

Hillmead Primary School Long Term PE Plan 2023 /2024

Black Text = Units of work

Blue Text = Intra-Competitions (between house teams).

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Dance Unit: On Parade	Dance Unit: Toys	Gymnastics Unit: Fun Gym Shapes	Gymnastics Unit: Move and Hold	Games Unit: Fundamentals Unit 1 Athletics Prep for sports day (final two weeks)	Athletics Prep for sports day (first three weeks) Games Unit: Fundamentals Unit 2
			Hillmead Dance Competition (outside of PE lessons)			Sports Day
1	Dance Unit: Moving Words Games Unit: Fundamentals Unit 1	Dance Unit: Weather Games Unit: Fundamentals Unit 1	Gymnastics Unit: Jumping Jacks Games Unit: Fundamentals Unit 2	Gymnastics Unit: Rock and Roll Games Unit: Fundamentals Unit 2	Gymnastics Unit: Rock and Roll (first two weeks) Games Unit: Fundamentals Unit 3 + Rapid Fire Cricket	Athletics Prep for sports day (first three weeks) Games Unit: Fundamentals Unit 3 + Rapid Fire Cricket OAA Unit: Trails, Trust and Teamwork
	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.	Hillmead Dance Competition (outside of PE lessons)	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.		Sports Day Rapid Fire Cricket
2	Dance Unit: Great Fire of London Games Unit: Fundamentals Unit 1	Dance Unit: Magical Friendships Games Unit: Fundamentals Unit 1	Gymnastics Unit: Points of Contact Games Unit: Fundamentals Unit 2	Gymnastics Unit: Ball Tall and Wall Games Unit: Fundamentals Unit 2	Gymnastics Unit: Ball Tall and Wall (first two weeks) Games Unit: Fundamentals Unit 3	Athletics Prep for sports day (first three weeks) Games Unit: Fundamentals Unit 3 + Rapid Fire cricket OAA Unit: Trails, Trust and Teamwork
	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.	Hillmead Dance Competition (outside of PE lessons)	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.		Sports Day Rapid Fire Cricket Competition
3	Dance Unit: Solar System Games with RW Unit: Invasion games (Ball Handling Skills)	Dance Unit: Machines Games with RW Unit: Invasion games (Ball Handling Skills)	Gymnastics with RW Unit: Patterns and Pathways Swimming at Grange Paddocks	Gymnastics with RW Unit: Hand apparatus Swimming at Grange Paddocks	Games Unit: Net games Unit: Tennis Games with RW Tag Rugby	OAA Unit: Lower KS2 Co-operation, Communication and Consideration Athletics with RW (first three weeks) Prep for sports day Games with RW Unit: Striking and fielding
	Core task from Ball Handling Skills Unit + Invasion Games Festival Activities	Core task from Ball Handling Skills Unit + Invasion Games Festival Activities	Hillmead Dance Competition (outside of PE lessons)	Hillmead KS2 Dodgeball Competition	Tag Rugby Competition	Sports Day Competition based on the Core task from Striking and Fielding Unit

