



**Physical Education**  
**Long term plan**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>EYFS</b>	Gymnastics – Balance	Gymnastics – Stretching Shapes	Dance – Animals, Mini Beasts	Dance – Fictional Characters, Julia Donaldson	Fun with quoits and cones	Turn taking on holidays (Strike and Field)
<b>Year 1</b>	Throwing and Catching (invasion)	Gymnastics (balance and agility)	Dance: UK Celebrations	Yoga	Balance and Control (strike and field)	Athletics - FUNDamentals
	Running and Jumping (athletics)	Hockey (coordination)	Ball Control (invasion)	Creative Play (outdoor adventure)	Hand and eye coordination: net/wall (tennis)	Partner Games (Strike and Field)
<b>Year 2</b>	Sending and Receiving (Invasion)	Gymnastics: 2-D and 3-D shapes	Dance: The UK – Traditional Dances	Yoga	Striking and Fielding (cricket)	Movements (athletics)
	Multi-skills: running, jumping, travelling	Kinetics – Tag Rugby	Kicking and Dribbling (Invasion – Hockey an Football)	Rule Making (Outdoor Adventure)	Striking for Accuracy (Net games)	Group Games (Strike and Field)
<b>Year 3</b>	Gymnastics: Travelling Romans	Dance - Bollywood	Yoga	Passing for Possession (Basketball and Football)	Over the net (Net Games)	Being an Athlete (Athletics)
	Dribbling to Invade (Hockey and Football)	Dodgeball/handball	Tri Golf	Thinking Aloud (Outdoor Adventure)	Striking and Exploring (Strike and Field)	Rounders
<b>Year 4</b>	Passing and Moving (Invasion – Netball and Basketball)	Invasion Games (Rugby League)	Swimming	Swimming	Decisions (outdoor adventure)	Fielding (Strike and Field)
	Dribbling, Movement and Teamwork (Invasion – Hockey and Football)	Dance: Charleston	Gymnastics: perfecting sequencing 'the water cycle'	Dodgeball and Handball	Returning (Net Games – Tennis and Volleyball)	Record Breaking (Athletics)



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<b>Year 5</b>	Swimming	Swimming	Rules and Concepts (Football and Netball)	Leadership (outdoor activities)	Striking and Fielding (Cricket)	Exploring, Striking and Fielding
	Invasion in a team (Hockey and Football)	Dance: Rock n Roll	Gymnastics: abstract angles	Basketball	Accuracy and Rallies (Net Games)	Olympic Training (Athletics)
<b>Year 6</b>	Gymnastics: Perfecting in which Quadrant?	Dance (street dance)	Yoga	Invasion – Competitive (Netball and Basketball)	Striking and Fielding - Teamwork	Rounders
	Invasion Games – Rugby League	Dodgeball/Handball	Invasion to Score (Hockey and Football)	Net Games for Points (Net Games)	Finding Success (Outdoor Adventure)	Going for Gold (Athletics)

Key:

Taught by class teachers

Taught by Mr Pearson