

Physical Education Long Term Plan

	Autumn		Spring		Summer	
CYCLE A						
EYFS, Year 1 & 2	Fundamental skills Dance	Target Skills Gymnastics	Ball skills Sending and receiving	OAA Fitness	Athletic skills Team building	Striking and fielding Invasion games
Year 3 & 4	Swimming Netball	Football Gymnastics	Hockey Dance	Handball Fitness	Athletics Archery	Golf Dodgeball
Year 5 & 6	Swimming Netball	Football Gymnastics	Hockey Dance	Handball Fitness	Athletics Archery	Golf Dodgeball
CYCLE B						
EYFS, Year 1 & 2	Fundamental skills Gymnastics	Ball skills Dance	Ball skills Sending and receiving	OAA Fitness	Athletic skills Team building	Striking and fielding Invasion games
Year 3 & 4	Tennis, Gymnastics	Tag Rugby Dance	Football Gymnastics	OAA Dance	Athletics Cricket	Rounders Ultimate Frisbee
Year 5 & 6	Tennis Gymnastics	Tag Rugby Dance	Football Gymnastics	OAA Dance	Athletics Cricket	Rounders Ultimate Frisbee