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| **P.E Long Term Overview Cycle A** | | | | | | |
| **Key Stage One** | | | | | | |
| **KS1** |  | **Unit 1** | **Unit 2** | **Unit 3** | **Unit 4** | **Unit 5**  **(All outside)** |
| **Cycle A**  **Indoor** | Forest Schools  ( flexible to when it is your slot)  Year 2 | **Team Building**   * Blindfolds * Goalball * Hoops * Tennis bals * Beanbags * Cones * Parachute * Skipping ropes * Tennis Rackets * Ballons * Pack of cards | **Gymnastics**  **Year 1**   * Mats * Skipping ropes * Base stations * Relay batons * Mini hurdles * Hoops * Cones * Benches * Beanbags | **Gymnastics Year 2**   * Mats * Skipping ropes * Base stations * Relay batons * Mini hurdles * Hoops * Cones * Benches * Beanbags | **Fundamentals**  **Year 2**   * Footstep ladder * Long and short skipping ropes * Benches * Hurdles * Mats * Base stations * French skipping rope * Beanbags * Team bands | **Athletics**  **Year1**  **Atheletics**  **Year 2**   * Hoops * Cricket wickets * Base stations * A bench * Skittles * Skipping ropes * Plastic cane * Mini hurdles * Foot speed ladder * Cones * Bean bags |
| **Cycle A**  **Outdoor** | Forest Schools  ( flexible to when it is your slot) | **Send and receive**  **Year 1**   * Tennis balls * Soft balls * Hoops * Bucket * Basestation * Cones | **Send and receive**  **Year 2**   * Tennis balls * Soft balls * Hoops * Bucket * Basestation * Cones | **Invasion**  **Year 1**   * Hockey sticks * Air flow balls * Cones * Tennis balls * Beabags * Footballs * Base stations * Soft balls * Hoops * Team bands | **Invasion Year**  **2**   * Hockey sticks * Air flow balls * Cones * Tennis balls * Beabags * Footballs * Base stations * Soft balls * Hoops * Team bands |
| **Cycle B**  **Indoor** | Forest Schools  ( flexible to when it is your slot) | **Fitness**  **Year 2**   * Cones * Hoops * Skipping ropes * Benches * Foot speed ladder * Team bands * Tennis balls * Beanbags * Base stations * Hurdles | **Dance**  **Year 2**   * Hoops * Parachute * Scarf/material * Cones | **Dance**  **Year 2**   * Hoops * Parachute * Scarf/material   Cones | **Yoga**  **Year 1**   * Cones * Sand timer * Hoops | **Net and Wall Year1**  **Net and Wall Year 2**   * Beanbags * Cones * Hoops * Tennis balls * Tennis rackets * A net * Small sponge balls |
| **Cycle B**  **Outdoor** | Forest Schools  ( flexible to when it is your slot) | **Striking and Fielding**  **Year 1**   * Beanbags * Hoops * Soft balls * Tennis balls * Tennis racket * Cricket bat * Cones | **Striking and Fielding**  **Year 2**   * Beanbags * Hoops * Soft balls * Tennis balls * Tennis racket * Cricket bat * Cones | **Ball Skills Y1**   * Cones * Soft balls * Tennis balls * Hoops * Beanbags | **Balls Skills Y2**   * Cones * Soft balls * Tennis balls * Hoops * Beanbags |
| Lower Key Stage 2 | | | | | | |
| **LKS2**  **Cycle A**  **Indoor** | Forest Schools  ( flexible to when it is your slot) | **Gymnastics**  **Year 3**   * Benches * Adility table * Cones * Foam wedge\* * Hoops * Mats * Base stations * Spring board\* | **Gymnastics**  **Year 4**   * Benches * Adility table * Cones * Foam wedge\* * Hoops * Mats * Base stations * Spring board\* | **Rounders**  **Year 3/ 4**   * Cones * Tennis balls * Hoops * Tennis rackets * Rounders bat * Beanbags | **Basket Ball**  **Year 3 / 4**   * Basketballs * Cones * Hoops * Team bands * Backetball posts/hoops | **Athletics**  **Year3**  **Atheletics**  **Year 4**   * Metal skittles and plastic canes * Tennis balls * Quoits * Discus * Mats * Hoops * Benches * Stop watches * Speed bounce mats\* * Relay batons * Miniu hurdles * Tape measure * Light shot puts * Foam javelin * Cones * Beanbags * Basketballs * Team bands**\*** |
