



PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fitness Sending & retrieving	Balls Skills Fundamentals	Gymnastics Team Building	Net & Wall Games Dance	Target Games Striking & fielding	Invasion Games Athletics
Year 2	Ball Skills Fundamentals	Team Building Gymnastics	Dance Fitness	Striking & Fielding Target Games	Athletics Invasion Games	Net & Wall Games Yoga
Year 3	Fundamentals Ball Skills	Hockey Gymnastics	Yoga Dance	Swimming OAA	Athletics Dodgeball	Tennis Cricket
Year 4	Basketball Tennis	Dance Football	Swimming Golf	Tag Rugby Gymnastics	Athletics Fitness	Rounders Netball
Year 5	Cricket Hockey	Gymnastics Yoga	Dance Badminton	Dodgeball Tag Rugby	Swimming Golf	Basketball OAA
Year 6	Fitness Football	Dance Handball	Gymnastics Volleyball	Tag Rugby Golf	Athletics Rounders	Swimming Tennis