

YEAR 1 EXAMPLE LONG TERM PLAN

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
LESSON 1 OR LESSONS 1 & 2 FOR FIRST 3 WEEKS	LEARNING THEME	look run avoid 	agility balance coordination 	inspire create perform 	strike react rally 	jump shape create 	run jump throw 
	NCPE LINK	'Team games developing simple tactics for attacking and defending'	'Master basic movements.. Including agility, balance, coordination'	'Perform dance using simple movement patterns'	'Master basic movements.. Including striking and coordination'	'Master basic movements.. Including agility, balance, coordination'	'Use running, jumping and throwing in isolation and combination'
LESSON 2 OR LESSONS 1 & 2 FOR LAST 3 WEEKS	LEARNING THEME	throw prepare catch 	duel win lose 	hands feet equipment 	fair share dare 	target control combine 	react roll retrieve 
	NCPE LINK	'Master basic movements.. Including throwing and catching'	'Team games developing simple tactics for attacking and defending'	'Object control – developing coordination and control'	'Embed values such as fairness and respect'	'Master basic movements.. Including throwing and coordination'	Modified games to develop fielding skills