

PE LONG TERM PLAN

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Gymnastics (S) Points/patches	Dance (T) Toys	Dance Rainforest Dance (T)	Basket Ball (MC)	Tag Rugby (AM)	Cricket (S)
	Running and Jumping (T)	Throwing and Catching (T)	Fitness/circuits (T)	Fitness circuits MC	Swimming	Gymnastics (S) Movement
Autumn 2	Gymnastics (S) Wide/narrow/cur	Gymnastics Landscapes (T)	Gymnastics 1 Movement (T)	Gymnastics Movement (T)	Gymnastics Movement (T)	Fitness Circuits
	Fitness circuits	Fitness/ Circuits (TG)	Dance T Extreme Weather	Dance (T) Carnival of the Animals	Swimming	Gymnastics Rivers and Gymnastics (T)
Spring 1	Dance (T) Starry skies	Target Games (T)	Gymnastics 2 Shape (T)	swimming	Gymnastics (T) Shape and balance	Dance (T) Through Decades
	Throwing and catching (T)	Gymnastics (T) Under the Sea	Dodgeball skills (T)	Dance (T) Romans	Coach To be arranged	Coach To be arranged

Spring 2	Bat and ball (T)	Football (T)	Invasion Games (T)	Hockey (T)	Circuit training (T)	Striking and Fielding (T)
	Coach To be arranged	Coach To be arranged	Coach To be arranged	Swimming	Gymnastics (AM)	Athletics (T)
Summer 1	Dance Bollywood KW	Striking/ Fielding	Orienteering (KW)	Cricket (MC)	Orienteering AM	Swimming
	Athletics/ relays (S)	Yoga (T)	Athletics Scheme and T	Coach To be arranged	Coach To be arranged	Coach To be arranged
Summer 2	Attacking and Defending (T)	Athletics (T)	Net and Wall (T)		Athletics (AM)	Netball (T)
	Coach To be arranged	Coach To be arranged	Coach To be arranged	Athletics (T)	Tag Rugby	Swimming

T = Twinkl unit

S = PE scheme