

PE LONG TERM PLAN – CYCLE A - 2023-24

Class/Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Owlets/Eaglets (Reception)	Gymnastics – Balance  Beanbag Skills (Invasion)	Dance – Animals – Mini Beasts  Ball Skills at the Zoo (Invasion)	Gymnastics – Jumping and Balancing  Bats and Balls at the Circus (Net Games)	Dance – The UK – Weather  Fun Games with Friends (Outdoor Adventure)	Gymnastics – Stretching Shapes  Turn Taking on Holidays (Strike and Field)	Dance – Fictional Characters – Julia Donaldson  Fun with Quits and Cones (Athletics)
Robins (Year 1)	Gymnastics – Balance and Agility  Throwing and Catching (Invasion)	Dance – The UK – Celebrations  Partner Games (Strike and Field)	Gymnastics – Position and Direction  Running and Jumping (Athletics)	Dance Fictional Characters – Traditional Tales  Ball Control (Invasion)	Gymnastics – Jump into the Past  Balance and Control Striking (Net Games)	Dance Animals – Jungle  Creative Play (Outdoor Adventure)
Wagtails (Year 2)	Gymnastics – Balance and Co-ordination  Sending and Receiving (Invasion)	Dance – The UK – Traditional Dances  Group Games (Strike and Field)	Gymnastics – 2D and 3D Shapes  Movements (Athletics)	Dance Fictional Characters – Pirates  Kicking and Dribbling (Invasion – Hockey and Football)	Gymnastics – Famous People  Striking for Accuracy (Net Games)	Dance – Dangerous Animals  Rule Making (Outdoor Adventure)
Blackbirds (Year 3)	Gymnastics – Symmetrical Shapes  Swimming	Dance – Science – Magnets  Swimming	Gymnastics – The Symmetrical Stone Age  Being an Athlete (Athletics)	Dance Style – Bollywood  Dribbling to Invade (Invasion – Hockey and Football)	Gymnastics – What’s my Direction?  Over the Net (Net Games)	Dance Style – Charleston  Thinking Aloud (Outdoor Adventure)
Starlings (Year 3/4)	Gymnastics – Symmetrical Shapes  Passing for Possession (Invasion – Basketball and Football)	Dance – Science – Magnets  Striking and Exploring (Strike and Field)	Gymnastics – The Symmetrical Stone Age  Swimming	Dance Style – Bollywood  Swimming	Gymnastics – What’s my Direction?  Over the Net (Net Games)	Dance Style – Charleston  Thinking Aloud (Outdoor Adventure)

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Magpies (Year 4)	Gymnastics – Symmetrical Shapes  Passing for Possession (Invasion – Basketball and Football)	Dance – Science – Magnets  Striking and Exploring (Strike and Field)	Gymnastics – The Symmetrical Stone Age  Being an Athlete (Athletics)	Dance Style – Bollywood  Dribbling to Invade (Invasion – Hockey and Football)	Gymnastics – What’s my Direction?  Swimming	Dance Style – Charleston  Swimming
Seagulls (Year 5)	Gymnastics – Complex Sequences ‘Mountains’  Rules and Concepts (Invasion – Football and Netball)	Dance Style – Rock n’ Roll  Exploring, Striking and Fielding	Gymnastics – ‘Travelling’ in WWII  Olympic Training (Athletics)	Dance History – WWII  Invasion in a Team (Hockey and Football Skills)	Gymnastics – ‘Viking’ Balance  Accuracy and Rallies (Net Games)	Dance – Science – Materials  Leadership (Outdoor Adventure)
Owls (Year 5/6)	Gymnastics – Complex Sequences ‘Mountains’  Rules and Concepts (Invasion – Football and Netball)	Dance Style – Rock n’ Roll  Exploring, Striking and Fielding	Gymnastics – ‘Travelling’ in WWII  Olympic Training (Athletics)	Dance History – WWII  Invasion in a Team (Hockey and Football Skills)	Gymnastics – ‘Viking’ Balance  Accuracy and Rallies (Net Games)	Dance – Science – Materials  Leadership (Outdoor Adventure)
Eagles (Year 6)	Gymnastics – Complex Sequences ‘Mountains’  Rules and Concepts (Invasion – Football and Netball)	Dance Style – Rock n’ Roll  Exploring, Striking and Fielding	Gymnastics – ‘Travelling’ in WWII  Olympic Training (Athletics)	Dance History – WWII  Invasion in a Team (Hockey and Football Skills)	Gymnastics – ‘Viking’ Balance  Accuracy and Rallies (Net Games)	Dance – Science – Materials  Leadership (Outdoor Adventure)