

PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE 1	Fundamentals Unit 1	Dance 1	Gymnastics 1	Ball Skills 1	Games 1
Reception	Introduction to PE 2	Fundamentals Unit 2	Dance 2	Gymnastics 2	Ball Skills 2	Games 2
Year 1	Ball Skills Fundamentals	Gymnastics Sending and Receiving	Dance Target Games	Yoga Invasion Games	Fitness Net and Wall Games	Team Building Athletics
Year 2	Gymnastics Fundamentals	Yoga Team Building	Dance Fitness	Sending and Receiving Ball Skills	Athletics Net and Wall Games	Invasion Games Net Games
Year 3	Fundamentals Tennis	Netball Gymnastics	Dance Football	Yoga Cricket	Fitness Net and Wall Games	OAA Athletics
Year 4	Fundamentals Gymnastics	Football Yoga	Fitness Dance	OAA Cricket	Net & Wall Games Rounders	Tennis Athletics
Year 5	Badminton Basketball	Gymnastics Volleyball	Tag Rugby Dance	OAA Dodgeball	Cricket Yoga	Tennis Athletics
Year 6	Badminton Tag Rugby	Gymnastics Yoga	Volleyball Dance	Netball Fitness	Rounders OAA	Tennis Athletics

