Annual or Long term plan for KS1-5 Physical Education Lesson of English Language Private School Dubai

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| KS1 | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER1 | SUMMER2 |
| Year 1 | Movement games (SPEED) | Target games (throw and catch) | Gymnastics(balancing) | Ball games (kicking) | Athletics(running)  | Invasion sport(relayBall Kick) |
| Year 2 | Movement games (direction) | Target games (throw and catch) | Gymnastics(balancing) | Ball games (kicking) | Athletics(running) | Invasion sport(relayBall Kick) |
|  KS2 |
| Year 3 | Movement games (co-ordination) | Invasion games (creating space) | Gymnastics(co-ordination) | Ball games (throwing) | Athletics(running) | Invasion sport(relayjump) |
| Year 4 | Movement games (skills) | Invasion games (creating space) | Gymnastics(co-ordination) | Ball games (throwing) | Athletics(jumping) | Invasion sport(relayjump) |
| Year 5 | Net and Wall games (striking a ball) | Invasion games (creating space/games) | Gymnastics(rolls) | Ball games (throwing) | Athletics(jumping) | Invasion sport(relayrace) |
|  KS3 |
| Year6 | Net and Wall games (striking a ball and objects) | Invasion games (defending) | Gymnastics(rolls and bridge) | Ball games (throwing) | Athletics(jumping) | Invasion sport(relayrace) |
| Year 7 | Net and wall (striking sport objects) | Invasion games (defending) | Gymnastics(rolls and bridge) | Ball games (defending) | Athletics(jumping and co-ordination) | Invasion sport(badminton) |
| Year 8 | Net and Wall games (shot selection) | Invasion games (defending) | Gymnastics(sequence) | Ball games (defending and collaboration) | Athletics(throwing) | Invasion sport(basketball) |
|  KS4 |
| Year 9 | Striking and fielding (catching a ball) | Invasion games (shooting) | Gymnastics(integration with art) | Ball games (attacking) | Athletics(throwing) | Invasion sport(handball) |
| Year 10 | Striking and fielding (catching a ball) | Invasion games (shooting) | Gymnastics(integration with art) | Ball games (attacking and team work) | Athletics(team work/ throwing) | Invasion sport(volleyball) |
|  KS5 |
| Year 11 | Striking and fielding (throwing) | Invasion games (scoring) | Gymnastics(integration with art) | Ball games (competition) | Athletics(Olympics) | Invasion sport(cricket,Badminton,football) |
| Year 12 | Striking and fielding (catching and throwing) | Invasion games (shooting and scoring) | Aerobics (role modeling) | Ball games (competition) | Athletics(Olympics) | Invasion sport(throw ballBadmintonfootball) |
| Year 13 | Striking and fielding (catching and throwing) | Invasion games (shooting and scoring) | Aerobics (role modeling) | Ball games (competition) | Athletics(Olympics) | Invasion sport(football,Volleyball,badminton) |