

## PE Long Term Plan

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	Me and Myself	Movement Development	Create Your Own Dance (Chinese Dragon)	Dance	Throwing and Catching	Fun and Games
1	Invasion Games (Football)	Gymnastics (balance & coordination)	Create Your Own Dance (Superhero Dance)	Throwing & Catching (Boccia)	Striking & Fielding (Rounders)	Multi-Skills (Sports UK)
2	Invasion Games (Football)	Gymnastics (key shapes, rolls, sequencing)	Dance (African Dance)	Multi-Skills (Sports UK)	Striking & Fielding (Cricket)	Athletics (running, jumping & throwing)
3	Net & Wall Games (Tennis/ Badminton)	Dance	Gymnastics (Sports UK) (Spring 1)	Invasion Games (Football/ Handball)	Athletics	Striking & Fielding (Rounders/ Cricket)
4	Dance	Golf & Striking & Fielding (Sports UK) (for Autumn 2)	Gymnastics	Invasion Games (Netball/ Handball)	Net & Wall Games (Tennis/ Badminton)	Athletics
5	Striking & Fielding (Rounders/ Cricket/ Softball)	Dance	Gymnastics	Net & Wall Games (Badminton/ Volleyball)	Netball (Sports UK) (for Summer 2)	Athletics
6	Frisbee (Sports UK)	Gymnastics	Dance	Net & Wall Games ( Badminton/ Volleyball)	Athletics	Striking & Fielding (Rounders/ Cricket/ Softball)