

Physical Education – Long Term Plan

*2023-24 Due to starting the PE Hub scheme mid-year, Y56 Dance and Foundation in Spring 1, Year 34 foundation instead of football in Spring 1, Year 12 have swapped autumn 2 with spring 1

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
EYFS	Body Management Unit 2	Gym Unit 2	Cooperate and Solve Problems Unit 2	Manipulate and Coordinate Unit 1	Dance Unit 2	Speed Agility Travel Unit 2
Year 1/2 Year A	Gymnastics - Year 1 Unit 2 Fitness Reception/KS1 Unit 2	Attack defend Shoot Year 1 Unit 1 Dance Year 1 Unit 2	Dance Year 2 Unit 2 Fitness Reception/KS1 Unit 2	OAA Year 2 Hit Catch Run Year 1 Unit 1	Attack Defend Shoot Year 2 Unit 1 Gymnastics Year 2 Unit 2	Attack Defend Shoot Year 2 unit 2 Hit Catch Run Year 2 Unit 1
Year 1/2 Year B	Gymnastics Year 1 Unit 1 Fitness Reception/KS1 Unit 1	Send and Return Y1 Unit 1 Dance Year 1 Unit 1	Run Jump Throw Year 1 Unit 1 Gymnastics Year 2 Unit 1	OAA Year 1 Send and Return Year 2 Unit 1	Run Jump Throw Year 2 Unit 1 Dance Year 2 unit 1	Send and Return Year 2 Unit 2 Run Jump Throw Year 2 Unit 2
Year 3 Year 4 Year A	Swimming Gymnastics Year 3 unit 2	Swimming Fitness KS2 Unit 1	Netball Year 3 Dance Year 3 Unit 2	OAA Year 4 Gymnastics Year 4 Unit 2	Hockey Year 4 Dance Year 4 Unit 2	Cricket Year 4 Tennis Year 3/4
Year 3 Year 4 Year B	Swimming Foundations KS2	Swimming Gymnastics Year 3 Unit 1	Football Year 3 Dance Year 3 Unit 1 Tag Rugby Year 5	OAA Year 3 Gymnastics Year 4 Unit 1	Athletics Year 4 Dance Year 4	Rounders Year 4 Tennis Year 3/4
Year 5/6 Year A	Gymnastics Year 5 Unit 1 Golf KS2	Dance Year 5 Unit 2 Netball Year 5	Dance Year 6 Unit 2	OAA Year 6 Gymnastics Year 6 Unit 1	Hockey Year 6 Handball Year 6	Rounders Year 6 Tennis Year 5/6
Year 5 Year 6 Year B	Gymnastics Year 5 unit 2 Fitness KS2 Unit 2	Foundations KS2 Dance Year 5 Unit 1	Wellbeing KS2 Football Year 5	OAA Year 5 Gymnastics Year 6 Unit 2	Athletics Year 6 Dance Year 6 Unit 1	Cricket Year 6 Tennis Year 5/6

**Skills progression can be found in the SPF and in the PE Hub progression documents