

Dilkes Academy School – Long Term Plans 2022-23

PE – GAMES

Year Group	Autumn 1st half	Autumn 2nd half	Spring 1st half	Spring 2nd half	Summer 1st half	Summer 2nd half
Foundation	Bean Bags Unit 1	Medium sized balls. Unit 2	Hoops & Quoits Unit 3	Ropes, bats and small balls Unit 4	Athletics/Summer Games	Outdoor & Adventurous Activities Val Sabin Sow.
Year 1	Large ball skills and games Unit 1	Throwing & catching. Aiming games Unit 2	Bat and ball skills. Skipping games Unit 3	Developing partner work Unit 4	Athletics using Val Sabin Sow. Unit 1 & 2	Outdoor & Adventurous Activities Val Sabin Sow.
Year 2	Throwing & catching. Inventing individual games Unit 1	Making up games with a partner. Aiming & Hitting. Unit 2	Dribbling, kicking and hitting Unit 3	Group games and inventing rules. Unit 4	Athletics using Val Sabin Sow. Unit 1 & 2	Outdoor & Adventurous Activities Val Sabin Sow.
Year 3	Ball skills. Passing & receiving. Unit 1	Creative games-making Unit 2	Net & Wall games. Unit 3	Striking & fielding Unit 4	Athletics using Val Sabin Sow. Unit 1 & 2	Outdoor & Adventurous Activities Val Sabin Sow.
Year 4	Invasion games Unit 3	Problem solving and inventing games (Invasion). Unit 2	Net/wall games Unit 1	Striking /Fielding games Unit 4	Athletics using Val Sabin Sow. Unit 1 & 2	Outdoor & Adventurous Activities Val Sabin Sow.
Year 5	Invasion & target (ball handling games) Unit 2	Invasion games. (implement and kicking) Unit 3	Net/wall games Unit 1	Striking /Fielding games Unit 4	Athletics using Val Sabin Sow. Unit 1 & 2	Outdoor & Adventurous Activities Val Sabin Sow.
Year 6	Invasion games Unit 4	Invasion games (implement & kicking) Unit 1	Net/Wall Unit 2	Striking / Fielding games Unit 3	Athletics using Val Sabin Sow. Unit 1 & 2	Outdoor & Adventurous Activities Val Sabin Sow.

All units are from the Val Sabin Sow (Scheme of work).