



# PE Long Term Plan Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 1	Fundamental Movement Skills	Multi Skills Dance	Ball Skills Yoga	Object Skills Outdoor Adventurous Activities (OAA)	Team Building Fitness	Athletics Invasion Games
Lower Key Stage 2	Gymnastics Netball	Dance Tag Rugby	Invasion Games Football	Net and Wall Outdoor Adventurous Activities (OAA)	Team Building Fitness	Athletics Rounders
Upper Key Stage 2	Gymnastics Netball	Dance Tag Rugby	Invasion Games Football	Swimming (Year 6) Net and Wall Outdoor Adventurous Activities (OAA)	Swimming (Year 6) Rounders Team Building	Swimming (Year 6) Rounders Athletics

# PE Long Term Plan Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 1	Gymnastics Sending and receiving	Object Skills Dance	Ball Skills Fundamentals	Net and Wall Games Striking and Fielding	Team Building Invasion Games	Athletics Ball Skills
Lower Key Stage 2	Gymnastics Hockey	Invasion Games Dance	Boxing Student Games	Net and Wall Games Cricket	Team Building/OAA Rounders	Athletics Dodgeball
Upper Key Stage 2	Gymnastics Hockey	Invasion Games Dance	Student Games Boxing	Net and Wall Cricket Swimming (Year 6)	Team Building/OAA Rounders Swimming (Year 6)	Athletics Dodgeball Swimming (Year 6)



Achieve



Thrive