

PE Long term Plan Cycle A

	Autumn	Spring	Summer
Reception	Movement skills Gymnastics	Ball skills Dance	Ball and racquet skills Athletics
YR 1 / 2	Movement skills - Balance Gymnastics	Dance Ball skills - throwing catching and rolling	Athletics Application & competitive games
YR 3 / 4	Gymnastics Net & Wall Badminton	Dance Throwing, catching, dodging	Gymnastics Athletics Application & competitive games
YR 5 / 6	Gymnastics Dance Swimming - Yr 6	Net and wall badminton Outdoor adventurous Activity challenges Swimming - Yr 5	Athletics Application & competitive games Striking & Fielding games

PE Long term Plan Cycle B

	Autumn	Spring	Summer
Reception	Movement skills Gymnastics	Ball skills Dance	Ball and Racquet skills Athletics
YR 1 / 2	Bat and Racquet skills - hand strikes Throwing and catching (large balls) Ball skills - kicking & dribbling	Dance Movement skills - hopping, jumping, leaping, dodging	Bat and Racquet skills - large racquets Throwing & catching (small balls) Athletics - running Application and competitive games
YR 3 / 4	Striking Targets Golf and Archery Invasion games Kicking & Dribbling	Dance Striking and fielding rounders	Net and Wall tennis Athletics Application and competitive games

YR 5 / 6	Net and Wall Tennis Outdoor adventurous activities Swimming - YR 6	Dance Gymnastics Swimming - YR 5	Athletics Application and competitive games Invasion games Striking & fielding games
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