

Physical Education Long Term Plan

Child starting during Cycle A

| Year 1 | | | | | | Year 2 | | | | | | Year 3 | | | | | | Year 4 / 5 | | | | | | Year 5 / 6 | | | | | |
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| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Gymnastics, Fundamental Movements | Fitness/multi skills, Ball Skills | Target Games, Yoga | Sending and Receiving, Invasion | Dance, Striking and Fielding | Team Building, Athletics | Gymnastics, Fundamental Movements | Fitness/multi skills, Ball Skills | Target Games, Yoga | Sending and Receiving, Invasion | Dance, Striking and Fielding | Team Building, Athletics | Ball skills, Gymnastics | Football, Dance | OAA, Basketball | Cricket, Fitness | Athletics, Hockey | Rounders, Tennis | Ball skills, Gymnastics | Football, Dance | OAA, Basketball | Cricket, Fitness | Athletics, Hockey | Rounders, Tennis | Tag Rugby, Gymnastics | Football, Fitness | Netball, Dodgeball | Cricket, Tennis | OAA, Rounders | Athletics, Dance |

Child starting during Cycle B

| Year 1 | | | | | | Year 2 | | | | | | Year 3 | | | | | | Year 4 / 5 | | | | | | Year 5 / 6 | | | | | |
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| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Gymnastics, Fundamental Movements | Fitness/multi skills, Ball Skills | Target Games, Yoga | Sending and Receiving, Invasion | Dance, Striking and Fielding | Team Building, Athletics | Gymnastics, Fundamental Movements | Fitness/multi skills, Ball Skills | Target Games, Yoga | Sending and Receiving, Invasion | Dance, Striking and Fielding | Team Building, Athletics | Ball skills, Gymnastics | Football, Dance | OAA, Basketball | Cricket, Fitness | Athletics, Hockey | Rounders, Tennis | Ball skills, Gymnastics | Football, Dance | OAA, Basketball | Cricket, Fitness | Athletics, Hockey | Rounders, Tennis | Tag Rugby, Gymnastics | Football, Fitness | Netball, Dodgeball | Cricket, Tennis | OAA, Rounders | Athletics, Dance |