



# PE Long Term Plan

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
F1	Fundamental Skills		Fundamental Skills		Gymnastics		Dance		Games		Sports Day Prep	
F2	Locomotion: Walking and Jumping		Ball Skills Hands 1		Gymnastics: High, Low, Over, Under		Games For Understanding (Sports day practise)		Ball Skills Feet		Dance Nursery Rhymes	
Year 1	Locomotion Running	Dance Heroes	Ball Skills Hands 1	Gymnastics Body Parts	Locomotion Jumping	Ball Skills Rackets and Balls	Gymnastics Wide, Narrow, Curled	Dance The Zoo	Attack v Defence : Games for understanding	Team Building	Health and Wellbeing	Sport's Day Prep
Year 2	Locomotion: Dodging	Dance Water	Ball Skills Feet	Gymnastics Linking	Dance Explorers	Ball Skills: Rackets Bats and Balls	Locomotion Jumping	Gymnastics Pathways	Attack v Defence : Games for understanding	Team Building	Health and Wellbeing	Sport's Day Prep
Year 3	Games Dodgeball	Gymnastics Cannon and Unison	Gymnastics Symmetry and Asymmetry	Games Handball	Games Boccia	Dance Weather	Athletics	Outdoor and Adventurous Activities	Net and Wall Tennis	Games Football	Games Cricket	Sport's Day Prep
Year 4	Health and Wellbeing - Mindfulness	Athletics Running	Dance Space	Gymnastics Bridges	Gymnastics Level and Direction	Basketball	Tag Rugby	Football	Athletics	Net and Wall Tennis	Striking and Fielding Rounders	Sport's Day Prep
Year 5	Dodgeball	Athletics Throwing and Jumping	Games Handball	Gymnastics Counter Balance	Dance Street Art	Games Boccia	Games Football	Outdoor and Adventurous Activities	Netball	Cricket	Net and Wall Tennis	Sport's Day Prep
Year 6	Netball	Health and Fitness	Games Badminton	Gymnastics Creating Sequences	Dance Carnival	Games Dodgeball	Games Football	Games Tag Rugby	Rounders	Athletics	Basketball	Sport's Day Prep