



PE Long Term Plan

Sports coach – To lead CPD teaching skills based lessons around year group games.
Hunslet Coach – To lead fundamentals of rugby



	Autumn		Spring		Summer	
FS2	Activity Pack 1	Activity pack 2	Freeze, Choose, Invent	Look, Run, Avoid Sports Coach (FSSD)	Push, Kick, Throw Sports Coach (FSWS)	Explore, Evade, Escape Sports Coach(FSDE)
Y1	Look, Run Avoid Hunslet	Agility, Balance, Co-ordination	Inspire, Create, Perform	Strike, React, Rally Sports Coach(1LC)	Jump, Shape, Create Sports Coach (1CC)	Run, Jump, Throw Sports Coach (1HB)
Y2	Look, Run Avoid Sports Coach (2RW)	Agility, Balance, Co-ordination Sports Coach (2MJ)	Inspire, Create, Perform Sports Coach (2MA)	Strike, React, Rally Hunslet	Jump, Shape, Create	Run, Jump, Throw
Y3	Look, Run Avoid	Inspire, Create, Perform Hunslet	Target, Control, Combine	React, Roll, Retrieve Sports Coach (3FS)	Invade, Evade, Capture Sports Coach (3GM)	Run, Jump, Throw Sports Coach (3JM)
Y4 (Swimming-Fri am)	Look, Run Avoid Sports Coach (4HS)	Inspire, Create, Perform Sports Coach (4PB)	Target, Control, Combine Sports Coach (4EB)	React, Roll, Retrieve	Invade, Evade, Capture Hunslet	Run, Jump, Throw
Y5	Watch, Move, Connect	Fair, Share, Dare	Symmetry, Balance, Travel Hunslet	Block, Support, Guard Sports Coach (5DM)	Run, Jump, Throw Sports Coach (5SF)	Aim, Strike, Retrieve Sports Coach (5ED)
Y6	Block, Guard, Support Sports Coach (6JO)	Explore, Solve, Challenge Sports Coach (6LC)	Inspire, Create, Perform Sports Coach (6ZP)	Lend, Move, Score	Invade, Evade, Capture	Aim, Strike, Retrieve Hunslet