



PE Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Intro to PE: Unit 1	Fundamentals: Unit 1	Dance: Unit 1	Ball skills 1	Gymnastics: Unit 1	Games: Unit 1
Reception	Intro to PE: Unit 2	Fundamentals: Unit 2	Dance: Unit 2	Ball skills2	Gymnastics: Unit 2	Games: Unit 2
Year 1	Fundamentals Gymnastics	Dance Target Games	Team Building Invasion games	Sending and receiving Fitness	KEY STEPS GYMNASTICS Athletics	Net Wall Games Striking and fielding
Year 2	Fundamentals Gymnastics	Dance Target Games	Yoga Invasion games	KEY STEPS GYMNASTICS Sending and receiving	Striking and fielding Athletics	Net Wall Games Fitness
Year 3	Gymnastics (<i>Short Unit</i>) Fundamentals (<i>Short Unit</i>) <i>Swimming 2wk block</i>	Dance Tag Rugby	Fitness KEY STEPS GYMNASTICS	Yoga Handball	Rounders Athletics	Netball Cricket
Year 4	Gymnastics (<i>Short Unit</i>) Dodgeball (<i>Short Unit</i>) <i>Swimming 2wk block</i>	Dance Basketball	Ball skills KEY STEPS GYMNASTICS	Ball Skills Y3/4 Fitness	OAA + <i>Residential 1 night</i> Athletics	Tennis Football
Year 5	Gymnastics Football	Dance (<i>Short Unit</i>) Tag Rugby (<i>Short Unit</i>) <i>Swimming 2wk block</i>	Fitness Handball OAA <i>Residential 2 nights</i>	Yoga Netball	Athletics Rounders	Cricket Badminton
Year 6	Gymnastics Dodgeball	Dance (<i>Short Unit</i>) Basketball (<i>Short Unit</i>) OAA <i>Residential 2 nights</i>	Fitness KEY SKILLS GYMNASTICS	Hockey Volleyball	Tennis Athletics	OAA Cricket <i>Top Up Swimming Y6 Non swimmers</i>