

PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception (Development matters)	Basic movement skills Move energetically- walk, run, jump, climb, spin, roll, crawl, balance, skip, hop, stop/ freeze	Dance 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	
Key Stage 1 Cycle A	Ball control and co-ordination	Dance	Gymnastics	Throwing and catching development	Athletics	Invasion games (Basic rugby skills)
Key Stage 1 Cycle B	Multi skills- throwing and catching Fundamental movement skills	Dance	Gymnastics	Games	Athletics	Ball control and co-ordination (Basic football skills)
Lower Key Stage 2 Cycle A	Invasion games- Hockey	Dance	Gymnastics	Net/ Wall games- Tennis	Athletics	Striking and fielding- Rounders
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 games- Football	Dance	Gymnastics	Net/ Wall games- Tennis	Athletics	Striking and fielding- Rounders
Upper Key Stage 2 Cycle B	Invasion games- Basketball	Dance	Gymnastics	Outdoor challenges- orienteeing	Athletics	Striking and fielding- Cricket and golf