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(relay  Ball Kick) |
| Year 2 | Movement games (direction) | Target games (throw and catch) | Gymnastics  (balancing) | | Ball games (kicking) | Athletics  (running) | Invasion sport(relay  Ball Kick) |
| KS2 | | | | | | | |
| Year 3 | Movement games (co-ordination) | Invasion games (creating space) | | Gymnastics  (co-ordination) | Ball games (throwing) | Athletics  (running) | Invasion sport(relay  jump) |
| Year 4 | Movement games (skills) | Invasion games (creating space) | | Gymnastics  (co-ordination) | Ball games (throwing) | Athletics  (jumping) | Invasion sport(relay  jump) |
| Year 5 | Net and Wall games (striking a ball) | Invasion games (creating space/games) | | Gymnastics  (rolls) | Ball games (throwing) | Athletics  (jumping) | Invasion sport(relay  race) |
| 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(relay  race) |
| 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 ball  Badminton  football) |
| 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) |