



P.E Long-Term Plan

Parish Church of England Primary School

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE 1	Fundamentals 1	Gymnastics 1	1 Dance	Games 1	Ball Skills 1
Reception	Introduction to PE 2	Fundamentals 2	Gymnastics 2	2 Dance	Games 2	Ball Skills 2
Year 1 (Outdoor)	Ball Skills	Sending and receiving	Team Building	OAA-ENRICH EDUCATION RESOURCES	Net and Wall	Zumba Fitness
Year 1 (Indoor)	Fundamentals	Gymnastics	Dance	Invasion	Athletics	Striking and fielding
Year 2 (Outdoor)	Ball Skills	Invasion	OAA- ENRICH EDUCATION RESOURCES	Team Building	Net and Wall	Striking and fielding
Year 2 (Indoor)	Fundamentals	Gymnastics	Dance	Yoga	Athletics	Zumba Fitness
Year 3 (Outdoor)	Ball Skills	Dodgeball	Netball	Tag Rugby	Tennis	Cricket
Year 3 (Indoor)	Dance	Fundamentals	Gymnastics	Zumba Fitness	Athletics	Handball
Y3 Sporting Icons	Beth Tweedle		Johnny Lomax		Paula Ratcliffe	
Year 4 (Outdoor)	Basketball	Swimming	Hockey	Football	Tennis	Rounders
Year 4 (Indoor)	Dance	Yoga	Gymnastics	Zumba Fitness	Athletics	OAA
Y4 Sporting Icons	Casey Stoney		Rebecca Adlington		Andy Murray	
Year 5 (Outdoor)	Netball	Dodgeball	Hockey	Handball	Tag Rugby	Cricket
Year 5 (Indoor)	Gymnastics	Zumba Fitness	Badminton	Athletics	Dance	OAA
Y5 Sporting Icons	Maxi Whitlock		Sebastian Coe		Michael Phelps	
Year 6 (Outdoor)	Football	OAA	Dodgeball	Athletics	Rounders	Basketball
Year 6 (Indoor)	Swimming	Zumba Fitness	Badminton	Yoga	Dance	
Y6 Sporting Icons	Michael Jordan		Jessica Ennis-Hill		Raheem Sterling	