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
4	<p>Games Unit: Net games Unit: Tennis</p> <p>Games with RW Unit: Invasion games (ball on the ground)</p>	<p>Dance Unit: Cold Places</p> <p>Games with RW Unit: Invasion games (ball on the ground)</p>	<p>Dance Unit: Rugby and the Haka</p> <p>Gymnastics with RW Unit: Rotation</p>	<p>Gymnastics Unit: Principles of balance</p> <p>Games with RW Tag Rugby</p>	<p>Gymnastics Unit: Principles of balance (first two weeks)</p> <p>Athletics Unit: Pentathlon</p> <p>Games with RW Tag Rugby</p>	<p>OAA Cross Curricular Orienteering</p> <p>Athletics with RW (first three weeks) Prep for sports day</p>
	Competition based on the end of unit task from net games and tennis.	Core task from Ball on the ground Unit + Invasion Games Festival Activities	Hillmead Dance Competition (outside of PE lessons)	Hillmead KS2 Dodgeball Competition	Tag Rugby Competition	Sports Day
5	<p>Swimming at Grange Paddocks</p> <p>Games with RW Unit: Invasion games (tag rugby)</p>	<p>Swimming at Grange Paddocks</p> <p>Gymnastics with RW Unit: Press and Go</p>	<p>Dance Unit: Dance Styles</p> <p>Gymnastics with RW Unit: Pair Composition</p>	<p>Dance Unit: On the Beach</p> <p>Games with RW Unit: Netball</p>	<p>Games Unit: Netball</p> <p>Games Unit: Invasion games (football)</p> <p>Games with RW Dynamos/Kwik Cricket</p>	<p>Games Unit: Invasion games (football)</p> <p>Athletics with RW (first three weeks) Prep for sports day</p> <p>Athletics with RW Unit: Heptathlon</p>
	Tag Rugby Competition 5v5 or 6v6.		Hillmead Dance Competition (outside of PE lessons)	Hillmead KS2 Dodgeball Competition	Netball competition	Sports Day Rounders Competition
6	<p>Games Unit: Invasion games (tag rugby)</p> <p>Games with RW Basketball:</p>	<p>Dance Unit: Football</p> <p>Games with RW Unit: Invasion games (hockey)</p>	<p>Dance Unit: Why bully me?</p> <p>Gymnastics with RW Unit: Body Symmetry</p>	<p>Gymnastics Unit: Group Work</p> <p>Games with RW Unit: Netball</p>	<p>Games Unit: Netball</p> <p>Athletics Unit: Decathlon</p> <p>Games with RW Dynamos/Kwik Cricket</p>	<p>Swimming (Top Up) at Grange Paddocks</p> <p>OAA Unit: Upper KS2 Co-operation, Communication and Consideration</p> <p>Athletics with RW (first three weeks) Prep for sports day</p> <p>Games with RW Rounders</p>
	Basketball Competition Tag Rugby Competition 5v5 or 6v6	Hockey Competition	Hillmead Dance Competition (outside of PE lessons)	Hillmead KS2 Dodgeball Competition	Netball competition	Sports Day Rounders Competition

Intra-competition Calendar 2023/24

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R			Hillmead Dance Competition (outside of PE lessons)			Sports Day
Year 1	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.	Hillmead Dance Competition (outside of PE lessons)	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.		Sports Day Rapid Fire Cricket
Year 2	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.	Hillmead Dance Competition (outside of PE lessons)	KS1 Generic Multi-skills Activities to be used for an end of unit intra-competition.		Sports Day Rapid Fire Cricket Competition
Year 3	Core task from Ball Handling Skills Unit + Invasion Games Festival Activities	Core task from Ball Handling Skills Unit + Invasion Games Festival Activities	Hillmead Dance Competition (outside of PE lessons)	Hillmead KS2 Dodgeball Competition	Tag Rugby Competition	Sports Day Competition based on the core task from Striking and Fielding Unit
Year 4	Competition based on the end of unit task from net games and tennis.	Core task from Ball on the ground Unit + Invasion Games Festival Activities	Hillmead Dance Competition (outside of PE lessons)	Hillmead KS2 Dodgeball Competition	Tag Rugby Competition	Sports Day
Year 5	Tag Rugby Competition 5v5 or 6v6.		Hillmead Dance Competition (outside of PE lessons)	Hillmead KS2 Dodgeball Competition	Netball competition	Sports Day Rounders Competition
Year 6	Basketball Competition Tag Rugby Comp 5v5 or 6v6	Hockey Competition	Hillmead Dance Competition (outside of PE lessons)	Hillmead KS2 Dodgeball Competition	Netball competition	Sports Day Rounders Competition

Other intra-competitions will take place during our Sport Relief day in March 2024 and our SSoC will organise competitions for playtimes.