



Physical Education Long Term Plan

Woodlands Academy



Subject: PE	Yellow Pathway
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Cycle 2	Fundamentals/Dance, Yoga and Movement	Fundamentals/ Ball Skills	Fundamentals/ Athletics and Games
Cycle 1	Fundamentals/Dance, Yoga and Movement	Fundamentals/ Ball Skills	Fundamentals/ Athletics and Games

Subject: PE	Accreditation: OCR Entry Level	Green Pathway
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		<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Stage 4	Cycle 2	Basketball	Badminton	Health Related Fitness	Football	Tri Golf	Athletics
	Cycle 1	Netball	Dodgeball	Health Related Fitness	Tag Rugby	Cricket (4)	OAA
Stage 3	Cycle 3	Handball	Tennis	Gymnastics – Symmetry & Asymmetry	Football	Rounders	Athletics
	Cycle 2	Basketball	Badminton	Health Related Fitness	Hockey	Cricket	OAA
	Cycle 1	Fundamental Movement Skills 3	Invasion Games	Dance – Pirates	Object Manipulation 2	Striking & Fielding Games 2	Athletics 2
Stage 2	Cycle 4	Fundamental Movement Skills 2	Net & Wall Game Skills 2	Health Related Fitness	Object Manipulation 2	Striking & Fielding Games 2	Yoga
	Cycle 3	Invasion Game Skills 2	Target Games 2	Dance – Mini Beasts	Invasion Game Skills 2	Striking & Fielding Games 1	Athletics 2
	Cycle 2	Locomotion 2	Stability 2	Dance – Seasons	Gymnastics – Bouncing, Jumping & Landing	Net & Wall Game Skills 1	Target Games 1
	Cycle 1	Invasion Game Skills 1	Dance – Jungle	Fundamental Movement Skills 1	Gymnastics – Bouncing, Jumping & Landing	Object Manipulation 1	Athletics 1
Stage 1	Cycle 2	Locomotion 1	Fine Motor Skills	Dance – Toys	Gymnastics – Parts High & Parts Low	Target Games 1	Yoga
	Cycle 1	Locomotion 1	Fine Motor Skills	Stability 1	Target Games 1	Gymnastics – Parts high & Parts low	Dance – Seasons



Subject: PE	Accreditation: OCR Entry Level	Blue Pathway
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LONG TERM PLAN

		<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Summer 1</u>	<u>Spring 2</u>	<u>Summer 2</u>
Stage 4	Cycle 2	Handball	Volleyball	Health and Fitness	Table Tennis	Tri Golf	Athletics
	Cycle 1	Basketball	Badminton	Health and Fitness	Hockey	Cricket	Athletics
Stage 3	Cycle 3	Handball	Tennis	Health and Fitness	Football	Tri Golf	Athletics
	Cycle 2	Basketball	Badminton	Health and Fitness	Hockey	Cricket	Tri Golf
	Cycle 1	Basketball	Football	Gymnastics	Tennis	Rounders	Athletics
Stage 2	Cycle 4	Netball	Dodgeball	Dance – Around the World	Tag Rugby	Cricket	OAA
	Cycle 3	Basketball	Mini Tennis	Gymnastics Linking Movements together	Football	Rounders	Athletics
	Cycle 2	Netball	Dodgeball	Dance – Space	Tag Rugby	Cricket	OAA
	Cycle 1	Fundamental Movement Skills	Net/Wall Games	Gymnastics – Stretching, curling & arching	Invasion Games 2	Striking & Fielding Game Skills 2	Athletics
Stage 1	Cycle 3	Invasion Game Skills 2	Target Games 2	Gymnastics Wide, narrow & curled rolling & balancing	Invasion Game Skills 2	Striking & Fielding Games 1	Athletics 2
	Cycle 2	Invasion Game Skills 1	Fundamental Movement Skills 1	Dance – Jungle	Gymnastics – Bouncing, Jumping & Landing	Object Manipulation 1	Athletics 1
	Cycle 1	Locomotion 1	Fine Motor Skills	Stability 1	Target Games 1	Gymnastics – Parts high & Parts low	Dance – Seasons

