

PE Long Term Plan

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation 1	Introduction to PE: Unit 1	Fundamentals: Unit 1	Gymnastics: Unit 1	Ball Skills: Unit 1	Dance: Unit 1	Games: Unit 1
Foundation 2	Introduction to PE: Unit 2	Fundamentals: Unit 2	Gymnastics: Unit 2	Ball Skills: Unit 2	Dance: Unit 2	Games: Unit 2
Year 1	Fundamentals Ball Skills	Gymnastics Dance	Fitness Team Building	Sending and Receiving Target Games	Athletics Striking and Fielding Games	Net and Wall Games Invasion Games
Year 2	Fundamentals Skills	Gymnastics Dance	Fitness Team Building	Sending and Receiving Target Games	Athletics Striking and Fielding Games	Net and Wall Games Invasion Games
Year 3	Fundamentals Y3/4 Hockey	Gymnastics Dance	Fitness Ball Skills Y3/4	Netball Dodgeball	Athletics OAA	Tennis Cricket
Year 4	Football Handball	Gymnastics Dance	Fitness Swimming	Basketball Swimming	Athletics OAA	Tennis Rounders
Year 5	Badminton Y5/6 Hockey	Gymnastics Dance	Fitness Dodgeball	Volleyball Y5/6 Netball	Athletics OAA	Tag Rugby Cricket
Year 6	Badminton Y5/6 Football	Gymnastics Dance	Fitness Handball	Volleyball Y5/6 Basketball	Athletics OAA	Tag Rugby Rounders