



PE Long Term Plan 2023/2024

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYP	Multi-Skills activities leading towards games	Gymnastics Multi-Skills	Dance +15m Yoga (Movement) Handball	Throwing & Catching Multi-Skills	Multi-Skills (Athletics)	Outdoor and Adventurous Multi-Skills
Year 1	Activities leading towards basic skills for invasion games	Gymnastics Netball/Basketball	Dance +15m Yoga Handball	Multi-Skills (Throwing and Catching)	Athletics	Outdoor and Adventurous
Year 2	Invasion Games Activities leading to invasion games using equipment on the floor e.g. hockey, football, etc. Activities leading towards invasion games - Ball in hand.	Gymnastics Netball/Basketball	Dance+15m Yoga Handball	Net wall, Striking and Fielding Tennis / Volleyball	Athletics Cricket	Outdoor and Adventurous Kick Rounders
Year 3	Invasion Games Hockey / Tag Rugby	Gymnastics Netball/Basketball	Dance+15m Yoga Handball	Net wall, Striking and Fielding Tennis / Volleyball	Athletics Cricket	Outdoor and Adventurous Rounders
Year 4	Invasion Games Hockey / Tag Rugby	Gymnastics Netball/Basketball	Dance+15m Yoga Handball	Net wall, Striking and Fielding Tennis / Volleyball	Athletics Cricket	Outdoor and Adventurous Rounders
Year 5	Invasion Games Hockey / Tag Rugby	Gymnastics Netball/Basketball	Dance+15m Yoga Handball	Net wall, Striking and Fielding Tennis Swimming	Athletics Swimming	Outdoor and Adventurous Swimming
Year 6	Invasion Games Hockey / Tag Rugby	Gymnastics Netball/Basketball	Dance+15m Yoga Handball	Net wall, Striking and Fielding Tennis / Volleyball	Athletics Cricket	Outdoor and Adventurous Rounders / Softball