



HALLGATE PRIMARY SCHOOL
Physical Education LONG TERM PLAN

CYCLE A 2024-2025	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1	Ongoing provision					
FS2	Ongoing provision Walking and Jumping mix	Hands 1 (Games)	High, Love over under (Gymnastics)	Dinosaurs (Dance)	Feet 1 (ball skills)	Games for understanding (Outdoor adventure)
Year 1	Games for understanding (outdoor adventure)	Body parts (Gymnastics)	Health and wellbeing (Outdoor adventure)	Heroes (Dance)	Hands (Games)	Feet (Games)
	Team Building (outdoor adventure)	Dance through performance	Gymnastics	Running (Athletics)	Jumping (Athletics)	Racket, bat and balls (Striking, fielding and net)
Year 2	Games for understanding (Outdoor adventure)	Linking (Gymnastics)	Health and Welbeing (Outdoor adventure)	Mr Candys sweet factory (Dance)	Hands (Games)	Feet (Games)
	Team Building (Outdoor adventure)	Dance through performance	Gymnastics	Dodging (Games)	Jumping (Athletics)	Racket, bat and balls (Striking, fielding and net)
Year 3	Football (Games)	Netball (Games)	Gymnastics	Dance through performance	Tag Rugby (Games)	Cricket (Striking, fielding and net)
	Problem Solving (Outdoor adventure)	Witches and Wizards (Dance)	Dodgeball (Games)	Orienteering (Outdoor adventure)	Running/ Throwing (Athletics)	Tennis (Striking, fielding and net)
Year 4	Football (Games)	Netball (Games)	Gymnastics	Dance through performance	Tag Rugby (Games)	Rounders (Striking, fielding and net)
	Swimming (East Riding council)	Cats (Dance)	Dodgeball (Games)	Orienteering (Outdoor adventure)	Running/ Throwing (Athletics)	Tennis (Striking, fielding and net)
Year 5	Football (Games)	Dodgeball (Games)	Gymnastics	Orienteering (Outdoor adventure)	Cricket (Striking, fielding and net)	Swimming (East Riding council)
	Netball (Games)	Problem Solving (Outdoor adventure)	Greeks (Dance)	Tag Rugby (Games)	Running/ Throwing (Athletics)	Dance through performance



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Year 6	Football (Games) Netball (Games)	Dodgeball (Games) Problem Solving (Outdoor adventure)	Gymnastics Titanic (Dance)	Orienteering (Outdoor adventure) Tag Rugby (Games)	Tennis (Striking, fielding and net) Running/ Throwing (Athletics)	Dance through performance Rounders (Striking, fielding and net)
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CYCLE B 2025-2026	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1	Ongoing provision					
FS2	Ongoing provision Walking and Jumping mix	Hands 1 (Games)	High, Love over under (Gymnastics)	Dance: interpret Dance Linked to story of the week.	Feet 1 (ball skills)	Games for understanding (Outdoor adventure)
Year 1/2	Feet (Games) Tag rugby (Games)	Dodgeball Dodging 1 Dance Interpret dance	Team Building Gymnastics	Tennis (Striking, fielding and net) Gymnastics	Athletics Hands (Games)	Athletics Cricket (chance to shine)
Year 3/4	Football (Games) Tag Rugby (Games)	Netball (Games) Gymnastics	Dodgeball (Games) Orienteering (Outdoor adventure)	Swimming (Year 4) Rounders (Year 3, 10 sessions)	Running/ Throwing (Athletics) Dance Interpret dance	Cricket (Striking, fielding and net) Tennis (Striking, fielding and net)
Year 5/6	Football (Games) Tag Rugby (Games)	Dodgeball (Games) Netball (Games)	Gymnastics Orienteering (Outdoor adventure)	Dance Interpret dance Rounders (Striking, fielding and net)	Running/ Throwing/ Jumping (Athletics) Running/ Throwing/ Jumping (Athletics)	Cricket (Striking, fielding and net) Tennis (Striking, fielding and net)



Target games: 24-25

Skills:

To develop underarm throwing towards a target.

- To develop throwing for accuracy.
- To develop underarm and overarm throwing for accuracy
- To develop throwing for accuracy and distance using underarm and overarm.
- To select the correct technique for the situation.
- To develop throwing for accuracy and distance.