



# Physical Education Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2		Summer 1	Summer 2
EYFS	Ball skills: Rolling and Catching	Fundamentals: Balancing and Jumping	Movement to Music: Dance	Gym basics: Climbing and Balancing		Athletics (running and throwing)	Outdoor Adventures (Parachute and team games) Sports Day Events
Year 1	Brilliant Ball Skills	Groovy Gymnastics/ Story Time Dance	Fitness and Circuits	Net and Wall skills		Mighty Movers: Running and Athletics	Team games and Sports Day Events
Year 2	Brilliant Ball Skills	Groovy Gymnastics/ Ugly Bug Ball Dance	Fitness and Circuits	Net and Wall skills		Mighty Movers: Running and Athletics	Team games and Sports Day Events
Year 3	Brilliant Ball Skills	Groovy Gymnastics/ African Dance	Fitness and Circuits	Net and Wall skills		Mighty Movers: Running and Athletics	Outdoor Adventurous Activity: Commando Joe Sports Day Events
Year 4	Invasion Games: Football	Gym Sequences/ Dynamain Dance- Line Dancing Swimming	Circuits and Pilates  Swimming	Nimble Nets	Striking and Fielding	Young Olympians	Outdoor Adventurous Activity: Commando Joe Sports Day Events
Year 5	Invasion Games: Netball Swimming	Gym Sequences/ Dynamic Dance- Bollywood Swimming	Circuits and Pilates	Nimble Nets	Striking and Fielding	Young Olympians	Outdoor Adventurous Activity: Commando Joe Sports Day Events
Year 6	Invasion Games: Football Swimming	Gym Sequences/ Dynamic Dance- Street Dance	Circuits and Pilates	Nimble Nets	Striking and Fielding	Young Olympians	Outdoor Adventurous Activity: Commando Joe Sports Day Events
End of term treat:	Aerial skills		Street Dance Day			Boxing	
Extra-curricular provision:	Football, Netball and Dodgeball		Dance/Gymnastics	Rounders and Tennis		Athletics	