

PE 2022-23

Long Term Plan



Dance



Run Jump Throw



Tennis



Tag Rugby



Gymnastics



Hockey



Basketball

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Body Management	Dance	Speed Agility Travel	Dance	Manipulation & Coordination	Speed Agility Travel
	Manipulation & Coordination	Cooperate & Solve Problems	Gymnastics	Body Management	Gymnastics	Cooperate & Solve Problems
Year 1	Run Jump Throw	Dance	Attack Defend Shoot	Send & Return	Run Jump Throw	Attack Defend Shoot
	OAA	Hit Catch Run	Gymnastics	Dance	Gymnastics	Hit Catch Run
Year 2	Hit Catch Run	Gymnastics	Run Jump Throw	Dance	Run Jump Throw	Hit Catch Run
	Dance	OAA	Send & Return	Hit Catch Run	Gymnastics	Send & Return
Year 3	Gymnastics	Hockey	Netball	Gymnastics	Dance	Tennis
	Football	Handball	Dance	Athletics	Tag Rugby	Rounders
Year 4	Netball	Dance	Handball	Dance	Basketball	Tennis
	Gymnastics	Football	Badminton	Lacrosse	Gymnastics	Athletics
Year 5	Football	Gymnastics	Dance	Handball	Athletics	Tennis
	Dance	Basketball	Hockey	Gymnastics	OAA	Rounders
Year 6	Netball	Football	Handball	Dance	Tag Rugby	Tennis
	Hockey	Dance	Gymnastics	Athletics	Gymnastics	Rounders