



Whole School Curriculum PE Long Term Plan 2023



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Floor Movement Patterns	Dynamic Balance to Agility	Static Balance – One Leg Standing	Dynamic Balance to Agility	Static Balance – One Leg Standing	Floor Movement Patterns
	Side Steps Gallop	2-2 feet jump forward and backward	5s on left foot 5s on right foot	2-2 feet jump forward and backward	10s on left foot 10s on right foot	Hop on right foot Hop on left foot Skipping
	Warm up games Following instructions Moving in different ways	Balance Bike Sessions Ball skills Kicking Throwing/Catching Balance Bikes <i>(Lee Sterry – Multi-skills)</i> Changing socks and shoes	Gymnastics Balancing Safety Changing into kit <i>(Yoga)</i>	Dance Multi-skills festival <i>(Yoga)</i>	Multi-skills/Gym	Relay Games Turn taking Sports Day
	Balance bikes Scooters Climbing apparatus Balancing (stilts) Ball games	Balance bikes Scooters Climbing apparatus Balancing (stilts) Ball games	Balance bikes Scooters Climbing apparatus Balancing (stilts) Ball games	Balance bikes Scooters Climbing apparatus Balancing (stilts) Ball games	Balance bikes Scooters Climbing apparatus Balancing (stilts) Ball games	Balance bikes Scooters Climbing apparatus Balancing (stilts) Ball games
FMS – develop agility, balance and coordination in line with EYFS Curriculum – Physical Development.						

Having fun, learning together.

Curious, caring, creative and courageous.



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Year 1	<i>Floor Movement Patterns</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Floor Movement Patterns</i>
	Ball Skills	Gymnastics	Dance	Invasion Games	Net and Wall Games	Striking and Fielding
	Fundamentals	Fitness	Gymnastics	Sending and receiving	Target Games	Athletics
Year 2	<i>Floor Movement Patterns</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Floor Movement Patterns</i>
	Ball Skills	Gymnastics	Dance	Invasion Games	Net and Wall Games	Target Games
	Fundamentals	Fitness	Gymnastics	Sending and receiving	Striking and Fielding	Athletics

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Year 3	<i>Floor Movement Patterns</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Floor Movement Patterns</i>
	Fundamentals	Gymnastics	Fitness	Tag Rugby (Invasion Game)	Swimming	Athletics
	Ball Skills	Dance	Basketball (Invasion Game)	Tennis (Net and Wall)	Cricket (Striking and Fielding)	Dodgeball (Target Game)
Year 4	<i>Floor Movement Patterns</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Floor Movement Patterns</i>
	Fundamentals	Gymnastics	Fitness	Tennis (Net and Wall)	Netball (Invasion Game)	Athletics
	Ball Skills	Dance	OAA (Residential)	Hockey (Invasion Game)	Dodgeball (Target Game)	Rounders (Striking and Fielding)

Key

Games

(Fielding/Striking Net and Wall Invasion Target)

Athletics

Dance

Gymnastics

Swimming

Outdoor Adventurous Activities (OAA)

Fundamentals

Having fun, learning together.

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