

PE LONG TERM PLAN

	N	R	Y1	Y2	Y3	Y4	Y5	Y6
HT 1		Introduction to PE: Unit 1	Fundamentals Team building	XC Dance	XC Dodgeball	XC Swimming	XC Tag Rugby	XC Tag Rugby
HT2		Fundamentals: Unit 1	Ball Skills Yoga	Fundamental Gymnastics	Dance Tag Rugby	Dodgeball Swimming	OAA Badminton	Dodgeball Netball
HT3	Introduction to PE: Unit 1	Ball skills: Unit 1 Gymnastics: Unit 1	Dance Target Games	Ball Skills Dodgeball	Volleyball Athletics	Volleyball Swimming	Volleyball Ultimate Frisbee	Volleyball Ultimate Frisbee
HT4	Fundamentals: Unit 1	Introduction to PE: Unit 2 Fundamentals: Unit 2	Gymnastics Striking and Fielding	Yoga Sending and receiving	Gymnastics Ball Skills	Yoga Swimming	Gymnastics Netball	Dance Yoga
HT5	Ball skills: Unit 1	Games unit 1 Games unit 2	Invasion games	Striking and fielding Net and Wall	Swimming Rounders	Athletics Rounders	Athletics Dance	Athletics Badminton
HT6	Gymnastic: Unit 1	Sports Day practise Dance	Athletics Net and Wall	Athletics Net and Wall	Swimming Tennis	Tennis Netball	Tennis Cricket	Tennis Cricket

Inspire
Academy