

PHYSICAL EDUCATION LONG TERM PLAN



| | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
|-----|--|---|---------------------------------------|--|---|---|
| FS | Locomotion: Walking 1 | Ball Skills: Hands 1 | Gymnastics: High, Low, Over, Under | Dance: Nursery Rhymes | Ball Skills: Feet 1 | Attack vs Defence: Games for Understanding |
| YR1 | Gymnastics: Wide, Narrow, Curled | Gymnastics: Body Parts | Dance: Growing | Dance: The Zoo | Attack vs Defence: Games for Understanding | Team Building |
| | Locomotion: Running 1 | Ball Skills: Hands 1 | Ball Skills: Feet 1 | Ball Skills: Hands 2 | Locomotion: Jumping 1 | Health & Wellbeing |
| YR2 | Locomotion: Dodging 1 | Gymnastics: Pathways | Dance: Water | Ball Skills: Hands 2 | Attack vs Defence: Games for Understanding | Health & Wellbeing |
| | Gymnastics: Linking | Ball Skills: Hands 1 | Ball Skills: Feet 1 | Locomotion: Jumping 1 | Dance: Explorers | Team Building |
| YR3 | Gymnastics: Symmetry & Asymmetry | Outdoor Adventure Activities: Communications & Tactics | Games, Invasion: Basketball | Outdoor Adventure Activities: Problem Solving | Dance: Weather | Games, Striking & Fielding: Roulers |
| | Games, Invasion: Netball | Games, Invasion: Handball | Games, Invasion: Tag Rugby | Games, Net/Wall: Tennis | Athletics | Dance: Greeks |
| YR4 | Games, Invasion: Netball | Games, Invasion: Handball | Games, Invasion: Basketball | Games, Invasion: Tag Rugby | Games, Net/Wall: Tennis | Athletics |
| | Gymnastics: Bridges | Outdoor Adventure Activities: Communication & Tactics Swimming | Dance: Carnival | Outdoor Adventure Activities: Problem Solving | Games, Striking & Fielding: Roulers' | Dance: Space |
| YR5 | Gymnastics: Counter Balance & Counter Tension | Health Related Exercise | Games, Net/Wall: Badminton | Outdoor Adventure Activities: Orienteering | Athletics | Games, Striking & Fielding: Cricket |
| | Swimming Games, Invasion: Football | Games, Invasion: Netball | Games, Invasion: Hockey | Games, Striking & Fielding: Roulers' | Dance: Wild Animals | Dance: The Circus |
| YR6 | Health Related Exercise | Games, Invasion: Football | Dance: Titanic | Games, Invasion: Hockey | Games, Net/Wall: Badminton | Games, Striking & Fielding: Cricket |
| | Outdoor Adventure Activities: Orienteering | Gymnastics: Matching & Mirroring | Games, Invasion: Basketball | Dance: World War II | Games, Striking & Fielding: Roulers' | Athletics |