



Physical Education Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Multi-skills Kicking	Gymnastics Apparatus	Multi-skills Throwing & Catching	Gymnastics Jumping Jacks	Athletics Running & Racing	Multi-skills Throwing & Catching
Reception	Multi-skills Throwing	Invasion Games Agility	Athletics	Invasion Games	Athletics Running & Throwing	Multi-skills Kicking and Receiving
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	Striking & Fielding Cricket	Athletics Record Breaking (Jump for height & Distance)
Year 5	Invasion Games Football Dribbling / control / tactics	Badminton	Gymnastics (Apparatus) Travelling & Turning	Netball	Striking & Fielding Cricket	Athletics Olympic Training (Variety of Track and Field)
Year 6	Invasion Games Football Dribbling / control / tactics	Badminton	Gymnastics (Floor work) Gymnastics routine	Netball	Striking & Fielding Cricket	Athletics Olympic Training (Variety of Track and Field)

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