

PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Multi-skills (teamwork skills)	Dance – weather	Gymnastics	Invasion games	Athletics	Striking and fielding
Year 2	Invasion games – (teamwork skills with a focus on bench ball)	Dance – all around the world	Gymnastics	Orienteering	Athletics	Striking and fielding
Year 3	Invasion games (catching and throwing with a focus on dodgeball and handball)	Dance – line dancing	Gymnastics	Net and wall - skills	Swimming or athletics	Swimming or athletics
Year 4	Invasion games (with a focus on basketball and netball)	Dance – bhangra	Gymnastics	Net and wall – table tennis	Athletics	Striking and fielding (softball or kickball)
Year 5	Net and wall - tennis	Dance – soca	Gymnastics	Orienteering	Athletics	Striking and fielding - cricket
Year 6	Invasion games - Tag Rugby	Dance – hip-hop	Gymnastics	Orienteering	Athletics	Striking and fielding – rounders