

| LONG TERM PLAN PE Updated Sept 2024 |                                                      |                                                                   |                                                |
|-------------------------------------|------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------|
| Cycle A                             | Autumn                                               | Spring                                                            | Summer                                         |
| Year 1 and 2                        | Fundamentals<br>Gymnastics<br>Dance                  | Gymnastics<br>Invasion Games<br>Tennis                            | Dancing<br>Athletics<br>OAA                    |
| Year 3 and 4                        | Gymnastics<br>Games (ball on ground)<br>Net games    | Games (ball in hand)<br>Dancing<br>OAA<br>Gymnastics              | Swimming<br>Striking and fielding<br>Athletics |
| Year 5 and 6                        | Personal fitness<br>Tag rugby<br>Netball<br>Football | Hockey<br>Handball<br>Gymnastics<br>Cricket                       | Athletics<br>Rounders<br>OAA<br>Dance          |
| Cycle B                             | Autumn                                               | Spring                                                            | Summer                                         |
| Year 1 and 2                        | Dance<br>Fundamental skills<br>Gymnastics            | Gymnastics<br>Invasion games<br>Tennis                            | Athletics<br>Ball skills<br>OAA                |
| Year 3 and 4                        | Gymnastics<br>Net games<br>OAA                       | Dance<br>Games (ball on ground)<br>Games (ball in hand)<br>Hockey | Swimming<br>Athletics<br>Striking and fielding |
| Year 5 and 6                        | Dodgeball<br>Tag rugby<br>Netball<br>Football        | Dance<br>Hockey<br>Gymnastics<br>Cricket                          | Athletics<br>Rounders<br>OAA<br>Tennis         |