

Physical Education

Long Term Plan



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Foundation	Continuous Provision	Continuous Provision	Dance	Fundamental Movements (Balance)	Fundamental Movements (Co-ordination)	Fundamental Movements (Agility)
Class 1	Multi-Skills: Throwing & Catching	Multi-Skills: Running & Jumping	Multi-Skills: Bat & Ball	Multi-Skills: Attack & Defend	Multi-Skills: Target Games	Team Games
	Dance	Gymnastics	Health Related Fitness	Yoga	Outdoor Adventurous Activity	Athletics
Class 2	Invasion Skills 1	Invasion Skills 2	Net/Wall Skills 1	Net/Wall Skills 2	Striking/Fielding Skills 1	Striking/Fielding Skills 2
	Outdoor Adventurous Activity	Gymnastics	Multi-Skills Indoor Athletics	Dance	Health Related Fitness	Athletics
Class 3	Invasion Game 1	Outdoor Adventurous Activity	Invasion Game 2	Net/Wall Game	Striking/Fielding Game	Leadership in PE
	Swimming	Swimming	Dance	Health Related Fitness	Gymnastics	Athletics