

PE long Term Plan 2024-2025

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Dance Dinosaurs	Dance Ourselves	Gymnastics Moving	Gymnastics High, Low, Under, Over	Dance Nursery Rhymes	Attack v defence Games for Understanding
	Locomotion Walking 1	Ball Skills Hands 1	Ball skills Hands 2	Ball skills Feet 1	Locomotion Jumping 1	Ball skills Rackets, Bats, Balls and Balloons
Year 1	Health & Wellbeing	Dance Heroes	Dance The Zoo	Gymnastics Wide, Narrow and Curled	Dance Growing	Locomotion Jumping 1
	Locomotion Running 1	Ball skills Hands 1	Ball skills Feet 1	Ball Skills Hands 2	Ball skills Rackets, Bats and Balls	Attack v defence Games for Understanding
Year 2	Dance Explorers	Dance Water	Gymnastics Linking	Dance Mr. Candy's sweet factory	Locomotion Jumping 1	Team building
	Locomotion Dodging 1	Ball skills Hands 1	Ball skills Feet`1	Ball skills Hands 2	Ball skills Rackets, Bats and Balls	Attack v defence Games for Understanding
Year 3	Dance Weather	Health related exercise	Gymnastics Symmetry and Asymmetry	Dance Witches & Wizards	OAA Communication and Tactics	Cricket (outdoors with coach 5 weeks)
10	Tag Rugby	Netball	Athletics	Swimming	Tennis	
11	Tag Rugby	Athletics x3	Swimming	Athletics x3	Netball	Catch up swimmers
12	Swimming	Tag Rugby	Athletics	Netball		
Year 4	Dodgeball	Dance Cats	Gymnastics Bridges	Dance Space	Health Related exercise	Rounders
	Netball	Hockey	OAA problem solving	Cricket (outdoors with coach 5 weeks)	Tennis	Athletics
Year 5	Dance Street Art	Health related exercise	Gymnastics Counter balance/ tension	Dance Circus	OAA Orienteering	Cricket (outdoors with coach 5 weeks)
	Football	Basketball	Tag Rugby	Netball	Tennis	Athletics
Year 6	OAA leadership	Dodgeball	Gymnastics Matching & Mirroring	Dance Titanic	Dance Greeks (Y5)	Rounders
	Netball	Hockey	Health related exercise	Cricket (outdoors with coach 5 wks)	Tennis	Athletics

