

PE Long Term Plan 2023-2024

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Ball skills Hands 1	Ball Skills Feet	Dance Nursery Rhymes Ourselves	Gym – High, Low, Under, Over	Locomotion: Walking/Jumping (Athletics)	Games for Understanding
					Foundation: Rackets, Bats, Balls and Balloons	Ball Skills hands 2
Year 1	Ball Skills Hands 1	Ball Skills Feet	Dance Growing The Zoo	Gymnastics <i>Wide, Narrow and Curled</i>	Year 1: Rackets, Bats and Balls	Year 1: Locomotion Running/Jumping (Athletics)
	Year 1: Team Building <i>Introducing teamwork:</i>				Games for Understanding	Ball Skills Hands 2
Year 2	Year 2: Team Building Cooperation and communication	Ball Skills Feet	Dance Water Exploring	Gym Developing linking	Ball Skills Hands 1	Ball Skills Hands 2
	Games for Understanding Locomotion: Dodging				Year 2: Rackets, Bats and Balls	Year 2: Jumping (Athletics)
Year 3	Year 3 Football Year 4: Football Game Sense (Invasion)	Year 3: Tag Rugby Year 4: Tag Rugby	Dance Wild Animals Weather	Symmetry and Asymmetry	Year 3 Basketball <i>Year 4 Basketball</i>	Year 3: Athletics
					Year 3: Communication and Tactics	Year 3 Cricket Year 4 Cricket
Swimming						
Year 4	Year 3: Netball Year 4: Netball	Year 3 Dodgeball Year 4 Dodgeball	Dance Carnival Space	Gym Bridges	Year 3: Tennis Year 4: Tennis	Year 3: Rounders Year 4: Rounders
	Year 3: Hockey Year 4: Hockey			Problem Solving	Game Sense	Year 4: Athletics
Year 5	Year 5: Football Year 6: Football	Year 5: Tag Rugby Year 6: Tag Rugby	Dance Greeks The Circus	Year 5: Counter Balance and Counter Tension	Year 5 Basketball Year 6 Basketball	Year 5: Athletics

	Game Sense (Invasion) Year 6 Game Sense				Year 5: Orienteering	Year 5: Cricket Year 6: Cricket
Year6	Year 5: Netball Year 6: Netball	Year 5 Dodgeball Introduce blocking Year 6 Dodgeball	Matching & Mirroring	Dance Carnival Titanic	Year 5: Tennis Year 6: Tennis	Year 5: Rounders Year 6: Rounders
	Year 5: Hockey Year 6: Hockey				Year 6: Leadership	Year 6: Athletics