



Physical Education

Long Term Plan

Mr J Fleet





Physical Education | Long Term Plan

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Spatial Awareness and Surroundings	Spatial Awareness and Surroundings	Activity Games	Activity Games	Invasion Games (Handball)	Invasion Games (Handball)	Invasion Games (Basketball)	Invasion Games (Basketball)
		Gymnastics	Assessment Block	Assessment Block	Assessment Block	Assessment Block	Assessment Block	Assessment Block
Autumn 2	Spatial Awareness and Surroundings	Dance (Step and Movement)	Dance (Step and Movement)	Dance (Haka)	Dance (Bhangra)	Dance (Bhangra)	Dance (Street Dance)	Dance (Street Dance)
		Activity Games (Throwing and Catching)	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
Spring 1	Jumping and Balancing	Activity Games (Handling and Kicking)	Invasion Games (Handball Skills)	Invasion Games (Handball Skills Progression)	Invasion Games (Netball)	Invasion Games (Netball)	Invasion Games (Tag Rugby)	Invasion Games (Tag Rugby)
		Rhythmic Gymnastics	Dance (School Theme)	Dance (School Theme)	Dance (School Theme)	Dance (School Theme)	Dance (School Theme)	Dance (School Theme)
Spring 2	Jumping, Balancing and Rolling	Target Games (Improving accuracy)	Net and Wall Games (Hand-eye co-ordination skills/Tennis)	Net and Wall Games (Tennis)	Net and Wall Games (Tennis)	Net and Wall Games (Tennis)	Net and Wall Games (Tennis)	Net and Wall Games (Tennis)
		Multi-Skills (Football Skills)	Multi-Skills (Football Skills)	Multi-Skills (Football Skills)	Orienteering	Orienteering	Orienteering	Orienteering
Summer 1	Throwing and Catching	Net and Wall Games (Coordination Skills)	Multi-Skills (Throwing, Catching and Striking)	Multi-Skills (Throwing, Catching and Striking)	Striking Games (Rounders)	Striking Games (Rounders)	Striking Games (Cricket)	Striking Games (Cricket)
		Activity Games	Invasion Games (Dodgeball Skills)	Invasion Games (Dodgeball Skills)	Net and Wall Games (Volleyball)	Net and Wall Games (Volleyball)	Net and Wall Games (Badminton)	Net and Wall Games (Badminton)
Summer 2	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
		Legacy Team Building	Legacy Team Building	Legacy Team Building	Legacy Team Building	Legacy Team Building	Legacy Team Building	Legacy Team Building