



PE Long Term Plan



| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------|--|--|------------------------------|--|-----------------------------|---|
| Year 1 | Fundamental Movement Skills 1 Fundamental Movement Skills 2 | Invasion Game Skills 1 Dance - Animals | Target Games 2 Gymnastics | Yoga Storybook Net and Wall Game Skills 1 | Athletics 2 Locomotion 2 | Yoga Striking and Fielding Game Skills 1 |
| Year 2 | Fundamental Movement Skills 2 Fundamental Movement Skills 3 | Invasion Game Skills 2 Dance – Fire of London | Target Games 3 Gymnastics | Net and Wall Game Skills 2 | Athletics 2 Yoga | Striking and Fielding Game Skills 2 |
| Year 3 | Health Related Fitness Hockey | Dance – Dance Around the World Basketball | Gymnastics Tag Rugby | Yoga Tennis | Cricket Athletics | Rounders Outdoor Adventurous Activity |
| Year 4 | Health Related Fitness Hockey | Basketball Dance - Romans | Yoga Tag Rugby | Tennis | Cricket Athletics | Outdoor Adventurous Activity Rounders |
| Year 5 | Hockey | Yoga Basketball | Tag Rugby Gymnastics | Health Related Fitness Tennis | Cricket Athletics | Rounders Outdoor Adventurous Activity |
| Year 6 | Hockey Yoga | Dance – Dance through the Ages | Tag Rugby Gymnastics | Health Related Fitness Tennis | Cricket Athletics | Outdoor Adventurous Activity Rounders |