

PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Fundamental movement skills – Fun Shapes	Fundamental movement skills – Gymnastics	Working with others – ball skills	Throwing and Catching	Fundamental Movement skills – Sports Day	Aquatics / water confidence
	Outdoor provision – Exploring continuous provision	Outdoor provision – playground games	Outdoor provision - Hula Hoops and skipping games	Yoga bugs / Outdoor provision	Yoga bugs / Outdoor provision	Dance
Year 1	Gymnastics – Jumping Jacks	Games – Multi skills Fundamental Unit 2	Games – Rolling, Receiving, Striking Fundamentals Unit 3	Kicking skills Football	Athletic Activity – Fundamentals and link to Sports Day	Striking and Fielding
	Games – Multi Skills Fundamental Unit 1	Dance	Gymnastics – Rock and Roll	Dance	Aquatics / water safety	Athletics
Year 2	Games – Fundamental Unit 1	Games – Fundamental Unit 2	Games – Fundamental Unit 3	Throw / catching skills Netball	Athletic Activity – Fundamentals and link to Sports Day	Striking and Fielding
	Dance	Gymnastics - Points of contact	Gymnastics-Shape	Dance	Aquatics / water safety	Athletics
Year 3	Invasion Games – Tag Ruby	Invasion Games – Football	Invasion Games – Basketball	Target game - Dodgeball	Athletic Activity – Fundamentals linked to sports day	Athletics Challenges
	Swimming	Dance	Gymnastics – Patterns and pathways	Invasion Games – Hockey	Striking and Fielding	Swimming
Year 4	Invasion Games – Tag-Rugby	Invasion Games – Football	OAA	Net Wall – Tennis	Athletic Activity – Fundamentals linked to sports day	Striking and Fielding – Cricket
	Swimming	Gymnastics – balance	Dance - Zumba	Invasion Games – Hockey	Swimming	Athletics
Year 5	Invasion Games – Tag-Rugby	Invasion Games – Basketball	Target Game – Dodgeball	Net Wall – Tennis	Athletic Activity – Fundamentals linked to sports day	Athletics
	Swimming	Gymnastics – Pair composition	Invasion Games – Netball	Street Dance	Striking and Fielding - Rounders	Swimming
Year 6	Invasion Games – Football	OAA	Invasion Games – Hockey	Net Wall – Tennis	Striking and Fielding – Cricket	Athletics
	Swimming	Gymnastics – body symmetry & Group work	Invasion Games – Netball	Street Dance	Athletic Activity – Fundamentals linked to sports day	Swimming – booster and life-saving skills