

## Physical Education Long Term Plan 2024-25

Year Group	Area	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	Indoor	Object Manipulation	Fundamental Skills 1	Gym- Rocking & Rolling	Gymnastics- Flight- Bouncing, Jumping & Landing	Dance- Seasons	
	Outdoor				Fundamental Skills 2		Athletics 1
<b>Year 1</b>	Indoor	Dance – Dances Around the UK/World	Gymnastics – Pathways- Small & Long	Net & Wall Game Skills 1	Gymnastics- Balancing & Spinning on Points & Patches	Dance – Fire of London	Dance - Animals
	Outdoor	Movement Skills 2	Movement Skills 2	Target Games 2	Invasion Game Skills 1	Striking & Field Game Skills 1	Athletics 2
<b>Year 2</b>	Indoor	Dance - Bollywood	Gymnastics- Stretching, Curling & Arching	Gymnastics- Pathways- Straight, Zigzag & Curving	Gymnastics- Spinning, Turning & Twisting	Dance - WW2 1940s Dances	Dance – Under the Sea
	Outdoor	Movement Skills 3	Invasion Game Skills 2	Target Games 3	Net & Wall Game Skills 2	Athletics	Striking & Field Game Skills 1
<b>Year 3</b>	Indoor	Health Related Fitness	Boccia	Dance – Dance Around the World	Gymnastics- Receiving Body Weight/Linking Movements Together	Dodgeball	
	Outdoor	Orienteering	Basketball	Hockey	Netball	Rounders	Athletics/Tennis
<b>Year 4</b>	Indoor	Health Related Fitness	Boccia/Kurling	Dance- Olympics	Gymnastics – Arching and Bridging	Gymnastics – Rolling and Travelling Low	
	Outdoor	Football	Basketball	Netball	Tag Rugby	Rounders Swimming	Athletics/Orienteering
<b>Year 5</b>	Indoor	Health Related Fitness	Boccia(Kurling)	Gymnastics – Partner Work – Under and Over	Gymnastics – Matching, Mirroring and Contrast	Dance – Dance Through The Ages	
	Outdoor	Football	Basketball	Netball	Tag Rugby	Rounders Swimming	Athletics /Cricket
<b>Year 6</b>	Indoor	Health Related Fitness	Boccia/Kurling	Dance – British Values	Gymnastics - Flight	Gymnastics – Group and Sequencing	
	Outdoor	Football	Basketball	Netball	Tag Rugby	Rounders Swimming	Athletics/Tennis