

PE and Sport Long Term Plan

Mottram believes that PE and School Sport are essential in helping our children to develop the important qualities of discipline, resilience, communication, tolerance, teamwork, and ambition. It provides the foundation for a healthy lifestyle and promotes character building, co-operation and self-esteem.

High quality PE at Mottram will provide all children with the inspiration to succeed and excel in competitive sport and other physically demanding activities. It will provide opportunities for pupils to become physically confident in a way which supports their health, fitness and mental wellbeing. It provides opportunities to compete in sport and other activities, build character and help to embed values such as fairness and respect.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental movement skills Dance	Sending and receiving Dance	Gymnastics Outdoor	Team games Jujitsu	Athletics Gymnastics	Bikeability Sending and receiving
Year 1/2	Rugby Dance	Handball Dance	Basketball Ball skills	Multiskills Jujitsu	Cricket Gymnastics	Athletics Netball
Year 2/3	Rugby Dance	Handball Gymnastics	Basketball Games	Multiskills Jujitsu	Cricket Rounders	Athletics Netball

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Year 4/5	Rugby Orienteering	Handball Cricket	Basketball Gymnastics Swimming Y4	Volleyball Jujitsu Swimming Y4	Cricket Tennis Swimming Y4	Athletics Rounders Swimming Y4
Year 5/6	Rugby Orienteering	Handball Cricket	Basketball Gymnastics	Volleyball Jujitsu	Cricket Tennis	Athletics Rounders