

P.E. Curriculum Long Term Plan

Year Group	Autumn One		Autumn Two		Spring One		Spring Two		Summer One		Summer Two	
Reception	Val Sabin Gymnastics: travelling & taking flight Forest school		BBC Let's Dance Fireworks Forest school	Christmas Dancing Forest School	Twinkl: Games: Ball Skills Forest School		Gymnastics Val Sabin: Rocking and Rolling Forest School		Games & athletics Forest School		Swimming Forest School	Swimming Forest School
Year One	Gymnastics: Traditional tales	Multi Skills - throwing and catching	Dance - Seasons	Multi skills - bat and ball	Dance: Starry Skies	Multi skills: attacking and defending	Gymnastic: Animals	Multi skills: Running and jumping	Forest School	Forest School	Swimming	Swimming
Year Two	Invasion Games	Gymnastics – Under the Sea	Bat and Ball	Dance – The Gun Powder Plot	Dance – Plants	Athletics	Throwing and Catching	Gymnastics – Landscapes and cityscapes	Swimming	Forest School	Forest School	Swimming
Year Three	Gymnastics shape	Forest School	Gymnastics movement	Forest School	Dance – Chinese New Year	Outdoor adventures	Dance extreme earth		Athletics	Striking and fielding	Swimming	Swimming
Year Four	Dance – Carnival of the Animals	Invasion games	Gymnastics - Jumps, Leaps & Linking Movement	Ball Skills - Throwing and Catching	Dance - BBC - Carnival and Wonders of the World	Forest School	Gymnastics - Movement	Forest School	Circuit Training	Athletics	Swimming	Swimming
Year Five	Dance – Haka	Woodland School 1	Gymnastics - Movement	Outdoor: Invasion Games	Dance - Space	Forest School	Forest School	Badminton	Athletics	Striking and Fielding – Rounders	Swimming	Swimming
Year Six	Forest School Gym - Movement	Netball	Forest School Gym - Movement	Volley Ball	Dance - through the ages	- Invasion Games	Striking and Fielding	Gym - shape	Athletics	Leadership in PE	Swimming	Swimming

Reception: Dance – Dinosaurs, Dance – Chinese New Year, Games – Best of Balls, Fundamental Skills – Easter, Fundamental Skills – Christmas

Year 1: Indoor: Gymnastics – Traditional Tales, Gymnastics – Animals, Dance – Seasons, Dance – Starry Skies, , Dance – Chinese New Year, Yoga – Salute to Sun

Year 1: Outdoor: Multi-Skills – Bat and Ball, Multi-Skills: Running and Jumping, Multi-Skills – Throwing and Catching, Attacking and Defending, Invasion Games, Woodland School 2 x slots

Year 3: Indoor: Dance – Extreme Earth, Dance - Chinese New Year, Gymnastics – Movement, Gymnastics - Shape

Year 3: Outdoor: Athletics, Outdoor Adventurers, Striking and Fielding Fundamentals, Invasion Games, Woodland School 2 x slots

Year 6: Indoor: Dance – Electricity, Dance – Chinese New Year, Gymnastics – Movement, Gymnastics – Shape and Balance,

Year 6: Outdoor: Netball, Invasion Games, Athletics, Striking and Fielding, Woodland School 2 x slots

<https://www.twinkl.co.uk/resources/home-key-stage-1-subjects/pe-and-sports>

<https://www.twinkl.co.uk/resources/keystage2-ks2/ks2-subjects/ks2-pe>