

PE Long Term Plan
2024 - 2025

Foundation		Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
Nursery		Ball skills Unit 1	Dance Unit 1	Fundamentals Unit 1	Games Unit 1	Gymnastics Unit 1
Reception		Ball skills Unit 2	Dance Unit 2	Fundamentals Unit 2	Games Unit 2	Gymnastics Unit 2
KS1		Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
Year 1	Indoor	MS Fundamental Skills	Dance	Yoga	Gymnastics	Invasion Games
	Outdoor	Fitness		Sending and receiving	Athletics	Striking and fielding
Year 2	Indoor	Dance	MS Fundamental Skills	Net and Wall	Fitness	Gymnastics
	Outdoor	Invasion Games	Invasion Games	Athletics	Invasion Games	Striking and Fielding

KS2		Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
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Year 3	Indoor	Yoga	Dance	Gymnastics	Invasion Games <i>Dodgeball</i>	Net and Wall <i>Tennis</i>
	Outdoor	Tag Rugby	Fitness	Invasion Games <i>Netball</i>	Athletics	Striking and Fielding <i>Cricket</i>
Year 4	Indoor	Swimming	Swimming	Swimming	Swimming	Swimming
	Outdoor	Athletics	Gymnastics	<i>Dance</i>	Invasion Games Tag Rugby	Invasion Games Basketball
Year 5	Indoor	Cricket	Gymnastics	Dance	Fitness <i>Leadership and playtime games/ sports leaders</i>	Net and Wall <i>Badminton</i>
	Outdoor	OAA	Invasion Games <i>Netball</i>	OAA	Athletics	Striking and Fielding <i>Rounders</i>
Year 6	Indoor	Fitness <i>Fitness and Cardio</i>	Gymnastics	Invasion Games Dodgeball	Dance	Net and Wall <i>Tennis</i>
	Outdoor	Invasion Games <i>Basketball</i>	Invasion Games <i>Tag Rugby</i>	Striking and Fielding <i>Cricket</i>	Athletics	Striking and fielding Rounders