



Physical Education Long Term Plan

	Autumn				Spring				Summer			
Year 1	Body management Locomotion	Interpretive Dance	Locomotion Object Control	Performance Dance	Invasion Games	Gymnastics	Net and Wall Games	Gymnastics	Net and Wall Games (Tennis)	Athletics	Striking and Fielding (Pop task)	Striking and Fielding (POP task)
Year 2	Body management Locomotion	Interpretive Dance	Locomotion Object Control	Performance Dance	Invasion Games	Gymnastics	Net and Wall Games	Gymnastics	Net and Wall Games (Tennis)	Athletics	Striking and Fielding (Pop task)	Striking and Fielding (Pop task)
Year 3	Invasion Games (3 hoop ball) (Netball)	Indoor Athletics	Invasion Games (Static handball)	Dance	Invasion Games (Futsal) (3 on 3)	Gymnastics	Invasion Games (Unihock) (3 a side) Bean bag	OAA Outdoor and Adventurous Activities	Net and Wall Games (Tennis)	Athletics	Striking and Fielding (Rounders)	Striking and Fielding (Cricket)
Year 4	Invasion Games (3 hoop ball) (Netball)	Indoor Athletics	Invasion Games (Static handball)	Dance	Invasion Games (Futsal) (5 a side)	Gymnastics	Invasion Games (Unihock) (3 a side) Bean bag	OAA Outdoor and Adventurous Activities	Net and Wall Games (Tennis)	Athletics	Striking and Fielding (Rounders)	Striking and Fielding (Cricket)
Year 5	Invasion Games (Netball)	Indoor Athletics	Invasion Games (Handball)	Dance	Invasion Games (Football) (7 a side)	Gymnastics	Invasion Games (Hockey)	OAA Outdoor and Adventurous Activities	Net and Wall Games (Tennis)	Athletics	Striking and Fielding (Cricket)	Striking and Fielding (Rounders)

Year 6	Invasion Games (Netball)	Indoor Athletics	Invasion Games (Handball)	Dance	Invasion Games (Football) (7 a side)	Gymnastics	Invasion Games (Hockey)	OAA Outdoor and Adventurous Activities	Net and Wall Games (Tennis)	Athletics	Striking and Fielding (Cricket)	Striking and Fielding (Rounders)
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