

## Long Term Plan

|           |                             |                       |                    |                     |                             |                       |
|-----------|-----------------------------|-----------------------|--------------------|---------------------|-----------------------------|-----------------------|
| Nursery   | Introduction to PE : Unit 1 | Fundamentals : Unit 1 | Dance : Unit 1     | Gymnastics : Unit 1 | Ball Skills : Unit 1        | Games : Unit 1        |
| Reception | Introduction to PE : Unit 2 | Fundamentals : Unit 2 | Dance : Unit 2     | Gymnastics : Unit 2 | Ball Skills : Unit 2        | Games : Unit 2        |
| Year 1    | Fundamentals                | Gymnastics            | Dance              | Gymnastics          | Dance                       | Sending and Receiving |
|           | Ball Skills                 | Target Games          | Net and Wall Games | Invasion Games      | Striking and Fielding Games | Athletics             |
| Year 2    | Dance                       | Gymnastics            | Dance              | Gymnastics          | Yoga                        | Sending and Receiving |
|           | Ball Skills                 | Target Games          | Net and Wall Games | Invasion Games      | Striking and Fielding Games | Athletics             |
| Year 3    | Fundamentals Y3/4           | Dance                 | Gymnastics         | Dance               | Gymnastics                  | OAA                   |
|           | Netball                     | Football              | Tennis             | Cricket             | Rounders                    | Athletics             |
| Year 4    | Swimming                    | Gymnastics            | Dance              | Gymnastics          | Dance                       | OAA                   |
|           | Basketball                  | Tennis                | Football           | Rugby               | Cricket                     | Athletics             |
| Year 5    | Fitness                     | Dance                 | Gymnastics         | Dance               | Gymnastics                  | OAA                   |
|           | Netball                     | Football              | Tennis             | Rounders            | Cricket                     | Athletics             |
| Year 6    | Fitness                     | Dance                 | Gymnastics         | Dance               | Gymnastics                  | OAA                   |
|           | Basketball                  | Tennis                | Football           | Rugby               | Cricket                     | Athletics             |