



LONG TERM PLAN for PHYSICAL EDUCATION

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Jungle Journey	Jungle Journey	Gymnastics	Dance	Athletics	Multi-skills
	Multi-skills	Multi-skills	Ball Skills (Kicking)	Football	Ball Skills (Throwing and Catching)	Cricket
Year 1/2	Football Striking	Multi-skills	Gymnastics Rolling	Netball Spatial awareness	Athletics Field	Dance Free-style Swimming (Y2)
	Rugby Throwing	Hockey Hitting the ball	Basketball Dribbling	Dodgeball	Rounders	Cricket Ball-rolling
Year 3/4	Gymnastics: balance	Netball: attacking	Orienteering	Dance: imagination	Tennis : racquet skills	Swimming Athletics: track
	Rugby: ball handling	Fitness: anaerobic	Football: teamwork	Hockey: striking	Rounders: throwing/catching	Cricket: fielding
Year 5/6	Gymnastics: controlling performance	Netball: applying rules	Football: positioning & tactics	Orienteering: acquiring skills	Rounders: positioning & tactics	Dance: imagination
	Rugby: game awareness	Fitness: anaerobic	Hockey: applying rules	Lacrosse	Athletics: track	Cricket: overarm bowling

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Jungle Journey	Jungle Journey	Gymnastics	Dance	Athletics	Multi-skills
	Multi-skills	Multi-skills	Ball Skills (Kicking)	Football	Ball Skills (Throwing and Catching)	Cricket
Year 1/2	Football controlling	Fitness	Gymnastics Balancing	Netball Throwing/catching	Athletics track (Y1))	Dance Genre Swimming (Y2)
	Rugby Running with the ball	Hockey tackling	Basketball Passing	Tennis	Rounders	Cricket hitting
Year 3/4	Gymnastics: movement	Netball: defending	Archery/Team Games	Dance: specific style	Tennis: receiving and hitting	Swimming Athletics: field
	Rugby: defending	Fitness: aerobic	Football: ball-control	Hockey: ball control	Rounders: striking	Cricket: underarm bowling
Year 5/6	Gymnastics: Composition	Netball: positioning & tactics	Football: applying rules	Orienteering: problem-solving	Rounders: applying rules	Dance: specific style
	Rugby: refining technique	Fitness: aerobic	Hockey: positioning & tactics	Tennis	Athletics: field	Cricket: batting technique