

PE Long Term Plan 2023- 2024



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