



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: Canyon & Unison	Invasion: Games Sense	Dance: Weather	Invasion: Tag Rugby	Net/Wall: Squash (ISC coaches)	Striking & Fielding Cricket	Gymnastics: Symmetry & Asymmetry	Athletics	Dance: Wild Animals	Striking & Fielding Roulers	Health & Wellbeing: Mindfulness
Year 4	OAA: Communication & Tactics	Gymnastics: Bridges	Invasion: Games Sense	Dance: Space	Invasion: Tag Rugby	Net/Wall: Squash (ISC coaches)	Striking & Fielding Cricket	Gymnastics: Levels & Direction	Athletics	Select Unit	Striking & Fielding Roulers	Select Unit
										Mindfulness		Dodgeball
										OAA: PS or Orienteering		Sportshall Athletics
Year 5	OAA: Communication & Tactics	Net/Wall: Squash (ISC coaches)	Invasion: Netball	Dance: Rock 'n' Roll	Invasion: Tag Rugby	Gymnastics: Counter Balance & Counter Tension	Striking & Fielding Cricket	Health Related Exercise	Athletics	Select Unit	Striking & Fielding Roulers	Select Unit
										Dodgeball		Dodgeball
										OAA: PS or Orienteering		Sportshall Athletics or OAA
Year 6	OAA: Communication & Tactics	Net/Wall: Squash (ISC coaches)	Invasion Netball	Dance: Titanic	Invasion: Tag Rugby	Gymnastics: Matching & Mirroring	Striking & Fielding Cricket	Health Related Exercise	Athletics	Select Unit	Striking & Fielding Roulers	Select Unit
										Dodgeball		Dodgeball
										OAA: PS or Orienteering or Leadership		Sportshall Athletics or OAA

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 and working alongside coaches with specialisms for different aspects of the PE curriculum.

Swimming

Year 5 (Summer 1)
Year 6 (Summer 2)