

PE Long Term Plan Cycle A

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

PE Long term Plan Cycle B

	Autumn Indoor	Autumn Outdoor	Spring Indoor	Spring Outdoor	Summer Indoor	Summer Outdoor
Reception	Gymnastics	Movement skills	Dance	Ball skills	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 Swimming - YR 6	Outdoor adventurous activities	Dance Swimming - YR 5	Athletics Application and competitive games	Gymnastics	Invasion games Striking & fielding games