

Physical Education Long Term Plan

Yr. Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Body Management	Dance & Gymnastics	Manipulation & Coordination 1	Cooperate and Solve Problems	Speed, Agility, Travel	Manipulation & Coordination 2
Year 1	Attack, Defend, Shoot 1	Dance & Gymnastics	Run, Jump, Throw	Attack, Defend, Shoot 2	Hit, Catch, Run	Tennis LTA Tennis Units Lessons 1-6
Year 2	Attack, Defend, Shoot 1	Dance & Gymnastics	Run, Jump, Throw	Attack, Defend, Shoot 2	Hit, Catch, Run	Tennis LTA Tennis Units Lessons 1-6
Year 3	Netball	Dance & Gymnastics	Athletics	Tag Rugby	Rounders	Tennis LTA Tennis Units Lessons 7-12
Year 4	Netball	Dance & Gymnastics	Athletics	Tag Rugby	Rounders	Tennis LTA Tennis Units Lessons 7-12
Year 5	Swimming & Netball	Swimming, Dance & Gymnastics	Swimming & Athletics	Swimming & Tag Rugby	Swimming & Rounders	Swimming & Tennis LTA Tennis Units Lessons 13-18
Year 6	Netball	Dance & Gymnastics	Athletics	Tag Rugby	Rounders	Tennis LTA Tennis Units Lessons 13-18