

Dilkes Academy School – Long Term Plans 2022_2023

PE – Gymnastics & Dance.

Year Group	Autumn 1st half	Autumn 2nd half	Spring 1st half	Spring 2nd half	Summer 1st half	Summer 2nd half
Foundation	Introduction to gymnastics Unit NR	Travelling Unit A	Dance Unit 1 Stars-Rabbits-Follow my Leader Hickory Dickory Dock-Autumn leaves	Stretching & curling Unit B	Travelling – Taking weight on different body parts Unit C	Dance Unit 3 Blowing bubbles Dinosaurs The shaking puppet
Year1	Fight, bouncing, jumping & landing. Unit D	Points & Patches Unit E	Dance Unit 1 Streamers-Conkers-Playing with a ball	Rocking & Rolling Unit F	Wide, Narrow, Curled Unit G	Dance Unit 2 March, March, March – Jack and the Beanstalk
Year 2	Parts high, parts low Unit H	Pathways, straight, zigzag, curving Unit I	Dance Unit 1 The Cat – Balloons-Reach for the Stars	Spinning, twisting, turning Unit J	Linking Movements Together Unit K	Dance Unit 2 Friends – Bubbles - Shadows
Year 3	Stretching and curling Unit L	Symmetry & Asymmetry Unit M	Dance Unit 1 Who Am I? The Language of Dance	Pathways Unit N	Travelling with change of front and direction Unit O	Dance Unit 4 The Human Engine Mechanical Progress
Year 4	Balance Unit P	Balance leading into change of front and direction Unit R	Dance Unit 1 These shoes are made for walking Giraffes can't dance	Rolling Unit S	Receiving body weight in different directions Unit Q	Dance Unit 4 Wimbledon Musical Statues
Year 5	Flight Unit U	Functional use of the limbs Unit V	Dance Unit 4 Volcanoes Punch & Wrestle	Turning & Spinning Unit W	Bridges Unit T	Dance Unit 1 Rubbish Dance Unit 3 Pleased to see you
Year 6	Matching & mirroring Unit X	Synchronisation and cannon Unit Y	Dance Unit 2 Theseus & the Minotaur	Counterbalance and tension Unit AA	Holes and Barriers Unit Z	Dance Unit 1 The World of sport Mix & Match

Gymnastics & Dance units based on Val Sabin Sow.