



## Long Term Plan for P.E.

Year	Autumn		Spring		Summer	
Rec	Introduction to P.E. Unit 1	Fundamentals: Unit 1	Dance: Unit 1	Gymnastics: Unit 1	Balls Skills: Unit 1	Games: Unit 1
1	Balls Skills	Dance	Gymnastics	Target Games	Sending and Receiving	Athletics
	Fundamentals	Team Building	Invasion	Fitness	Net and Wall	Striking and Fielding
2	Net and Wall	Dance	Gymnastics	Invasion	Striking and Fielding	Athletics
	Fundamentals	Team Building	Fitness	Balls Skills	Sending and Receiving	Target Games
3	Basketball	Dance	Gymnastics	Hockey	Athletics	Cricket
	Balls Skills Y3/4	Fundamentals Y3/4	Fitness	Tennis	Rounders	Outdoor and Adventurous Activity
4	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Hockey	Dance	Gymnastics	Tennis	Athletics	Netball
5	Hockey	Dance	Gymnastics	Basketball	Athletics	Tennis
	Fitness	Football	Netball	Dodgeball	Rounders	Outdoor and Adventurous Activity
6	Tag Rugby	Dance	Gymnastics	Tennis	Athletics	Cricket
	Fitness	Football	Hockey	Basketball	Rounders	Outdoor and Adventurous Activity