

PE Long Term Plan East Halton

Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Cycle A	Introduction to PE (unit 1)	Fundamentals (unit 1)	Dance (Unit 1)	Dance (Unit 2)	Fundamentals (unit 2)	Games (unit 1)
	Cycle B	Introduction to PE (unit 2)	Ball skills (unit 1)	Gymnastics (shape, strategy, balance & rolls - unit 1)	Gymnastics (shape, strategy, jumps & rolls - unit 2)	Ball skills (unit 2)	Games (unit 2)
KS1	Cycle A	Team building Fundamentals (link to athletics)	Dance	Gymnastics (shape, strategy, balance & rolls)	Target OAA	Athletics (rules, running & jumping) Net/wall	Invasion games Striking/Fielding
	Cycle B	Team building Fundamentals (link to athletics)	Dance	Gymnastics (shape, strategy, jumps & rolls)	Target OAA	Athletics (rules and throwing) Net/wall	Invasion games Striking/Fielding
KS2	Cycle A	Invasion Games (football Year 3 & Year 4)	Dance	Gymnastics (shape, strategy & balance)	Swimming	Athletics OAA	Invasion Games (football Year 5 & Year 6)
		Striking and Fielding (cricket Year 3 & Year 4)					Striking and Fielding (cricket Year 5 & Year 6)
	Cycle B	Striking and Fielding (rounders Year 3 & Year 4)	Dance	Gymnastics (shape, strategy & rolls)	Swimming	Athletics OAA	Striking and Fielding (rounders Year 5 & Year 6)
		Invasion games (tag rugby Year 3 & Year 4)					Invasion games (tag rugby Year 5 & Year 6)
	Cycle C	Target Games (dodgeball Year 3 & Year 4)	Dance	Gymnastics (shape, strategy & jumps)	Swimming	Athletics OAA	Target Games (dodgeball Year 5 & Year 6)

		Invasion Games (basketball Year 3 & Year 4)					Invasion Games (basketball Year 5 & Year 6)
	Cycle D	Net/Wall Games (tennis Year 3 & Year 4) Invasion Games (hockey Year 3 & Year 4)	Dance	Gymnastics (shape strategy & inverted movements)	Swimming	Athletics OAA	Net/Wall Games (tennis Year 5 & Year 6) Invasion Games (hockey Year 5 & Year 6)