



PE LONG TERM PLAN OVERVIEW - CYCLE A (2023-2024)

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Early Years 1 (Class 1)	Nursery Rhymes - Foundation Dance	Walking 1 - Foundation Locomotion	Ourselves - Foundation Dance	Hands 1 - Foundation Ball Skills	Moving - Foundation Gymnastics	Feet 1 - Foundation Ball Skills
Early Years 2 (Classes 2 and 3)	Jumping 1 - Foundation Locomotion	Hands 2 - Foundation Ball Skills	High, Low, Over, Under - Foundation Gymnastics	Games for Understanding - Foundation Attack v Defence	Dinosaurs - Foundation Dance	Rackets, Balls and Balloons - Foundation Ball Skills
KS1 (Classes 4, 5 and 6)	The Zoo - Year 1 Dance Hands 1 - Year 1 Ball Skills	Body Parts - Year 1 Gymnastics Hands 1 - Year 2 Ball Skills	Explorers - Year 2 Dance Games for Understanding - Year 1 Attack v Defence	Linking - Year 2 Gymnastics Rackets, Bats and Balls - Year 1 Ball Skills	Jumping 1 - Year 1 Locomotion Rackets, Bats and Balls - Year 2 Ball Skills	Jumping 1 - Year 2 Locomotion Games for Understanding - Year 2 Attack v Defence
LKS2 (Classes 7, 8 and 9)	Rounders - Year 3 Games Striking and Fielding (outdoor) Football - Year 3 Games Invasion	Witches and Wizards - Year 3 Dance Handball - Year 3 Games Invasion *Year 4s going swimming this half term - 4 hours a week over the first two	Symmetry and Asymmetry - Year 3 Gymnastics Football - Year 4 Games Invasion	World War II - Year 4 Dance Handball - Year 4 Games Invasion	Bridges - Year 4 Gymnastics Communication and Tactics - Year 3 Outdoor Adventure Activities	Running - Year 3 Athletics GolfWay - Year 3 and 4 Custom Games

		weeks				
UKS2 (Classes 10, 11 and 12)	Rounders - Year 5 Games Striking and Fielding (outdoor) Football - Year 5 Games Invasion	Greeks - Year 5 Dance Netball - Year 5 Games Invasion	Counter Balance and Counter Tension - Year 5 Gymnastics Football - Year 6 Games Invasion	Carnival - Year 6 Dance Netball - Year 6 Games Invasion	Matching and Mirroring - Year 6 Gymnastics Leadership - Year 6 Outdoor Adventure Activities	Year 5 Athletics - Competitions GolfWay - Year 5 and 6 Custom Games



PE LONG TERM PLAN OVERVIEW - CYCLE B (2024-2025)

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Early Years 1 (Class 1)	Nursery Rhymes - Foundation Dance	Walking 1 - Foundation Locomotion	Ourselves - Foundation Dance	Hands 1 - Foundation Ball Skills	Moving - Foundation Gymnastics	Feet 1 - Foundation Ball Skills
Early Years 2 (Classes 2 and 3)	Jumping 1 - Foundation Locomotion	Hands 2 - Foundation Ball Skills	High, Low, Over, Under - Foundation Gymnastics	Games for Understanding - Foundation Attack v Defence	Dinosaurs - Foundation Dance	Rackets, Balls and Balloons - Foundation Ball Skills
KS1 (Classes 4, 5 and 6)	Growing - Year 1 Dance Running 1 - Year 1 Locomotion	Narrow, Wide, Curled - Year 1 Gymnastics Dodging 1 - Year 2 Locomotion	Water - Year 2 Dance Hands 2 - Year 1 Ball Skills	Pathways - Year 2 Gymnastics Hands 2 - Year 2 Ball Skills	Team Building - Year 1 Feet 1 -Year 1 Ball Skills	Feet 1 -Year 2 Ball Skills Year 1 Health and Wellbeing
LKS2 (Classes 7, 8 and 9)	Wild Animals - Year 3 Dance Cricket - Year 3 Games Striking and Fielding	Canon and Unison - Year 3 Gymnastics Hockey - Year 3 Games Invasion *Year 4s going swimming this half term - 4 hours a week	Space - Year 4 Dance Tag Rugby - Year 3 Games Invasion	Levels and Direction - Year 4 Gymnastics Hockey - Year 4 Games Invasion	Problem Solving - Year 4 Outdoor Adventure Activity Tag Rugby - Year 4 Games Invasion	Throwing and Jumping - Year 3 Athletics Cricket - Year 4 Games Striking and Fielding

		over two weeks				
UKS2 (Classes 10, 11 and 12)	The Circus - Year 5 Dance Cricket - Year 5 Games Striking and Fielding	Flight - Year 5 Gymnastics Hockey - Year 5 Games Invasion	Prejudice and Discrimination Year 6 Dance Tag Rugby - Year 5 Games Invasion	Creating Sequences - Year 6 Gymnastics Hockey - Year 6 Games Invasion	Orienteering - Year 5 Outdoor Adventure Tag Rugby - Year 6 Games Invasion	Competitions - Year 6 Athletics Cricket - Year 6 Games Striking and Fielding