

PE Long Term Plan (Indoor, Outdoor)

2021-22	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Gymnastics Stretching and Curling. Large ball skills and games.	Gymnastics Flight. Large ball skills and games.	Dance Throwing and catching Aiming games.	Dance Bat and ball skills and games and skipping.	Athletics Bat and ball skills and games.	Athletics Developing partner work.
Year 2	Gymnastics Rocking and Rolling. Throwing and catching.	Gymnastics Spinning / Turning / Twisting. Inventing individual games.	Dance Making up games with a partner.	Dance Dribbling, kicking and hitting.	Athletics Bat and ball skills and games.	Athletics Group games and inventing rules.
Year 3	Gymnastics Symmetry & Asymmetry. Ball Skills – passing and receiving.	Gymnastics Pathways and travelling. Creative games – making.	Dance Swimming	Swimming Net / Wall games.	Swimming Striking / Fielding games.	Athletics Swimming
Year 4	Swimming Invasion Games.	Gymnastics Symmetry & Asymmetry & Balance. Swimming	Gymnastics Rolling & Receiving Body Weight. Problem Solving and inventing games (invasion focus).	Dance Net / Wall games.	Dance Striking / Fielding games.	Athletics Outdoor and Adventurous.
Year 5	Gymnastics Bridges. Invasion and target (ball handling games).	Gymnastics Flight. Invasion (implement and kicking).	Dance Invasion Games.	Dance Net / Wall games.	Athletics Striking / Fielding games.	Athletics Outdoor and Adventurous.
Year 6	Gymnastics Matching and Mirroring. Invasion and target (ball handling games).	Gymnastics Counter Balance and Counter Tension. Invasion (implement and kicking).	Dance Invasion Games.	Dance Net / Wall games.	Athletics Striking / Fielding games.	Athletics Outdoor and Adventurous.