| **Cycle A**  **outdoor** | Forest Schools  ( flexible to when it is your slot) | **OAA**  **Year 4**   * Team bands**\*** * Basketballs * Beanbags * Benches * Blindfolds * Hurdles * Mats * Quoits * Rackets * Relay batons * Base stations * Pencils * Balls * Hoops * Skippin ropes * Cones * Chalk * Stop watch | **Ball Skills**  **Year3/4**   * Tennis balls * Cones * Hoops * Soft balls * Beanbags * Rugby balls * Netballs | **Hockey Year 3/4**   * Hockey sticks * Cones * Team bands\* * Tennis balls * Hoops | **Cricket Year**  **Year 3 / 4**   * Tennis balls * Beanbags * Cricket bats * Cones * Team bands\* * Cricket wickets * Hoops |
| **LKS2**  **Cycle B**  **Indoor** | Forest Schools  ( flexible to when it is your slot) | **Dance**  **Year 4**   * Cones * Hoops * Long skipping ropes | **Dance**  **Year 4**   * Cones * Hoops * Long skipping ropes | **Yoga**  **¾**   * Cones * Sand timer | **Dodge Ball**  **Year 3 / 4**   * Cones * Tennis balls * Hoops * Benches * Dodgeballs * Team bands\* * Basketballs | **Tennis**  **Year 3**  **Tennis**  **Year 4**   * Cones * Tennis balls * Hoops cones * Net (optional) |
| **Cycle B**  **outdoor** | Forest Schools  ( flexible to when it is your slot) | **Fitness**  **Year 3 / 4**   * Team bands\* * Basketball * Beanbags * Benches * Cones * Hoops * Skipping rope * Mini hurdles pack of cards base stations * Stop watch * Tennis balls * Tug of war rope * Balance dome * Tape measure | **Tag Rugby**  **Year 3 / 4**   * Cones * Teambands * Tag rugby belts * Rugby balls | **Football**  **Year 3 / 4**   * Footballs * Cones * Team bands\* * Skipping ropes | **Netball**  **Year 3/ 4**   * Cones * Netballs * Posts * Hoops * Bibs * Team bands\* |
| **Upper Key Stage 2** | | | | | | |

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| **UKS2**  **Cycle A**  **Indoor** | Forest Schools  ( flexible to when it is your slot) | **Gymnastics**  **Year 5**   * Benches * Adility table * Cones * Foam wedge\* * Hoops * Mats * Base stations   Spring board | **Gymnastics**  **Year 6**   * Benches * Adility table * Cones * Foam wedge\* * Hoops * Mats * Base stations * Spring board\* | **Badminton**  **Year 5/6**   * Nets * Racket * Cones * Shuttle cocks | **Rounders**  **Year 5/6**   * Cones * Tennis balls * Hoops * Tennis rackets * Rounders bat * Beanbags | **Athletics**  **Year 5**   * Metal skittles and plastic canes * Tennis balls * Quoits * Discus * Mats * Hoops * Benches * Stop watches * Speed bounce mats\* * Relay batons * Mini hurdles * Tape measure * Light shot puts * Foam javelin * Cones * Beanbags * Basketballs * Team bands**\*** |
| **Outdoor** | Forest Schools  ( flexible to when it is your slot) | **OAA**  **Year 6**   * Team bands**\*** * Basketballs * Beanbags * Benches * Blindfolds * Hurdles * Mats * Quoits * Rackets * Relay batons * Base stations * Pencils * Balls * Hoops * Skippin ropes * Cones * Chalk   Stop watch | **Hockey**  **Year 5/6**   * Hockey sticks * Cones * Team bands\* * Tennis balls   Hoops | **Cricket**  **Year 5/6**   * Tennis balls * Beanbags * Cricket bats * Cones * Team bands\* * Cricket wickets   Hoops | **Basket Ball**  **Year 5/6**   * Basketballs * Cones * Hoops * Team bands * Basketball posts/hoops | **Atheletics**  **Year 6**  (See above) |
| **Year 5**  **Alternate weeks** | **swimming** | | | | | |
| **UKS2**  **Cycle B**  **Indoor** | Forest Schools  ( flexible to when it is your slot) | **Dance Year 6**   * Cones * Hoops * Long skipping ropes | **Dance Year 6**   * Cones * Hoops * Long skipping ropes | **Yoga 5 / 6**   * Cones * Sand timer | **Dodge Ball 5/6**   * Cones * Tennis balls * Hoops * Benches * Dodgeballs * Team bands\* * Basketballs | **Tennis**  **Year 5**  **Tennis**  **Year 6**   * Cones * Tennis balls * Hoops cones * Net (optional) |
| **Outdoor** | Forest Schools  ( flexible to when it is your slot) | **Tag Rugby**  **Year 5/6**   * Cones * Team bands * Tag rugby belts * Rugby balls | **Volley Ball**  **Year 5/6**   * Net * Cones * Large soft balls * Team bands\* | **Football**  **Year 5/6**   * Footballs * Cones * Team bands\* * Skipping ropes | **Netball**  **Year 5/6**   * Cones * Netballs * Posts * Hoops * Bibs * Team bands\* |