

Oak Primary School
Physical Education
Long Term Plan 2024/25



| | Autumn 1 8 Weeks | Autumn 2 7 weeks | Spring 1 6 weeks | Spring 2 6 weeks | Summer 1 6 weeks | Summer 2 7 weeks |
|---------------|---------------------------|---------------------|---|---|--------------------------------|--------------------------------|
| EYFS | Introduction to PE | Ball Skills | Dance | Fundamentals | Gymnastics | Games |
| Year 1 | Dance | Fundamentals | Ball Skills | Gymnastics | Striking/Fielding Games | Athletics |
| Year 2 | Fundamentals | Ball Skills | Dance | Striking/Fielding Games | Athletics | Gymnastics |
| Year 3 | Athletics | Fundamentals | Gymnastics | Outdoor and Adventurous Activities | Dance | Invasion Games |
| Year 4 | Invasion Games | Gymnastics | Net wall Games | Dance | Athletics | Striking/fielding Games |
| Year 5 | Invasion Games | Gymnastics | Outdoor and Adventurous Activities | Net Wall Games | Dance | Athletics |
| Year 6 | Athletics | Gymnastics | Invasion Games | Fitness | Net Wall Games | Striking/fielding Games |

Invasion Games – Handball, netball, basketball, football, tag rugby, hockey, dodgeball.

Net Wall Games – Tennis, volleyball and Badminton.

Striking/Fielding Games – Baseball, cricket, softball, rounders.