

Physical Education

Long Term Plan

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
Lesson 1						
Year 1						
Lesson 1	Locomotion - Jumping	Ball skills – Hands 1 & 2	Locomotion - Running	Ball skills - Feet	Athletics – Sports Day	Attack v Defence
Lesson 2	Dance - Growing	Gymnastics – Body Parts	Dance - Twinkl Seasons	Gymnastics – Wide, Narrow, Curled	Dance – Maypole (Barber’s pole & Spiders Web)	Gymnastics – Val Sabin Rocking and Rolling
Year 2						
Lesson 1	Freddie Fit	Ball skills – Hands 1 & 2	Locomotion – Jumping & Dodging	Ball skills – Feet 1	Athletics – Sports Day (including recap Year 1 running)	Attack v Defence
Lesson 2	Dance - Water	Gymnastics - Pathways	Dance – Country Dancing	Gymnastics - Linking	Dance – Maypole (Spider’s web, Plait & Double plait)	Gymnastics – Val Sabin Turning, Spinning & Twisting

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3						
Teacher	Health Related Exercise including Sports Hall Athletics	Problem solving	Dance – Wild Animals	Basketball	Badminton	Athletics/ Rounders
PPA	Netball	Hockey	Gymnastics	Tag Rugby	Athletics	Cricket
Year 4						
Teacher	Health Related Exercise including Sports Hall Athletics	no PE (in lieu of Nativity)	no PE (in lieu of Swimming)	Dance - Aliens	Swimming	Swimming
PPA	Netball	Hockey	Gymnastics	Tag Rugby	Athletics	Cricket
Year 5						
Teacher	Health Related Exercise including Sports Hall Athletics	Dance – Country Dancing (Barndance & Square Dance)	Orienteering	Basketball	Tennis	Athletics/ Rounders
PPA	Netball	Hockey	Gymnastics	Tag Rugby	Athletics	Cricket
Year 6					PGL	
Teacher	Health Related Exercise including Sports Hall Athletics	Orienteering	Dance (1930s and 1940s)	Basketball	Tennis	Athletics/ Rounders/ Golf
PPA	Netball	Hockey	Gymnastics	Tag Rugby	Athletics	Cricket

Gym	Swimming	Dance	Net/wall	Strike/field	Invasion	Outd and Adv	Athletics	Fitness/PBs
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