

# Hearsall Community Academy PE Long-Term Plan 2022-2023



<b>Gymnastics</b> EYFS - 3 KS1 - 3 LKS2 - 1.5 UKS2 - 2	<b>Yoga</b> EYFS - 0 KS1 - 2 LKS2 - 1.5 UKS2 - 2	<b>Dance</b> EYFS - 3 KS1 - 4 LKS2 - 2 UKS2 - 4	<b>Attack, Defend, Shoot</b> EYFS - 0 KS1 - 5 LKS2 - 8 UKS2 - 8 Football Netball Hockey Tag Rugby	<b>Send and Return</b> EYFS - 0 KS1 - 2 LKS2 - 1 UKS2 - 2	<b>Hit, Catch, Run</b> EYFS - 0 KS1 - 2 LKS2 - 2 UKS2 - 2	<b>Athletics</b> EYFS - 3 KS1 - 4 LKS2 - 2 UKS2 - 2	<b>Swimming</b> EYFS - 0 KS1 - 0 LKS2 - 4 (due to context of this year) UKS2 - 2 (2 x top)	<b>OAA</b> EYFS - 1 KS1 - 2 LKS2 - 2 UKS2 - 2
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<b>Space</b> Taught and practised through Continuous Provision: • Rules and boundaries • Avoiding obstacles • Co-ordinating space through play		<b>Balance</b> Taught and practised through Continuous Provision: • Co-ordinating balance • Climbing safely • Developing balance with control and movement		<b>Travel</b> Taught and practised through Continuous Provision: • Travelling in different Ways • Transitional travel • Developing physical sequences of patterns and movements	
<b>Reception</b>	<b>Body Management</b> PE Hub Reception Body Management Unit 1 (to be taught through CP)	<b>Dance</b> PE Hub Reception Dance Unit 1 (to be taught through CP)	<b>Gymnastics</b> PE Hub Reception Gymnastics Unit 1 (PE lessons begin in the hall once a week)	<b>Manipulation &amp; Coordination</b> PE Hub Reception Manipulation & Coordination Unit 2	<b>Speed, Agility, Travel</b> PE Hub Reception Speed, Agility, Travel Unit 2	<b>Cooperate &amp; Solve Problems OAA</b> PE Hub Reception Cooperate & Solve Problems Unit 1
<b>Year 1</b>	<b>Yoga</b> Yoga Specialist Teaching	<b>Gymnastics</b> PE Hub Year 1 Gymnastics Unit 1	<b>Dance</b> [Theme-linked] PE Hub Year 1 Dance Unit 1	<b>OAA</b> PE Hub Year 1 OAA	<b>Dance</b> PE Hub Year 1 Dance Unit 2	<b>Athletics</b> PE Hub Year 1 Run, Jump, Throw Unit 2
	<b>Athletics</b> PE Hub Year 1 Run, Jump, Throw Unit 1	<b>Attack, Defend, Shoot</b> PE Hub Year 1 Attack, Defend, Shoot Unit 1	<b>Gymnastics</b> PE Hub Year 1 Gymnastics Unit 2	<b>Attack, Defend, Shoot</b> PE Hub Year 1 Attack, Defend, Shoot Unit 2	<b>Send and Return</b> PE Hub Year 1 Send & Return Unit 1	<b>Hit, Catch, Run</b> PE Hub Year 1 Hit, Catch, Run Unit 1
<b>Year 2</b>	<b>Gymnastics</b> PE Hub Year 2 Gymnastics Unit 1	<b>Dance</b> PE Hub Year 2 Dance Unit 1	<b>Football</b> Attack, Defend, Shoot PE Hub Year 2 Attack, Defend, Shoot Unit 1 1-3 / Unit 2 4-6	<b>Dance</b> [Theme-linked] PE Hub Year 2 Dance Unit 2	<b>OAA</b> PE Hub Year 2 OAA	<b>Athletics</b> PE Hub Year 2 Run, Jump, Throw Unit 2

	<b>Athletics</b>	<b>Hockey</b> Attack, Defend, Shoot	<b>Tennis</b> Send and Return	<b>Netball</b> Attack, Defend, Shoot	<b>Rounders</b> Hit, Catch, Run	<b>Yoga</b>
	PE Hub Year 2 Run, Jump, Throw Unit 1	=	PE Hub Year 2 Send & Return Unit 1	PE Hub Year 2 Attack, Defend, Shoot Unit 1 4-6 // Unit 2 1-3	PE Hub Year 2 Hit, Catch, Run Unit 1	Yoga Specialist Teaching

