

AL NOOR LONG TERM PLAN – Physical Education

Year Group	Autumn 1 st Half (6wks)	Autumn 2nd Half (6wks)	Spring 1 st Half (6wks)	Spring 2 nd Half (6wks)	Summer 1 st Half (6wks)	Summer 2 nd Half (6wks)
Year 2	Games activities (1) (QCA Unit 3)	Games activities (2) (QCA Unit 4)	Gymnastic activities (1) (QCA Unit 5)	Gymnastic activities (1) (QCA Unit 5)	Athletic activities (1) (QCA Unit 17)	Athletic activities (1) (QCA Unit 17)
Year 3	Unit 14 Gymnastics Activities (3)	Athletics activities	Unit 13 Net/Wall Games (1)	Unit 10 Invasion Games (1)	Striking and fielding games	Outdoor and adventure activities
Year 4	Gymnastic activities	Athletics activities	Invasion Games	Net/Wall Games	Striking and fielding games	Outdoor and adventure activities Striking and fielding games
Year 5	Unit T Bridges	Unit U Flight	Unit V Functional Use of Limbs	Unit W Turning & Spinning	Unit 2 & 3 Invasion Games	Unit 4 Striking & Fielding Games
Year 6	Unit 2 Net/Court/Wall Games- Volleyball & Tennis	Unit A Counter Balance & Counter Tension & Canon Unit Z Holes & Barriers	Unit X Matching & Mirroring Unit Y Synchronisation	Unit 1 Invasion Games- Hockey & Soccer	Unit 3 Striking & Fielding Games	Unit 4 Invasion Games Netball, Basketball & Rugby