



LONG TERM PLAN: PE (EYFS KS1 & KS2)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p><u>Early Learning Goal</u> Negotiate space and obstacles safely, with consideration for themselves and others</p>	<p><u>Early Learning Goal</u> Demonstrate strength, balance and coordination when playing</p>	<p><u>Early Learning Goal</u> Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p><u>Early Learning Goal</u> Negotiate space and obstacles safely, with consideration for themselves and others</p>	<p><u>Early Learning Goal</u> Demonstrate strength, balance and coordination when playing</p>	<p><u>Early Learning Goal</u> Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>
Year 1	<p><u>Games</u> Balls skills and travelling Motor skills</p>	<p><u>Gym</u> Balancing and jumping Floor work and apparatus Games Jumping and dodging Games with partners and small groups</p>	<p><u>Dance</u> Cheerleading <u>Games</u> Spatial awareness and stability</p>	<p><u>Gym</u> Rolling and travelling <u>Games</u> Stability and throwing</p>	<p><u>Games</u> Striking with an implement, hands and feet Consolidating skills</p> <p><u>Dance</u> Countries Creating a sequence</p>	<p><u>Games</u> Using skills to play games in groups. Making up own games to demonstrate skills</p>
Year 2	<p><u>Games</u> Aiming, travelling, balls skills, stability</p>	<p><u>Dance</u> Eco Warriors, under the sea Great fire of London/ <u>Games</u> Throwing and catching Invasion games</p>	<p><u>Games</u> Agility and communication <u>Gym</u> Balancing travelling rolling</p>	<p><u>Games</u> Invasion Games Strike and field</p>	<p><u>Games</u> Strike and field Bat and racquet</p> <p><u>Dance</u> Flamenco</p>	<p><u>Games</u> Strike and field, bat and racquet</p> <p><u>Athletics</u> Making up games for Sports Events</p>



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<p>Year 3</p>	<p><u>Games</u> Moving, moving with equipment, passing and receiving, invasion games</p>	<p><u>Games</u> Defending, passing and receiving, scoring zones <u>Dance</u> Disco and freestyle (Vikings)</p>	<p><u>Games</u> Net games <u>Gym</u> Using equipment, apparatus and creating sequences</p>	<p><u>Games</u> Net games <u>OAA</u> Navigation, exploration and trust</p>	<p><u>Games</u> Batting a bouncing ball, bowling technique <u>Swimming</u></p>	<p><u>Athletics</u> Jumping over hurdles, running, throwing techniques <u>Swimming</u></p>
<p>Year 4</p>	<p><u>Games</u> Moving, evasion, Invasion Games <u>OAA</u> Exploring, teamwork, orienteering</p>	<p><u>Games</u> Passing, scoring, defending <u>Dance</u> Latin and Urban</p>	<p><u>Gym</u> Rolling, balancing, travelling creatively <u>Swimming</u></p>	<p><u>Games</u> Net games, position, movement, techniques <u>Swimming</u></p>	<p><u>Games</u> Batting into space, bowling techniques, fielding and the long barrier <u>Athletics</u> Jumping, running, throwing and team challenges</p>	<p><u>Games</u> Batting into space, bowling techniques, fielding and the long barrier. Developing tactics <u>Athletics</u> Jumping, running, throwing and team challenges</p>
<p>Year 5</p>	<p><u>Games</u> Evasion and Invasion games <u>Swimming</u></p>	<p><u>Games</u> Game tactics, invasion games and techniques <u>Swimming</u></p>	<p><u>Dance</u> Bollywood and Combat <u>Games</u></p>	<p><u>Gym</u> Using apparatus and equipment <u>Games</u> Volleyball, the dig, the rally, movement and positioning</p>	<p><u>Games</u> Strike and field – developing techniques of batting, bowling and fielding <u>OAA</u> <u>Exploring, navigating, teamwork</u></p>	<p><u>Games</u> Strike and field – developing techniques of batting, bowling and fielding <u>Athletics</u></p>



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						Running, jumping, throwing, relay, planning an event
Year 6	<u>Dance</u> Jazz <u>Games</u> Dribbling, ball handling, attack and defend	<u>Gym</u> Using apparatus and equipment <u>Games</u> Hockey, netball, handball, football	<u>Dance</u> Jazz <u>Games</u> Developing volleyball techniques	<u>Gym</u> Using a sequence on the apparatus <u>Games</u> Net games – tennis and volleyball	<u>Games</u> Pairs cricket and rounders <u>Athletics</u> Running, jumping, throwing, relay, planning an event	<u>Games</u> Pairs cricket and rounders Athletics - Running, jumping, throwing, relay, planning an event <u>OAA - PGL</u>