



PE Long Term Plan

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Class	1	2	1	2	1	2	1	2	1	2	1	2
Year R Cycle 1	Gross Motor skills – awareness of space	Gym- travelling and balancing	Gross Motor Skills- Team games and chasing games	Dance- autumn leaves and fireworks	Gross Motor Skills- Co-ordination- , throwing and catching	Gym- jumping and rolling	Gross Motor Skills- travelling with and passing a ball	Dance- Marching and Line dancing	Gross Motor Skills – OAA	Dance- Under the sea and The Rainbow Fish	Gross Motor skills- bats and balls	Athletics
Year R/1 Cycle 2 Sparrows	Games- awareness of space	Gym- travelling	Team games and chasing games	Dance- the seasons	Throwing and catching	Dance- line dancing	Travelling with and passing a ball	Gym- Shape	OAA- orienteering	Dance- dinosaurs	Bats and balls	Athletics
Year 1/2 Cycle 1	Games - multi skills- throwing and catching	Dance-Toys	Games - invasion games	Gym - Travelling and balances	Games – attacking and defending	Dance- Country dancing	Games- travelling with and passing a ball	Gym- shapes, jumps and rolls	OAA	Dance- Great Fire of London	Games- striking and fielding	Athletics
Year 2/3 Cycle 2 Woodpeckers	Circuit training	Gym - Locomotion and rolling(movement)	Games - Introduction to invasion games	Dance- street dance	Games – invasion- Dodgeball	Dance- The explorers (Val Sabin)	Games- introduction to Bee netball	Gym- shape	OAA- orienteering	Dance- plants	Games- striking and fielding fundamentals	Athletics
Year 3/4 Cycle 1	Invasion games- Tag Rugby	Dance- Electricity	Invasion games- Hockey	Gym – shape- rhythmic gymnastics	Invasion games- Stinger Netball	Gym- jumping and balancing	Invasion games- Football	Dance- The Rainforest	Games- Net/wall Badminton	OAA	Games- striking and fielding- Kwik Cricket	Athletics
Year 4/5 Cycle 2 Robins	Invasion games- Tag Rugby	Gym –shape	Invasion games- Hockey	Dance- Extreme Earth	Invasion games- Bee Netball	Dance- WW2 dance styles	Invasion games- Football	Gym- movement	Games- striking and fielding- Badminton	OAA- orienteering	Games- striking and fielding- Kwik cricket	Athletics
Year 5/6 Cycle 1	Invasion games-	Dance- Haka	Invasion games-	Swimming/ Gym-	Invasion games-	Dance - The	Invasion games-	Gym - rivers and	Games- net/wall	OAA	Games- striking and	Athletics

PE provision for Early Years links to ELGs: Physical Development, particularly Gross Motor Skills.



	Basketball		stinger Netball	shapes and balances	Handball	Greatest Showman	Football	mountains	Tennis		fielding- Rounders	
Year 6 Cycle 2 Kingfishers	Invasion games- Tag Rugby	Dance- Val S- Theseus and the minotaur	Invasion games- Basketball	Gym- shapes and balances	Invasion games- Handball	Dance - through the decades	Invasion games- Dodgeball	Gym - Space	Games- Football	OAA- orienteering	Games- striking and fielding- Rounders	Athletics