Long term plan

PE (Complete PE)

Year/Term	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Foundation	Play: Playing through games Dance: Ourselves	Gymnastics: Moving Locomotion: Walking	Gymnastics: High and Low Ball Skills: Hands 1	Ball Skills: Hands 2 Dance: Nursery Rhymes	Rackets Bats Balls and Balloons Ball Skills: Feet	Dance: Growing Games For Understanding
Year 1	Locomotion: Running Gymnastics: Wide, Narrow, Curled	Ball Skills: Hands 1 Gymnastics: Body Parts	Dance: Heroes Ball Skills: Feet	Ball Skills: Hands 2 Health and Wellbeing	Locomotion: Jumping Rackets Bats and Balls	Team Building Dance: Explorers
Year 2	Locomotion: Dodging Gymnastics: Linking	Gymnastics: Pathways Ball Skills: Hands 1	Ball Skills: Feet Dance: The Zoo	Ball Skills: Hands 2 Health and Wellbeing	Games For Understanding Locomotion: Jumping	Team Building Dance: Water
Year 3	Basketball Gymnastics: Canon and Unison	Netball Dodgeball	Gymnastics: Symmetry & Asymmetry OAA: Communication & Tactics	Dance: Weather OAA: Problem Solving	Swimming Football	Swimming Athletics
Year 4	Dodgeball OAA: Challenging Collaboration	Gymnastics: Bridges OAA: Orienteering	Athletics: Throwing & Jumping Gymnastics: Symmetry & Asymmetry	Football Dance: Wild Animals	Swimming Athletics: Running	Swimming Cricket
Year 5	Swimming Netball	Swimming Dance: Space	Gymnastics: Counter Balance & Counter Tension Football	OAA: Challenging Collaboration Tag Rugby	Athletics: Throwing & Jumping Gymnastics: Flight	Rounders Athletics
Year 6	Swimming Game Sense Invasion	Swimming Basketball	Gymnastics: Creating Sequences Tag Rugby	OAA: Orienteering Dance: Street Art	Tennis Athletics	Cricket Athletics: Throwing & Jumping