



PHYSICAL DEVELOPMENT: Long-Term Plan 2021/2022

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Games: Invasion Games (Football, basketball, rugby)	Dance	Gymnastics	Games: Bats and Racquets (Net wall games)	Bikes and Tricycles/Striking and Fielding (cricket/rounders)	Striking and Fielding/Athletics (cricket/rounders)
	Swimming – class rotas	Swimming – class rotas	Swimming – class rotas	Swimming – class rotas	Swimming – class rotas	Swimming – class rotas
<b>Physical Development: Gross Motor</b>	Development of skills and knowledge related to invasion games; football, rugby, basketball	Development of skills and knowledge related to expressive and traditional dance	Development of skills and knowledge related to gymnastics; travelling and moving, jumping, rolling and balancing	Development of skills and knowledge related to striking, striking and fielding	Development of skills and knowledge related to cycling skills; balancing, pedalling, steering, starting and stopping	Development of skills related to striking and fielding: Cricket and Rounders  Development of skills and knowledge related to Athletics; running, jumping and throwing
<b>Physical Development: Fine Motor</b>	<i>Fine motor skills - pen skills, cutlery pincer skills</i>	<i>Fine motor skills - pen skills, cutlery pincer skills</i>	<i>Fine motor skills - pen skills, cutlery pincer skills</i>	<i>Fine motor skills - pen skills, cutlery pincer skills</i>	<i>Fine motor skills - pen skills, cutlery pincer skills</i>	<i>Fine motor skills - pen skills, cutlery pincer skills</i>