

PE Long Term Plan 2022-23

Year group	Autumn	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Gym – high and low parts	Stability 1	Fine motor skills	Gym - travelling, stopping, making shapes	Target games 1 Fielding and catching	Locomotion 1
	Daily Continuous provision	Daily Continuous provision	Daily Continuous provision	Daily Continuous provision	Daily Continuous provision	Daily Continuous provision
Reception	Object manipulation 1	Gym - flight, bouncing, jumping and landing	Locomotion 2	Invasion defend/attack	Net and wall skills 1	Athletics 1
	Daily Continuous provision	Daily Continuous provision	Daily Continuous provision	Daily Continuous provision	Daily Continuous provision	Daily Continuous provision
Year 1	Gym - Balancing and spinning on points and patches	Fundamental Movement skills 2	Gym- spin & balance	Invasion games 1	Gym- wide,narrow,curled roll, balancing	Object manipulation 2 multi skills
	Fundamental Movement skills 1	Dance- Animals	Target games 2	Dance- Pirates	Striking and fielding 2	Dance- Under the sea
Year 2	Fundamental Movement skills 3	Gym-Pathways.straight, zigzag,curved	Target games 3	Gym- stretch,curl,arch	Striking and fielding 3	Gym-spin, turn, twist
	Dance- Minibeasts	Invasion games 2	Dance- Fire of London	Striking & fielding 2 – Hockey	Dance-African dance	Athletics 2
Year 3	Invasion - dodgeball	Dance – Through the ages	OAA	Dance - The Haka	Net/wall skills 2	Dance- Egyptians
	Gym - symmetry and a symmetry	Invasion – Ultimate frisbee	Gym - receiving body weight	Striking –Tri golf	Gym – linking movements together	Fielding - Cricket
Year 4	Dance – Around the world	Gym - arch and bridge	Dance - Romans	Invasion -Handball/netball	Dance – street dance	Athletics
	Invasion - football	Invasion - Hockey	Gym – roll and travel low	Fielding - Cricket	Net and wall game- tennis	Gym - Partner work: Push and pull
Year 5	Dance - Vikings	Swimming	Dance - Space	Invsion - Rugby	Dance - Victorians	Net and wall - tennis
	Swimming	Gym – under and over	Fielding - cricket	Gym - synchronisation and canon	OAA Leadership	Gym - matching, mirroring and contrasting
Year 6	Invasion - basketball	Dance – British values	Athletics	Dance – WW2	Fielding - cricket	Dance – end of year show
	Gym/Fitness	Invasion - Football	Gym - Group sequencing	Invasion - Lacrosse	Gym - flight	OAA/problem solving

