PE Long-Term Plan

Y1/2 – Cycle 1 (Y1 content)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills (hands)	Dance - Growing	Gymnastics – Wide, Narrow, Curled	Ball skills (feet)	Athletics - Running	Striking & Fielding – Rackets, Bats and Balls

Y1/2 – Cycle 1 (Y2 content)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball skills (hands)	Dance – The Sweet Factory	Gymnastics - Linking	Ball skills (feet)	Attack v Defence – Games for Understanding	Striking & Fielding – Rackets, Bats and Balls

KS2 – Cycle 1 (Y3 content)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Game sense - Invasion Gymnastics – Symmetry and Asymmetry	Invasion Games – Hockey Dance - Weather	Invasion Games – Tag Rugby Health and Wellbeing - Mindfulness		Athletics Invasion Games - Netball	Striking and Fielding – Cricket Net and Wall - Tennis

KS2 – Cycle 2 (Y4 content)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Game sense - Invasion Gymnastics – Levels and direction	Invasion Games – Hockey Dance - Space	Invasion Games – Tag Rugby Health and Wellbeing - Mindfulness		Athletics Invasion Games - Netball	Striking and Fielding – Cricket Net and Wall - Tennis

KS2 – Cycle 3 (Y5 content)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Game sense - Invasion Gymnastics – Flight	Invasion Games – Football Dance – Street Art	Invasion Games – Handball Health and Wellbeing – Health Related Exercise		Athletics Invasion Games - Dodgeball	Striking and Fielding – Rounders Net and Wall - Badminton

KS2 – Cycle 4 (Y6 content)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Game sense - Invasion Gymnastics – Creating Sequences	Invasion Games – Football Dance – Titanic	Invasion Games – Handball Health and Wellbeing – Health Related Exercise (repeat as overlearning)		Athletics Invasion Games - Dodgeball	Striking and Fielding – Rounders Net and Wall - Badminton