

Physical Education Long Term Plan

St Marys 'Arches Curriculum' - all our planning is based on our key principles and intent for our curriculum.



Subjects/Topics to be taught in line with whole school enhancements

Year Group	Autumn		Spring		Summer	
Nursery	Introduction to PE – Unit 1	Fundamentals – Unit 1	Dance – Unit 1	Gymnastics – Unit 1	Games – Unit 1	Ball Skills – Unit 1
Reception	Introduction to PE – Unit 2	Fundamentals – Unit 2	Dance – Unit 2	Gymnastics – Unit 2	Games – Unit 2	Ball Skills – Unit 2
Year One	Fundamentals Invasion	Dance Target Games	Gymnastics Ball Skills	Fitness Yoga	Net and Well Sending & Receiving	Athletics Striking & Fielding
Year Two	Invasion Gymnastics	Dance Invasion	Dance Multi Skills	Fitness Ball Skills	Ball Skills Invasion	Athletics Striking & Fielding
Year Three	Basketball Multi-skills	Dance Handball	Netball Dance	Tri-golf Tennis	Athletics Outdoor and Adventurous	Dance Cricket
Year Four	Football Gymnastics	Netball/Dance Swimming	Swimming Netball/Dance	Athletics Tri-golf	Fitness Tag rugby	Cricket Outdoor and Adventurous
Year Five	Basketball Dance	Football Badminton	Gymnastics Tag rugby	Dance Tennis	Athletics Outdoor and Adventurous	Cricket Team building games
Year Six	Football Gymnastics	Badminton Netball	Tag rugby Team building games	Quidditch Archery	Athletics/ Cricket Swimming	Athletics/ Cricket Swimming