

Physical Education Long Term Plan



Child starting during Cycle A (Sept 2023, 2025, 2027)

Year 1		Year 2				Year 3				Year 4				Year 5				Year 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymnastics, Fundamental Movements		Gymnastics, Fundamental Movements				Gymnastics, Fundamental Movements				Gymnastics, Fundamental Movements				Tag Rugby, Gymnastics				Tag Rugby, Gymnastics					
Fitness/multi skills, Ball Skills		Fitness/multi skills, Ball Skills				Ball skills, Gymnastics				Ball skills, Gymnastics				Football, Fitness				Football, Fitness					
Target Games, Yoga		Target Games, Yoga				Football, Dance				Football, Dance				Netball, Dodgeball				Football, Fitness					
Sending and Receiving, Invasion		Sending and Receiving, Invasion				OAA, Basketball				OAA, Basketball				Cricket, Tennis				Netball, Dodgeball					
Dance, Striking and Fielding		Dance, Striking and Fielding				Cricket, Fitness				Cricket, Fitness				OAA, Rounders				Cricket, Tennis					
Team Building, Athletics		Team Building, Athletics				Athletics, Hockey				Athletics, Hockey				Athletics, Dance				OAA, Rounders					
						Rounders, Tennis				Rounders, Tennis				Athletics, Dance				Athletics, Dance					

Child starting during Cycle B (Sept 2024, 2026, 2028)

Year 1		Year 2				Year 3				Year 4				Year 5				Year 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymnastics, Fundamental Movements		Gymnastics, Fundamental Movements				Ball skills, Gymnastics				Ball skills, Gymnastics				Tag Rugby, Gymnastics				Tag Rugby, Gymnastics					
Fitness/multi skills, Ball Skills		Fitness/multi skills, Ball Skills				Football, Dance				Football, Dance				Football, Fitness				Football, Fitness					
Target Games, Yoga		Target Games, Yoga				OAA, Basketball				OAA, Basketball				Netball, Dodgeball				Netball, Dodgeball					
Sending and Receiving, Invasion		Sending and Receiving, Invasion				Cricket, Fitness				Cricket, Fitness				Cricket, Tennis				Cricket, Tennis					
Dance, Striking and Fielding		Dance, Striking and Fielding				Athletics, Hockey				Athletics, Hockey				OAA, Rounders				OAA, Rounders					
Team Building, Athletics		Team Building, Athletics				Rounders, Tennis				Rounders, Tennis				Athletics, Dance				Athletics, Dance					