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 3</b>	<b>OAA</b>	<b>Yoga</b>	<b>Swimming</b>		<b>Dance</b> <i>[Theme-linked]</i>	<b>Cricket</b> Hit, Catch, Run
	PE Hub Year 3 OAA	Yoga Specialist Teaching	PE Hub Beginning Swimming		PE Hub Year 3 Dance Units 1	PE Hub Year 3 & 4 Cricket
	<b>Football</b> Attack, Defend, Shoot	<b>Tag Rugby</b> Attack, Defend, Shoot	<b>Gymnastics</b>	<b>Hockey</b> Attack, Defend, Shoot	<b>Athletics</b>	<b>Netball</b> Attack, Defend, Shoot
	PE Hub Year 3 Football	PE Hub Year 3 Tag Rugby	PE Hub Year 3 Gymnastics Unit 1	PE Hub Year 3 Hockey	PE Hub Year 3 Athletics	PE Hub Year 3 & 4 Netball

<b>Year 4</b>	<b>Swimming</b>		<b>Yoga</b>	<b>Gym</b>	<b>Dance</b> <i>[Theme-linked]</i>	<b>OAA</b>	<b>Tennis</b> Send and Return
	PE Hub Intermediate Swimming		Yoga Specialist Teaching/ PE Hub Year 4 Gymnastics Unit 1		PE Hub Year 4 Dance Unit 1	PE Hub Year 4 OAA	PE Hub Year 3 and 4 Tennis
	<b>Tag Rugby</b> Attack, Defend, Shoot	<b>Football</b> Attack, Defend, Shoot	<b>Basketball</b> Attack, Defend, Shoot	<b>Hockey</b> Attack, Defend, Shoot	<b>Athletics</b>	<b>Rounders</b> Hit, Catch, Run	
	PE Hub Year 4 Tag Rugby	PE Hub Year 4 Football	PE Hub Year 3 & 4 Basketball	PE Hub Year 4 Hockey	PE Hub Year 4 Athletics	PE Hub Year 3 & 4 Rounders	

<b>Year 5</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Dance</b> <i>[Theme-linked]</i>	<b>Yoga</b>	<b>OAA</b>	<b>Athletics</b>
	PE Hub Year 5 Dance Unit 1	PE Hub Year 5 Gymnastics Unit 1	PE Hub Year 5 Dance Unit 2	Yoga Specialist Teaching	PE Hub Year 5 OAA	PE Hub Year 5 Athletics
	<b>Football</b> Attack, Defend, Shoot	<b>Tag Rugby</b> Attack, Defend, Shoot	<b>Tennis</b> Send and Return	<b>Hockey</b> Attack, Defend, Shoot	<b>Netball</b> Attack, Defend, Shoot	<b>Cricket</b> Hit, Catch, Run
	PE Hub Year 5 Football	PE Hub Year 5 Tag Rugby	PE Hub Year 5 Tennis	PE Hub Year 5 Hockey	PE Hub Year 5 & 6 Netball	PE Hub Year 5 & 6 Cricket
				<b>Swim Top-Up</b> Year 5 Intermediate top up		

<b>Year 6</b>	<b>OAA</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Tennis</b> Send and Return	<b>Yoga</b>	<b>Dance</b> <i>[Theme-linked]</i>
	PE Hub Year 6 OAA	PE Hub Year 6 Dance Unit 1	PE Hub Year 6 Gymnastics Unit 1	PE Hub Year 6 Tennis	Yoga Specialist Teaching	<i>PE Hub Year 6 Dance Unit 2</i>
	<b>Tag Rugby</b> Attack, Defend, Shoot	<b>Football</b> Attack, Defend, Shoot	<b>Basketball</b> Attack, Defend, Shoot	<b>Hockey</b> Attack, Defend, Shoot	<b>Rounders</b> Hit, Catch, Run	<b>Athletics</b>
	PE Hub Year 6 Rugby	PE Hub Year 6 Football	PE Hub Year 5 & 6 Basketball	PE Hub Year 6 Hockey	PE Hub Year 5 & 6 Rounders	PE Hub Year 6 Athletics
						<b>Swim Top-Up</b> Year 6 top up