



PE Long Term Plan

At GSP, our early years foundation stage curriculum roles on a one-year cycle. The curriculum is planned and developed to progress between Nursery to Reception, and from Reception to KS1. Below is a long-term overview of how 'PE' is delivered through the 'Physical Development' elements of the early years' foundation stage curriculum.

ELG: Gross Motor Skills	Children at the expected level of development will negotiate space and obstacles safely, with consideration for themselves and others, demonstrate strength, balance and coordination when playing and move energetically, such as running, jumping, dancing, hopping, skipping and climbing
--------------------------------	--

	Autumn Term		Spring Term	Summer Term	
	Gross Motor Skills	Gross Motor Skills	Gross Motor Skills	Gross Motor Skills	Gross Motor Skills
Nursery	Transition & Baseline Assessments (staggered entry)	Action songs Creative Dance Seasons Expressive Arts & Design	Following Instructions Basic Fundamental Skills Introduction – e.g. marching, skipping, jumping	Riding a bike Transition from scooter to pedal bike to balance bike	Multi-skills Introduction to athletics skills. Participate in first sports day

	Autumn Term		Spring Term		Summer Term	
	Gross Motor Skills	Gross Motor Skills	Gross Motor Skills	Gross Motor Skills	Gross Motor Skills	Gross Motor Skills
Reception	Transition & Baseline Assessments	Real PE Unit 1 Introduction to Foundation Real PE	Creative Dance Circus	Gymnastics Small apparatus	Real PE Unit 4 Clowning Around Water-Ski Challenge	Multi-skills Introduction to athletics skills and participate in sports day



PE Long Term Plan – Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	Multiskills Fundamental Skills kicking - Ball control	Dance Fundamental Skills Throwing and Catching	Gymnastics Shape, Travel, Balance Multi skills Hockey – Ball control	Yoga Quidditch	Dance Creative Steps Tennis	Rounders Athletics Running, Jumping, Throwing
LKS2	Real PE - Unit 1 Hockey Swimming	Net Games –Basketball Quidditch Swimming	Gymnastics Swimming Tag Rugby – Warrington Wolves	Yoga Swimming Tag Rugby – Warrington Wolves	Hockey Swimming Gymnastics	Volleyball Swimming Athletics
UKS2	Real PE - Unit 6 (Personal Skills) Invasion Games - Football	Gymnastics Invasion Games - Netball	Real PE Leaders Orienteering & Problem Solving	Badminton Hockey	Volleyball Cricket	Dance Quidditch



PE Long Term Plan – Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	Multiskills Fundamental Skills Handball – Throwing and catching	Multiskills Fundamental Skills Football – ball control	Gymnastics Shape, Travel, Balance Multi skills Rugby	Yoga Real PE Unit 5 (Applying physical skills)	Dance Team games Rounders	Real PE Unit 6 (Health & Fitness) Athletics Running, jumping, throwing
LKS2	Gymnastics Swimming Invasion Games – Basketball	Multi-skills Invasion games – Hockey Swimming	Dance-Creative Steps Swimming Warrington Wolves Tag Rugby	Real PE - Unit 4 Swimming Cricket	Athletics Swimming Volleyball	Real PE - Unit 5 Swimming Striking and Fielding – Rounders
UKS2	Health & Fitness Awareness Unit 5 Invasion Games – Rugby	Gymnastics Invasion Games - Quidditch	Real Leaders - Leadership Skills Unit 1-6 Outdoor Adventurous Activities - Orienteering and Problem Solving	Real PE – Fundamental Skills Hockey	Dance-Creative Steps Athletics	Net Games – Badminton Tennis