

Physical Education Long Term Plan

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS	Multi Skills (Throwing/Catching)	Multi Skills (Aiming/Striking)	Gymnastics	Dance	Multi Skills (Partner/team based)	Yoga/Athletics
Route A Y 1/2	Multi Skills (Throwing/Catching)	Multi Skills (Dribbling/Controlling)	Multi Skills (Aiming/Striking)	Multi Skills (Throwing/Catching)	Multi Skills (Dribbling/Controlling)	Multi Skills (Aiming/Striking)
	Gymnastics	Gymnastics	Dance	Dance	Athletics	Athletics
Route B Y 1/2	Multi Skills (Groups) (Throwing/Catching)	Multi Skills (Groups) (Dribbling/Controlling)	Multi Skills (Groups) (Aiming/Striking)	Multi Skills (Groups) (Throwing/Catching)	Multi Skills (Groups) (Dribbling/Controlling)	Multi Skills (Groups) (Aiming/Striking)
	Dance	Dance	Gymnastics	Gymnastics	Athletics	Athletics
Route A Y 3/4	Tag Rugby	Basketball/Netball	Hockey	Swimming	Striking & Fielding (Rounders/Cricket)	Net & Wall (Tennis)
	Invasion Games (Teacher Choice)	Invasion Games (Teacher Choice)	Dance	Gymnastics	Athletics	Athletics
Route B Y 3/4	Tag Rugby	Basketball/Netball	Hockey	Swimming	Striking & Fielding (Rounders/Cricket)	Net & Wall (Tennis)
	Invasion Games (Teacher Choice)	Invasion Games (Teacher Choice)	Dance	Gymnastics	Athletics	Athletics
Route A Y 5/6	Basketball	Football	Hockey	Dodgeball / Swimming	Striking & Fielding (Rounders/Cricket)	Net & Wall (Tennis/Badminton)
	Dance	Netball	OAA	Gymnastics	Athletics	Athletics
Route B Y 5/6	Rugby	Football	Hockey	Dodgeball/Swimming	Striking & Fielding (Rounders/Cricket)	Net & Wall (Tennis/Volleyball)
	Dance	Netball	OAA	Gymnastics	Athletics	Athletics