



PE Long-Term Plan

		Autumn		Spring		Summer	
		Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
NA	1 st Half	Fundamental movements	Fundamental movements	Balance and control	Kicking	Dance for enjoyment	Negotiating space (speed)
	2 nd Half	Climbing	Squatting	Negotiating space	Catching	Move rhythmically	Games
NB	1 st Half	Fundamental movements	Fundamental movements	Negotiating space (adjusting speed)	Throwing & catching	Dance for enjoyment	Ring games
	2 nd Half	Balancing	Fundamental movements	Negotiating space (avoiding obstacles)	Throwing & catching	Move rhythmically	Negotiating space
Reception	1 st Half	Body management	Cooperate and solve problems	Dance	Manipulation and coordination	Gymnastics	Speed, agility and travel
	2 nd Half	Gymnastics	Speed, agility and travel	Body management	Cooperate and solve problems	Dance	Manipulation and coordination
Year 1	1 st Half	Run, jump, throw	Attack, defend and shoot	Dance	Hit, catch, run	Dance	Send and return
	2 nd Half	Gymnastics	Send and return	Gymnastics	Attack, defend and shoot	Run, jump, throw	Hit, catch, run
Year 2	1 st Half	Run, jump, throw	Attack, defend and shoot	Dance	Hit, catch, run	Dance	Send and return
	2 nd Half	Gymnastics	Send and return	Gymnastics	Attack, defend and shoot	Run, jump, throw	Hit, catch, run
Year 3	1 st Half	Dance	Football	Badminton	Netball	Dance	Orienteering
	2 nd Half	Gymnastics	Tennis	Handball	Athletics	Gymnastics	Rounders
Year 4	1 st Half	Dance	Football	Badminton	Netball	Dance	Orienteering
	2 nd Half	Gymnastics	Tennis	Handball	Athletic	Gymnastics	Rounders
Year 5	1 st Half	Swimming	Athletics (Track)	Swimming	Basketball	Swimming	Cricket
	2 nd Half	Swimming	Athletics (Field)	Swimming	Rugby	Swimming	Hockey
Year 6	1 st Half	Swimming	Athletics (Track)	Swimming	Basketball	Swimming	Cricket
	2 nd Half	Swimming	Athletics (Field)	Swimming	Rugby	Swimming	Hockey