

Millfield PE Long Term Plan 2024/25

PPA sessions taught by Sports Coaches/ HLTA cover

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Star and Rockets	Parachute games (resource pack)	Fundamentals Unit 1 (Cambs SoW Part 1) Gymnastics (Cambs SoW Fun Gym Shapes)	Fundamentals Unit 2 (Cambs SoW part) Dance - Royal Opera House Create and Dance unit?	Circus Skills (resource pack) Gymnastics (Cambs SoW Move and Hold)	Playground games (resource pack) Dance - Toys (Cambs SoW Part 2)	Sports Day practice (School's own) Playground games (resource pack)
Competitions, trips and events	-Friendship Run -Hula Hooping Competition	-Santa Dash				Sports Day
Year 1	Dance - Moving Words (Cambs SoW Part 1) Fundamental Year 1 Unit 1 (Cambs SoW Part 1)	Gymnastics Rock and Roll (Cambs SoW) Fundamentals Year 1 Unit 2 (Cambs SoW Part 2)	Dance - Royal Opera House Create and Dance unit? Playground games (resource pack)	Gymnastics (Cambs SoW Jumping Jacks) Multi Skill Festival 1 (Cambs SoW)	Playground Games (resource pack) Trust, trails and Teamwork (Cambs SoW)	Sports Day practice (School's own) Circus Skills (Resource pack)
Competitions, trips and events	-Friendship Run -Hula Hooping Competition	-Santa Dash				Sports Day
Year 2	Gymnastics- Points of Contact (Year 2 SoW) Fundamentals Year 2 Unit 1 (Cambs SoW)	Gymnastics - Ball, Tall, Wall (Cambs Sow) Fundamentals Year 2 Unit 2 (Cambs SoW)	Dance - Royal Opera House Create and Dance unit on Alice in Wonderland KS1 Generic Multi-	Dance - Dance East Digital Primaries online sessions Circus Skills revisited (Resource Pack)	Skipping (Resource pack) Teamwork games (Resource Pack)	Sports Day practice KS1 Generic Multi-skills festival (Resource Pack)

			skills festival (Resource Pack)			
Competitions, trips and events	-Hula Hooping Competition -Friendship Run	-Santa Dash				Sports Day
Year 3	Striking and fielding Cambs SoW - Cricket sessions with Chance to Shine external coach Invasion Games - Ball Handling Skills	Gymnastics - Patterns and Pathways (Cambs Sow) KS2 Invasion Games Festival	Dance - Royal Opera House Create and Dance? Dodgeball (Lesson Plans)	Dance - Machines (Cambs SoW) Net Games - Tennis (Cambs SoW)	Gymnastics- Hand Apparatus (Cambs Sow) Skipping (Resource Pack)	Sports day practise (Schools own) Athletics - Challenges (Cambs Sow)
Competitions, trips and events	-Hula Hooping Competition -Friendship Run	-Santa Dash				Sports Day
Year 4	Swimming sessions Invasion games - Ball on the ground (football focus)	Gymnastics - Rotation (Cambs SoW) KS2 Multiskill Festival (Resource Pack)	Dance - Royal Opera House Create and Dance unit? Dodgeball (Lessons plan)	Dance - Rugby and the Haka (Cambs SoW) Net Games - Tennis (Cambs SoW)	Net Games- (Cambs SoW) Co-operation, Communication and Consideration (Cambs SoW)	Sports Day Practice Pentathlon (Cambs SoW)
Competitions, trips and events	-Hula Hooping Competition -Friendship Run	-Santa Dash				Sports Day
Year 5	Dance On the Beach (Cambs SoW) Invasion Games	Gymnastics - Pair Composition (Cambs SoW) Invasion Games	Dance - Royal Opera House Create and Dance unit? Fitness Circuits	Gymnastics - Press and Go (Cambs SoW) Ball Handling Skills	Tennis (Schools planning) Heptathlon (Cambs	Sports Day practise (schools own) Striking and fielding

	Football (Cambs SoW)	Cambs SoW - Tag Rugby	(Resource Pack)	Bee Netball (Cambs SoW)	SoW)	Cambs SoW - Cricket
Competitions, trips and events						Sports Day
Year 6	Striking and fielding Cambs SoW - Cricket sessions with Chance to Shine external sessions Invasion Games Tag Rugby (Cambs SoW)	Dance - Fitness Circuits (Resource Pack)	Dance - Dance East Digital Primaries online sessions Invasion Games Hockey (Cambs SoW)	Gymnastics Group Work (Cambs SoW) Ball Handling Skills Cambs SoW - Bee Netball	Striking and fielding - Cricket (Schools own planning) Decathlon (Cambs SoW)	Sports Day practise (schools own) Teamwork/ Friendship Games
Competitions, trips and events						Sports Day