

**PE Long Term Planning 2023 - 2024 (Two Sessions Per Week) - (2 Hours)**

	<b>Autumn 1 (Sept 5<sup>th</sup> – Oct 21<sup>st</sup>)</b>		<b>Autumn 2 (Nov 1<sup>st</sup> – Dec 16<sup>th</sup>)</b>		<b>Spring 1 (Jan 3<sup>rd</sup> – Feb 17<sup>th</sup>)</b>		<b>Spring 2 (Feb 27<sup>th</sup> – Apr 6<sup>th</sup>)</b>		<b>Summer 1 (Apr 17<sup>th</sup> – May 26<sup>th</sup>)</b>		<b>Summer 2 (Jun 12<sup>th</sup> – Jul 20<sup>th</sup>)</b>	
<b>Reception</b>												
<b>Year 1</b>	Gymnastics (Balancing, Spinning, P/P)	Yoga	M-S & G (Striking & Fielding 1)	Gymnastics (Wide/Narrow & Curled, Rolling/Balanci ng)	M-S & M (Movement Skills – 1)	M-S & G (Tri-Golf)	M-S & G (Target Games 2)	Dance	Net/Wall Games (Skills 1)	Striking & Fielding (Game Skills 2)	Invasion Game Skills 1	Athletics
<b>Year 2</b>	Gymnastics (Stretching, Curling & Arching)	M-S & M (Movement Skills – 2)	M-S & G (Striking & Fielding 2)	Gymnastics (Spinning, Turning/Twistin g)	M-S & M (Movement Skills – 3)	M-S & G (Tri-Golf)	M-S & G (Target Games 3)	Dance	Net/Wall Games (Skills 2)	Invasion Game Skills 2	Gymnastics (Pathways; straight, curling, etc.	Athletics
<b>Year 3</b>	Gymnastics (Linking Movements Together)	Net/Wall Games (Dodgeball)	Invasion Games (Football)	Gymnastics (Receiving Body Weight)	Health Related Fitness	Invasion Games (Tag Rugby)	Target (Tri-Golf)	Dance	Invasion Games (Hockey)	Striking & Fielding (Cricket)	OAA	Athletics
<b>Year 4</b>	Swimming	Net/Wall Games (Dodgeball)	Invasion Games (Tag Rugby)	Gymnastics (Rolling & Travelling)	Invasion Games (Tag Rugby)	Health Related Fitness	Net/Wall Games (Badminton)	Dance	Net/Wall Games (Tennis)	Striking & Fielding (Rounders)	OAA	Athletics
<b>Year 5</b>	Net/Wall Games (Dodgeball)	Invasion Games (Football)	Invasion Games (Lacrosse)	Gymnastics (Matching, Mirroring & Contrast, O/U)	Health Related Fitness	Invasion Games (Basketball)	Net/Wall Games (Badminton)	Dance	Net/Wall Games (Tennis)	Striking & Fielding (Danish Long Ball))	OAA	Athletics
<b>Year 6</b>	Team Building & Problem Solving	Invasion Games (Netball)	Invasion Games (Handball)	Gymnastics (Flight)	Health Related Fitness	Leadership	Invasion Games (Flag Football)	Dance	Net/Wall Games (Badminto n)	Striking & Fielding (Rounders)	OAA (Team Building/ P-S	Athletics

M-S & M = Multi-Skills & Movement

M-S & G = Multi-Skills & Games

OAA = Outdoor and Adventurous Activities