

# Physical Education Long Term Plan



PE LTP	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	Yoga	Team Games/Fine Motor Skills	Outdoor Play	Dance	Athletics	<b>Consolidation</b>
<b>Reception</b>	Introduction to PE	Fundamentals	Gymnastics	Dance	Ball Skills	Games
<b>Year 1</b>	Fitness	Target Games	Dance	Team Building	Gymnastics	Athletics
	Fundamentals	Ball Skills	Sending and Receiving	Invasion	Net and Wall	Striking and Fielding
<b>Year 2</b>	Fitness	Team Building	Dance	Net and Wall	Gymnastics	Invasion
	Fundamentals	Target Games	Ball Skills	Sending Receiving	Athletics	Striking and Fielding
<b>Year 3</b>	Yoga	Hockey	Dance	Netball	Gymnastics	Athletics
	Dodgeball	Ball Skills	OAA	Tennis	Cricket	Rounders
<b>Year 4</b>	Dance	Basketball	Gymnastics	Netball	Tennis	Cricket
	Football	Tag Rugby	Ball skills	OAA	Rounders	Athletics
<b>Year 5</b>	Yoga	Hockey	Gymnastics	Cricket	Swimming	Swimming
	Dodgeball	Netball	OAA	Athletics	Tennis	Rounders
<b>Year 6</b>	Dance	Basketball	Badminton	Football	Handball	Swimming catch up
	Tag Rugby	Tag Rugby	Netball	Cricket	Rounders	Athletics



## RATIONALE:

- Ball skills, fundamentals and sending and receiving in the KS1 units, isolate skills to prepare children to apply these in games activities (target, net and wall, striking and fielding and invasion) with increased pressure, rules and decision making. The same rationale applies to ball skills and fundamentals in LKS2.
- To give children a broad range of experiences, we have a range of invasion games and sports across KS2 to help children find a love for a sport, as well as providing enrichment within a range of activities. Activities mostly follow a 2 year rotation that use similar skills (particularly invasion games.)
- Dance and Gymnastics appear in most year groups as this provides opportunity to learn multiple skills. We also encourage children to feel confident to perform in front of others.
- Year 6 pupils are introduced to new sports such as badminton and handball for skill progression and in preparation for secondary transition.