

PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	INTRODUCTION TO PE Fundamental movement skills.	FUNDAMENTAL SKILLS Through story telling. Developing Motor skills.	DANCE Perform using a range of actions and body parts.	GYMNASTICS Exploring the fundamentals of gymnastics learning balances, shapes and jumps.	GAMES Further develop Fundamental movement skills through games.	BALL SKILLS Looking at fundamental ball skills such as rolling and receiving a ball.
Year 1	FUNDAMENTAL SKILLS Through story telling. Developing Motor skills.	BALL SKILLS Fundamental ball skills such as throwing, catching and rolling.	GYMNASTICS Exploring the fundamentals of gymnastics learning shapes, jumps and rolls. DANCE Perform using a range of actions and body parts with some coordination.	THROWING AND CATCHING Exploring the fundamentals of SENDING AND RECEIVING.	NET AND WALL GAMES Looking at control and technique of using a racket.	ATHLETICS Starting to compete in activities such as running races and building on motor skills.
Year 2	FUNDAMENTAL SKILLS Through story telling. Combining motor skills in sequence.	BALL SKILLS Fundamental ball skills such as throwing, catching and rolling.	GYMNASTICS Exploring gymnastics learning shapes, jumps and rolls and learning sequences and patterns. DANCE Remember & perform actions from a taught dance.	THROWING AND CATCHING Exploring the fundamentals of SENDING AND RECEIVING.	NET AND WALL GAMES Looking at control and technique of using a racket and exploring different types of shots.	ATHLETICS Starting to compete in activities such as running races and throwing activities, building on motor skills.

Year 3	INVASION GAMES Learning the fundamental skills of invasion games through HANDBALL .	INVASION GAMES Building on teamwork and starting to compete in HOCKEY .	GYMNASTICS Exploring gymnastics learning shapes, jumps, rolls and balances and create sequences. DANCE Begin to improvise with a partner to create a simple dance.	NET AND WALL Exploring the fundamentals of TENNIS looking at swings and serves and to finish by playing basic matches.	STRIKING AND FIELDING Learning the fundamentals of striking and fielding through CRICKET .	ATHLETICS Compete in a range of activities showing off their basic motor skills such as running, jumping and throwing events like shotput and hurdles.
Year 5	INVASION GAMES Learning the fundamental skills of invasion games through HANDBALL and learning to manipulate space.	INVASION GAMES Developing a deeper knowledge of attacking and defending in HOCKEY .	GYMNASTICS Exploring gymnastics learning shapes, jumps, rolls, balances and advanced skills such as cartwheels and handstands creating routines and sequences. DANCE Compose individual, partner and group movement sequences that reflect the chosen dance genre.	NET AND WALL Exploring the fundamentals of TENNIS looking at swings and serves and to finish by looking at the rules and competing.	STRIKING AND FIELDING Building on the fundamentals of striking and fielding to start to compete in CRICKET .	ATHLETICS To compete in a range of activities working towards an Olympic style event and to start to work on officiating the events themselves.
Year 6	INVASION GAMES Learning the fundamental skills of invasion games through HANDBALL working on utilising space and communication.	INVASION GAMES Utilising attacking and defending skills in HOCKEY as a team .	GYMNASTICS Exploring gymnastics learning shapes, jumps, rolls, balances and advanced skills such as cartwheels and handstands creating routines and sequences. Giving positive and constructive feedback. DANCE Use dramatic expression in dance movements and motifs.	NET AND WALL Exploring the fundamentals of TENNIS looking at swings and serves and to recognise different strategies within the swings and to compete confidently in tennis.	STRIKING AND FIELDING Diving deeper into striking by striking with accuracy in GOLF .	ATHLETICS To work on officiating skills in Olympic style events and to be confident in making a choice as an official.