

PE Long Term Plan 2023-24



		Early Years	Key Stage 1	Year 3/ 4	Year 5	Year 6
Aut 1	Week 1-3	Locomotion- <i>Walking</i>	Locomotion- <i>jumping</i>	Dance	Dance	Swimming
	Week 4-6	Locomotion- <i>Jumping</i>	Gymnastics- <i>wide narrow curled</i>	Tag Rugby	Tag Rugby	<i>Gymnastics</i>
Aut 2	Week 1-3	Ball skills- <i>Hands 1</i>	Health related exercise	Health and Wellbeing- <i>mindfulness</i>	Health Related Exercise	Swimming
	Week 4-6	Dance- <i>Nursery rhymes</i>	Ball skills - <i>hands</i>	Gymnastics	Gymnastics	Football
Spr 1	Week 1-3	Ball skills- <i>Hands 2</i>	Gymnastics- <i>body parts</i>	Basketball	Swimming	Dance
	Week 4-6	Invictus	Invictus	Invictus- <i>Boccia</i>	Invictus- <i>Boccia</i>	Invictus- <i>Boccia</i>
Spr 2	Week 1-3	Gymnastics	Dance	Tennis	Swimming	Health Related Exercise
	Week 4-6	Attack V Defense	Games for understanding	Hockey	Badminton	Hockey
Sum 1	Week 1-3	Gymnastics- <i>Moving</i>	Ball skills- <i>feet</i>	Orienteering	Swimming	Tennis
	Week 4-6	Ball skills- <i>Feet</i>	Team building	Rounders	Rounders	Rounders
Sum 2	Week 1-3	Ball skills- <i>Rackets, Bats, Balls and Balloons</i>	Locomotion- <i>Running</i>	Athletics	Swimming	Athletics

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	Week 4-6	Athletics	Ball skills- <i>Rackets, bats and balls</i>	<i>Athletics</i>	Athletics	Orienteering
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EARLY YEARS	KEY STAGE 1	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Agility Balance Catching Throwing All covered within each topic.	Games- 3 Dance- 1 Gymnastics- 2 Athletics- 1 OAA- 1	Invasion Games- 3 Net/Wall- 1 Striking and Fielding- 1 Dance- 1 Gymnastics- 1 OAA- 2 Athletics- 1	Invasion Games- 3 Net/Wall- 1 Striking and Fielding- 1 Dance- 1 Gymnastics- 1 OAA- 2 Athletics- 1	Swimming-4 Invasion Games- 1 Net/Wall- 1 Striking and Fielding- 1 Athletics- 1 Dance- 1 Gymnastics-1	Swimming-2 Invasion Games- 2 Net/Wall- 1 Striking and Fielding- 1 Gymnastics- 1 Dance- 1 Athletics- 1 OAA- 1

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October	November	December	January	February	March	April	May	June	July
Y5/6 Tag Rugby	Paralympic Festival	Gymnastics Festival	EYFS Multisport	Y3/4 Basketball Sportability	Y5/6 Hockey	Y3/4 Rugby Union	Y3 Tennis	Y4 Tennis	KS1 OAA
KS1 Indoor Athletics	Y5/6 High 5		Y5/6 Basketball	Boccia	Y3/4 Quicksticks Hockey	Sportability	Y3/4 Orienteering	Y5/6 Girls Kwik Cricket	Sportability Striking & Fielding/ Net & Wall
				Y4/5 Girls Football	Y4 Rugby League	Invasion Games	Y5/6 Quick Cricket	Y3/4 Quadkids Athletics	Y5/6 Rugby League
					Dance Festival		Fun Run	Athletics Festival	Y3/4 Kwik Cricket
								Y5/6 Mini Tennis	