



Physical Education Long-Term Plan Overview

| | Autumn Term | | Spring Term | | Summer Term | |
|------------------|-----------------------------|-----------------------|-------------------------------|---------------------------------------|--------------------------------|---------------------|
| Nursery | Introduction to PE - Unit 1 | Fundamentals - Unit 1 | Gymnastics - Unit 1 | Dance - Unit 1 Everyday Life | Ball Skills - Unit 1 | Games - Unit 1 |
| Reception | Introduction to PE - Unit 2 | Fundamentals - Unit 2 | Gymnastics - Unit 2 | Dance - Unit 2 Places | Ball Skills - Unit 2 | Games - Unit 2 |
| Year 1 | Fundamental Movement Skills | Fitness | Gymnastics | Gymnastics | Athletics | Athletics |
| | Ball Skills | Yoga | Dance: Creating Dance Phrases | Sending & Receiving | Target Games | Striking & Fielding |
| Year 2 | Fundamental Movement Skills | Fitness | Gymnastics | Gymnastics | Athletics | Athletics |
| | Team Building | Yoga | Dance: Keeping Time | Sending & Receiving | Invasion Games | Striking & Fielding |
| Year 3 | Fundamental Movement Skills | Ball Skills | Gymnastics | Dance: Rhythm, Canon & Formation | Athletics | Athletics / O.A.A. |
| | Swimming | Swimming | Netball | Tag Rugby | Cricket | Tennis |
| Year 4 | Fitness | Yoga | Gymnastics | Netball | Athletics | Athletics / O.A.A. |
| | Swimming | Swimming | Dance: Communicating Feelings | Tag Rugby | Dance: South American Cultures | Tennis |
| Year 5 | Fitness | Hockey | Gymnastics | Dance: Dances from Different Cultures | Striking & Fielding | O.A.A. |
| | Athletics | Netball | Handball | Tag Rugby | | Tennis |
| Year 6 | Fitness | Hockey | Gymnastics | Dance Group Choreography | O.A.A. (inc Standon Bowers) | Striking & Fielding |
| | Athletics | Netball | Handball | Tag Rugby | Tennis | Tennis |