

Physical Education Long Term Plan

2024-2025																													
Year 1						Year 2						Year 3 / 4						Year 4 / 5						Year 5 / 6					
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
Fundamental	Gymnastics & Bikeability	Yoga & Sending and Receiving	Ball Skills	Cricet & Striking and Feilding	Target Games & Athletics	Gymnastics	Fitness/multi skills	Target Games	Invasion	Dance ,	Team Building, Athletics	Ball skills, Gymnastics	Football, Dance	OAA, Basketball	Cricet, Fitness	Athletics, Hockey	Rounders, Tennis	Ball skills, Gymnastics	Football, Dance	OAA, Basketball	Cricet, Fitness	Athletics, Hockey	Rounders, Tennis	Tag Rugby , Gymnastics	Football, Fitness	Netball, Dodgeball	Cricet, Tennis	OAA, Rounders	Athletics, Dance

2025-2026																													
Year 1						Year 2						Year 3 / 4						Year 5						Year 6					
A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2
Out door Learn ing & Fitnes s	Tem Buildi ng & Gymn astics	Yoga & Send ing and Recie ving	Ball Skills & Striki ng and Fieldi ng	Athlet ics & Dance	Outdo or Learni ng & Target Game s	Outdo or Learni ng & Fitnes s	Gymn astics & Team Buildi ng	Yoga & Send ing and Recei ving	Invas ion Games & Striki ng and Fieldi ng	Dance & Athlet ics	Outdo or Learni ng & Target Game s	Netba ll Gymn astics	Tenni s, Dance	Fitne ss, Balls kills	Crick et, Dodg eball	Athlet ics, OAA	Roun ders, Tag Rugby	Netba ll & Gymn astics	Dance & Tenni s	Fitne ss & Volle yball	Crick et & Dodg eball	OAA & Athlet ics	Tag Rugby & Roun ders	Netba ll & Gymn astics	Dance & Tenni s	Fitne ss & Volle yball	Crick et & Dodg eball	OAA & Athlet ics	Swim ming & Roun ders