

PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Basic movement skills- walk, run, hop, jump. Head, shoulders knees and toes- Streamers outside. Jumping in puddles. Building houses using large outdoor items- crates etc.	Moving to music. Making body shadows. Large chalk drawings- firework patterns outside. Move like different animals- penguin, polar bear, monkey. Sweeping up leaves- pushing wheelbarrow	Gymnastic skills- using equipment to balance on and jump from. Different ways of rolling. Build large fire engine outdoors. Bikes- transporting fire equipment/ doctor equipment in your vehicle to where it's needed.	Games- competition, confidence, accuracy. Large construction of 3 pigs houses/ bridges. Practice over-arm throw to throw over a distance. Which throw makes the object go a greater distance. Which objects travelled the furthest and why. Gardening- using tools/ diggers/ sweeping	Basic ball skills- throwing, catching, kicking. Caterpillar's life cycle movement game, egg-curl up in a ball, caterpillar-wriggle etc. Jack and the Beanstalk action song, e.g. jelly bean, baked bean, broad and runner bean etc.. Encourage children to create more detailed structures with Loose Parts e.g. pirate ship, train etc.. Practice balancing on one foot	Basic ball skills- throwing, catching, kicking. Catching an object with one hand thrown by the teacher. Throw 2 beanbags at the same time. Throw beanbags at a target. Throw whilst sitting, kneeling and standing at a target. Throwing paper aeroplanes
Reception (Development matters)	Fundamental movement skills Push, pull, jump, balance, shifting weight, dodging and using space correctly	Dance - Seasons Develop fluent movement, control and grace. Streamers/ Move to music. Develop strength/ co-ordination/ balance/ agility	Gymnastics Develop fluent movement, control and grace. Develop strength/ co-ordination/ balance/ agility. Negotiate space and obstacles safely.	Games Develop confidence, competence, precision and accuracy. Develop strength/ co-ordination/ balance/ agility	Basic Ball skills Throwing, catching, passing, batting, aiming, kicking. Develop confidence, competence, precision and accuracy. Develop strength/ co-ordination/ balance/ agility	Personal challenges Showing understand of the need for safety when talking new challenges
Key Stage 1 Cycle A	Fundamental skills 3	Dance	Gymnastics straight, zipzag, curving	Invasion game skills	Athletics	Net and wall game skills
Key Stage 1 Cycle B	Fundamental movement skills 2	Dance	Gymnastics – Pathways small and long	Invasion game skills	Athletics 2	Net and wall game skills
Lower Key Stage 2 Cycle A	Invasion game skills	Dance	Gymnastics	Badminton	Athletics	Cricket
Lower Key Stage 2 Cycle B	Invasion games- Netball	Dance	Gymnastics	Net/ wall games- Badminton	Athletics	Striking and fielding- Cricket and golf
Upper Key Stage 2 Cycle A	Invasion game skills	Dance	Gymnastics	Tennis	Athletics	Rounders
Upper Key Stage 2 Cycle B	Invasion games- Basketball	Dance	Gymnastics	Tennis	Athletics	Rounders