

Whole School Long Term P.E Plan

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Indoor	Dance: Dinosaurs	Gymnastics	Gymnastics	Ball skills Unit 2	Fundamentals Unit 2	Games Unit 2
	Outdoor	Continuous provision – Daily and at lunchtimes					
Year 1	Indoor	Gymnastics: Animals (Travels)	Gymnastics Rolls and Jumps	Gymnastics Shapes and balances	Dance	Circuit Training	Yoga and ball skills
	Outdoor	Multi Skills: Throwing and Catching	Invasion Games: At the Fair	Attacking and Defending	Multi Skills: Striking and fielding	Multi Skills – Sending and receiving	Multi Skills – Athletics
Year 2	Indoor	Dance	Health & Fitness	Gymnastics	Gymnastics	Basketball	OAA
	Outdoor	Ball Skills	OAA	Netball	Tennis	Rounders	Athletics
Year 3	Indoor	Dance	H & F Circuit Training	Gymnastics	Athletics	OAA	Cricket
	Outdoor	Ball Skills	Football	Hockey	Swimming	Swimming	Swimming
Year 4	Indoor	Dance	Health and Fitness	Ball Skills	Gymnastics	Bench Ball	Children's Choice
	Outdoor	OAA	Netball	Rounders	Basketball	Tennis	Athletics
Year 5	Indoor	Dance	Circuit Training	Gymnastics	Gymnastics	Athletics	Rounders
	Outdoor	OAA	Ball Skills	Football	Hockey	Cricket	Athletics
Year 6	Indoor	Circuit Training	Ball Skills	Gymnastics	Gymnastics	Dance	Dance
	Outdoor	OAA	Basketball	Netball	Tennis	Rounders	Athletics