

PE Long term plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Gymnastics (Balances) What parts of my body can I balance on?	Dance and Yoga (Shapes and Strength) What shapes can I make with my body?	Gymnastics (Rolls) How do I roll in different ways?	Dance and Yoga (Travelling) How can I travel across a dance floor?	Dance and Yoga (Rhythm) How can I move to a beat?	Athletics (Track and Field) Can I move with control and coordination?
	FMS Games (Shape) What different ways can I move my body in a game?	FMS Games (Ball Skills) How can I pass a ball to win a game?	FMS Games (Teamwork) How can I use others to win a game?	FMS Games (Ball Skills) How can I aim a ball to win a game?	Outdoor adventurous What risks can I see?	FMS Games (Teamwork) How can I play a game involving others?
Year One	Games (Teamwork) How do I know where my teammates are?	Gymnastics (Rolls and Inversions) How do I roll in different directions?	Games (Ball skills) How can I hit a ball accurately?	Games (Striking and Fielding) How can I strike and field effectively?	Athletics (Field) How far can I throw?	Athletics (Track) How far can I run?
	Outdoor adventurous How do I know when I need help?	Swimming	Dance (Control and coordination) How can I dance with control and coordination?	Swimming	Swimming	Gymnastics (Apparatus) How can I use apparatus safely?
Year Two	Swimming	Dance (Levels) How can I use different levels in a dance?	Swimming	Games (3Tees Cricket) How can I strike and field with control?	Dance (Props) How can I include props in a dance?	Swimming
	Games (Ball Skills) What different ways can I pass a ball with accuracy and control?	Gymnastics (Rolls and Inversions) How can I travel using rolls?	Gymnastics (Apparatus) How many ways can I climb and hang on apparatus?	Dance What different ways can I dance with other people?	Athletics (Field) How far can I throw accurately?	Athletics (Track) What are the different ways I can run? Outdoor adventurous How else could I achieve a goal?
Year Three	Swimming	Outdoor adventurous How could I work with others to achieve a goal?	Swimming	Athletics (Indoor Athletics) How fast can I sprint to 40 metres?	Swimming	Athletics (Track and Field) How can I develop a range of throwing and jumping techniques?
	Athletics (Cross Country)	Games (Ball skills)	Gymnastics (Rolls and Inversions)	Games (Netball) How do I play netball?	Games (Tennis) How do I strike a ball in tennis?	Dance (Performing expressively)

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	What running style should I use over longer distances?	How can I kick, throw and catch with control?	How can I include rolls in a sequence?			How can I dance expressively?
Year Four	Athletics (Cross Country) How can I conserve my energy when running?	Swimming	Gymnastics (Rolls and Inversions) How can I travel involving flight?	Swimming	Athletics (Field and Track) How should I throw or jump for an event? Outdoor adventurous (Residential) How can I effectively lead and be a team member?	Swimming
	Games (Tag Rugby) How can I play Tag Rugby fairly?	Games (Ball skills) How can I pass tactically?	Dance (Dynamics to convey an idea) How can I express/change a mood in dance?	Athletics (Indoor Athletics) How fast can I sprint to 50 metres?	Dance (Story telling) How can I use longer sequences to show a story?	Games (Rounders) How can I strike a bowled ball with accuracy?
Year Five	Swimming	Dance (Dynamics to convey a theme) What imaginative ways can I use to express an idea?	Gymnastics (Rolls and Inversions) How do I include rolls and inversions in a complex sequence?	Swimming	Swimming	Athletics (Track and Field) How do I effectively navigate hurdles?
	Athletics (Cross Country) What is the best pace for me?	Games (Football) How can we work together to gain possession?	Outdoor adventurous How can I remain positive when faced with a challenge?	Games (Indoor Athletics) How fast can I sprint to 60 metres?	Games (Cricket) What are the most appropriate tactics for Cricket?	Games (Netball) How can I effectively defend and attack in netball?
Year Six	Outdoor adventurous (Residential) How can I work in a team with commitment and respect?	Swimming	Swimming	Games (Netball) How can I strategically play netball?	Athletics (Track and Field) How can I throw or jump to win?	Swimming
	Dance (Strength and precision) Can I maintain a theme throughout a dance?	Games (Football) How can I strategically play football?	Athletics (Indoor Athletics) How fast can I sprint to 75 metres?	Gymnastics (Rolls and Inversions) Can I complete a well-executed roll and inversion in a sequence?	Games (Cricket) How can I strategically play cricket?	Games (Rounders) How can I strategically play rounders?
	Athletics (Cross Country) How can I effectively control my breathing whilst running?					

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Games	Gymnastics	Dance	Outdoor and adventurous activities	Swimming	Athletics
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