

PE Long Term Plan

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	<p>Nursery – Locomotion 1 Fine Motor Skills A Day on the Farm Stability 1</p> <p>Reception- Fundamental Movement Skills 1 Fine Motor Skills Locomotion 1 Locomotion 2</p>	<p>Dance Fundamental Skills 1 Fundamental Skills 2 Object Manipulation 2</p>	<p>Movement technique Travel, jumps & dodge Dance Target Games</p>	<p>Cricket Athletics Tag Rugby Tennis</p>	<p>Dance Health related fitness Gymnastics – partner work Athletics</p>	<p>Dance Cricket Athletics Health related fitness</p>	<p>Dance Tennis Athletics Cricket</p>
Spring	<p>Nursery – Dance Fantasy Fairytale Gymnastics – high & low Gymnastics – travelling</p> <p>Reception – Object manipulation 1 Striking & fielding Net & Wall Games Dance</p>	<p>Fundamental Skills 3 Gymnastics – rolling & balancing Invasion Games Skills 1 Gymnastics – pathways</p>	<p>Striking & Fielding Games Skills 2 Gymnastics – pathways Gymnastics – spinning, turning & twisting Gymnastics – stretching, curling & arching</p>	<p>Gymnastics – receiving body weight Dance Health related fitness Gymnastics – linking movements</p>	<p>Tennis Swimming OAA Gymnastics – arching & bridges</p>	<p>OAA Tennis Gymnastics – matching, mirroring & contrast Basketball</p>	<p>Gymnastics – counter balance & counter tension Health related fitness Gymnastics – group sequencing Invasion games skills 4</p>
Summer	<p>Nursery – Pirates Yoga Under the Sea A Visit to the Zoo</p> <p>Reception – Yoga Gymnastics – flight Athletics 1 Invasion Games Skills</p>	<p>Invasion Games Skills 2 Gymnastics – balancing & spinning Striking & Fielding Games Skills 1 Net & Wall Games 1</p>	<p>Invasion Games Skills 2 Net & Wall Games 2 Athletics 2 Tri Golf</p>	<p>Rounders Tri Golf Dodgeball Basketball</p>	<p>Invasion Games Skills 3 Cricket Tri Golf Dodgeball</p>	<p>Rounders Hockey Dodgeball Team building & problem solving</p>	<p>Lacross Rounders Basketball Leadership</p>