

Long Term PE Planning-Robert Mellors Primary Academy

YEAR 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skills to be Taught	Fitness	Team Games- Net/Wall Games	Flexibility, strength, control and balance	Attacking and Defending-invasion	Flexibility, Strength, Control and Balance	Adventurous Activities
Areas which cover those skills	Circuits Aerobics Zumba Boxercise Sports Hall Athletics Athletics (running) Cross Country Fitness testing (e.g. multi-stage/cooper run)	Tennis Badminton Table Tennis	Dance Gymnastics Sports Hall Athletics (indoor) Fitness (Circuits/aerobics etc.)	Football Hockey Netball Basketball Handball Rugby Dodgeball	Dance Gymnastics Sports Hall Athletics (indoor) Fitness (Circuits/aerobics etc.)	Orienteering Cycling Shelter Building Trust Activities

YEAR 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skills to be Taught	Fitness	Team Games- Net/Wall Games	Flexibility, strength, control and balance	Attacking and Defending-invasion	Flexibility, Strength, Control and Balance	Adventurous Activities
Areas which cover those skills	Circuits Aerobics Zumba Boxercise Sports Hall Athletics Athletics (running) Cross Country Fitness testing (e.g. multi-stage/cooper run)	Tennis Badminton Table Tennis	Dance Gymnastics Sports Hall Athletics (indoor) Fitness (Circuits/aerobics etc.)	Football Hockey Netball Basketball Handball Rugby Dodgeball	Dance Gymnastics Sports Hall Athletics (indoor) Fitness (Circuits/aerobics etc.)	Orienteering Cycling Shelter Building Trust Activities