

PE Long Term Plan

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	play move explore	agility balance coordination look run avoid	agility balance coordination look run avoid	hands feet equipment inspire create perform	SWIMMING SWIMMING	hands feet equipment Y4 planning inspire create perform Y4 planning	fair share dare Y5 planning evade invade capture Y5 planning
Autumn 2	move match magic	throw prepare catch hands feet equipment	throw prepare catch hands feet equipment	strike react rally look run avoid	SWIMMING SWIMMING	strike react rally Y4 planning look run avoid Y4 planning	inspire create perform Y5 planning block guard support Y5 planning
Spring 1	explore evade escape	jump shape create fair share dare	jump shape create fair share dare	agility balance coordination react roll retrieve	react roll retrieve throw prepare catch	lend move score watch move connect	symmetry balance travel MODIFIED GAME Tchoukball or Handball
Spring 2	search steal share	duel win lose inspire create perform	duel win lose inspire create perform	run jump throw fair share dare	run jump throw fair share dare	symmetry balance travel explore solve challenge	SWIMMING SWIMMING
Summer 1	crawl climb collect	run jump throw react roll retrieve	run jump throw react roll retrieve	duel win lose pass position patience	duel win lose pass position patience	SWIMMING SWIMMING	speed distance strength Y5 planning aim strike retrieve Y5 Planning
Summer 2	hands feet equipment	target control combine send receive return	target control combine send receive return	jump shape create accuracy power distance	symmetry balance travel accuracy power distance	run jump throw speed distance strength	MODIFIED GAME Rounders MODIFIED GAME Cricket