

Physical Education Long Term Plan 2022-2023



Subject: PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Invasion Games Throwing & Catching	Dance machines	Gymnastics (Floor work) Position & Direction	Outdoor & Adventurous Orienteering	Net & Wall Games Tennis	Athletics Running & Jumping
Year 2	Invasion Games Sending & Receiving	Dance Circus	Gymnastics (Apparatus) 2D & 3D Shapes	Outdoor & Adventurous Orienteering	Net & Wall Games Tennis	Athletics Movement (running)
Year 3	Invasion Games Football Dribbling / control	Dance Bollywood	Badminton	Gymnastics (Apparatus) Jumping & Landing	Striking & Fielding Cricket	Athletics Being an Athlete (Throwing activities)
Year 4	Invasion Games Football Dribbling / control / tactics	Badminton	Dance Electricity	Gymnastics (Floor work) Abstract Angles	Athletics Record Breaking (Jump for height & Distance)	Striking & Fielding Cricket
Year 5	Invasion Games Football Dribbling / control / tactics	Badminton	Gymnastics (Apparatus) Travelling & Turning	Netball	Athletics Olympic Training (Variety of Track and Field)	Striking & Fielding Cricket
Year 6	Invasion Games Football Dribbling / control / tactics	Badminton	Gymnastics (Floor work) Gymnastics routine	Netball	Athletics Olympic Training (Variety of Track and Field)	Striking & Fielding Cricket