

Physical Education Long Term Plan

Year Groups	Autumn	Spring	Summer
Reception	Indoor- Dance Till You Drop	Indoor - Jumping Jacks and Rock 'n' Roll	Indoor - May Day dance
		Indoor - Gym in the Jungle	Outdoor - Best of Balls
			Outdoor - Games - The Olympics - Sports Day
Year 1	Indoor - Gymnastics - Animals	Indoor -Dance - Seasons	Indoor - May Day dance
	Outdoor - Invasion Games - At the fair	Indoor - Fitness Circuits	Indoor - Gymnastics - Traditional Tales
	Outdoor - Attacking and Defending	Outdoor - Multi Skills - Throwing and Catching	Outdoor - Running and Jumping
		Outdoor - Multi Skills - Bat and Balls	Outdoor - Multi skills - Sports Day
Year 2	Indoor - Gymnastics - Under the Sea	Indoor - Dance - Toys	Indoor - May day dance
	Outdoor - Invasion Games	Indoor - Fitness Circuits	Indoor - Gymnastics - Landscapes and Cities
	Outdoor - Attacking and Defending	Outdoor - Multi Skills - Throwing and Catching	Outdoor - Target Games
		Outdoor - Multi Skills - Bat and Balls	Outdoor - Olympics - Sports Day
Year 3	Indoor - Gymnastics - Movement	Indoor - Dance - Rainforest	Indoor - May Day dance
	Outdoor - Invasion Games - Fundamentals	Indoor - Fitness Circuits	Indoor - Gymnastics - Shape
	Outdoor - Invasion Games - Football	Outdoor - OOA and First Aid (Mr Mayne)	Outdoor - Striking & Fielding
		Outdoor - Net and Wall Games / Dodgeball	Outdoor - Athletics - Sports Day
Year 4	Indoor - Gymnastics - Movement	Indoor - Dance - Carnival of Animals	Indoor - May Day dance
	Outdoor - Invasion Games - Hockey	Indoor - Fitness Circuits	Indoor - Swimming lessons
	Outdoor - OOA and First Aid (Mr Mayne)	Outdoor - Multi skills-Throwing and Catching	Outdoor - Stricking and fielding - Cricket
		Outdoor -Invasion Games - Tag Rugby	Outdoor - Athletics - Sports Day
			OAA (Residential)
Year 5	Indoor - Gymnastics - Movement	Indoor - Dance - Dance through the Decades	Indoor - May Day dance
	Outdoor - Invasion Games - Basketball	Indoor - Fitness Circuits	Indoor - Gymnastics - shape, balance and space
	Outdoor - Invasion Games	Outdoor - Net and Wall Games - Tennis	Outdoor - OOA and First Aid (Mr Mayne)
		Outdoor - Invasion Games - Handball	Outdoor - Rounders - Athletics - Sports Day
Year 6	Indoor - Gymnastics - Movement	Indoor - Dance - WWII	Indoor - May Day dance
	Outdoor - Invasion Games - Netball	Indoor - Fitness Circuits	Indoor - Gymnastics - Rivers and Mountains
	Outdoor - Invasion Games	Outdoor - Volleyball	Outdoor - Striking & Fielding
		Outdoor - Leadership in PE	Outdoor - Athletics - Sports Day
		OAA (residential)	