Wellbeing: Mindfulness	OAA: Problem Solving	Athletics	Striking & Fielding Rounders	Fitness, Sportshall Athletics or Indoor Games
Year 5	OAA: Communication & Tactics	Net/Wall: Squash (ISC coaches)	Invasion: Netball	Gymnastics: Counter Balance & Counter Tension	Invasion: Tag Rugby	Dance: e.g. Circus, Street Art or Rock 'n' Roll	Striking & Fielding Cricket	Health Related Exercise	OAA: Problem Solving	Athletics	Striking & Fielding Rounders	Fitness, Sportshall Athletics or Indoor Games
Year 6	OAA: Communication & Tactics	Net/Wall: Squash (ISC coaches)	Invasion Netball	Gymnastics: Matching & Mirroring	Invasion: Tag Rugby	Dance: e.g. Titanic or Prejudice & Discrimination	Striking & Fielding Cricket	Health Related Exercise	OAA: Problem Solving	Athletics	Striking & Fielding Rounders	OAA: Orienteering or Leadership

Key

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

Notes

There may be some variation of when units are taught due to events, competitions, curriculum changes or working alongside coaches.

Sessions can be shortened/extended or rolled over to the next lesson/half-term if needed.

Swimming

Year 5 (Autumn, Spring and Summer 1)

Year 6 (Summer 2)

