

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 the first three weeks	Learning theme	agility balance coordination 	throw prepare catch 	jump shape create 	duel win lose 	run jump throw 	target control combine 
	NCPE link	'Master basic movements.. Including agility, balance, coordination'	'Master basic movements.. Including throwing and catching'	'Develop fundamental movement skills – locomotion and stability'	'Team games, developing simple tactics for attacking and defending'	'Master basic movements including running, jumping and throwing'	'Master basic movements including throwing and coordination'
Lesson 2 or Lessons 1 & 2 for the first three weeks	Learning theme	look run avoid 	hands feet equipment 	fair share dare 	inspire create perform 	react roll retrieve 	send receive return 
	NCPE link	'Team games, developing simple tactics for attacking and defending'	'Develop fundamental movement skills – object control'	'Embed values such as fairness and respect'	'Perform dances using simple movement patterns'	'Develop fundamental movement skills – locomotion and object control'	'Develop fundamental movement skills – object control'