



Physical Education Long Term Plan

Child starting during Cycle A					
Year 1			Year 2		
Gymnastics, Fundamental Movements		Autumn 1	Gymnastics, Fundamental Movements		Autumn 1
Fitness/multi skills, Ball Skills	Autumn 2		Fitness/multi skills, Ball Skills	Autumn 2	
Target Games, Yoga	Spring 1		Target Games, Yoga	Spring 1	
Sending and Receiving, Invasion	Spring 2		Sending and Receiving, Invasion	Spring 2	
Dance, Striking and Fielding	Summer 1		Dance, Striking and Fielding	Summer 1	
Team Building, Athletics	Summer 2		Team Building, Athletics	Summer 2	
Child starting during Cycle B					
Year 1			Year 2		
Gymnastics, Fundamental Movements	Autumn 1		Gymnastics, Fundamental Movements	Autumn 1	
Fitness/multi skills, Ball Skills	Autumn 2		Fitness/multi skills, Ball Skills	Autumn 2	
Target Games, Yoga	Spring 1		Target Games, Yoga	Spring 1	
Sending and Receiving, Invasion	Spring 2		Sending and Receiving, Invasion	Spring 2	
Dance, Striking and Fielding	Summer 1		Dance, Striking and Fielding	Summer 1	
Team Building, Athletics	Summer 2		Team Building, Athletics	Summer 2	
Ball skills, Gymnastics	Autumn 1		Ball skills, Gymnastics	Autumn 1	
Football, Dance	Autumn 2		Football, Dance	Autumn 2	
OAA, Basketball	Spring 1		OAA, Basketball	Spring 1	
Cricket, Fitness	Spring 2		Cricket, Fitness	Spring 2	
Athletics, Hockey	Summer 1		Athletics, Hockey	Summer 1	
Rounders, Tennis	Summer 2		Rounders, Tennis	Summer 2	
Ball skills, Gymnastics	Autumn 1		Ball skills, Gymnastics	Autumn 1	
Football, Dance	Autumn 2		Football, Dance	Autumn 2	
OAA, Basketball	Spring 1		OAA, Basketball	Spring 1	
Cricket, Fitness	Spring 2		Cricket, Fitness	Spring 2	
Athletics, Hockey	Summer 1		Athletics, Hockey	Summer 1	
Rounders, Tennis	Summer 2		Rounders, Tennis	Summer 2	
Tag Rugby, Gymnastics	Autumn 1		Tag Rugby, Gymnastics	Autumn 1	
Football, Fitness	Autumn 2		Football, Fitness	Autumn 2	
Netball, Dodgeball	Spring 1		Netball, Dodgeball	Spring 1	
Cricket, Tennis	Spring 2		Cricket, Tennis	Spring 2	
OAA, Rounders	Summer 1		OAA, Rounders	Summer 1	
Athletics, Dance	Summer 2		Athletics, Dance	Summer 2	