



Physical Education Long-Term Plan Overview

	Autumn Term		Spring Term		Summer Term	
Nursery	Introduction to PE - Unit 1	Fundamentals - Unit 1	Gymnastics - Unit 1	Dance - Unit 1 Everyday Life	Games - Unit 1	Ball Skills - Unit 1
Reception	Introduction to PE - Unit 2	Fundamentals - Unit 2	Gymnastics - Unit 2	Dance - Unit 2 Places	Games - Unit 2	Ball Skills - Unit 2
Year 1	Fundamental Movement Skills	Yoga	Gymnastics	Dance: Creating Dance Phrases	Athletics	Striking & Fielding
	Ball Skills	Fitness	Sending & Receiving	Target Games	Net and Wall	Team Building
Year 2	Fundamental Movement Skills	Yoga	Gymnastics	Dance: Keeping Time	Athletics	Striking & Fielding
	Ball Skills	Fitness	Sending & Receiving	Invasion Games	Net and Wall	Team Building
Year 3	Fundamental Movement Skills	Ball Skills	Gymnastics	Dance: Rhythm, Canon & Formation	Athletics	Tag Rugby
	Swimming	Swimming	Swimming	Netball	Tennis	Striking & Fielding: Cricket
Year 4	Basketball	Fitness	Gymnastics	Dance: Communi- cating Feelings	Athletics	O.A.A.
	Swimming	Swimming	Swimming	Tag Rugby	Tennis	Hockey
Year 5	Fitness	Yoga	Gymnastics	Dance: Dances from Different Cultures	Tennis	O.A.A.
	Athletics	Hockey	Netball	Swimming	Tag Rugby	Handball
Year 6	Fitness	Hockey	Gymnastics	Dance: Group Choreography	Tennis	O.A.A. (Standon Bowers)
	Athletics	Netball	Basketball	Dodgeball	Cricket	Volleyball