



Whole School Curriculum PE Long Term Plan

	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
	PE Service	Ball Skills – Unit 1	Gymnastics- Unit 1	Dance – Unit 1	Fundamentals- Unit 1	Games – Unit 1
		Intro to PE-Unit 1	Yoga	Yoga	PE Service	Sports Day
FMS – develop agility, balance and coordination in line with EYFS Curriculum – Physical Development.						

Having fun, learning together.

Curious, caring, creative and courageous.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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	Striking and Fielding
	Fundamentals	Fitness	Gymnastics	Sending and receiving	Target Games	Athletics

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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)	OAA
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	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

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