

PE Long Term Plan 24/25

<u>Year Group</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Reception	Manipulation and Coordination	Dance	Body Management	Cooperative Solving Problems	Speed Agility Travel	Gymnastics
Yr 1	Attack Defend Shoot Unit 1 Send and Return unit 1	Gymnastics Unit 1 Run Jump Throw Unit 1	Dance Unit 1 Hit and Run Unit 1	Gymnastics Unit 2 Send and Return Unit 2	Dance Unit 2 Run Jump Throw Unit 2	OAA Attack Defend Shot Unit 2
Yr 2	Send and Return Unit 1 Attack Defend and Shoot Unit 1	Send Return Unit 2 Attack Defend and Shoot Unit 2	Dance Unit 1 Hit Run and Catch Unit 1	Gymnastics Unit 1 Hit Run Catch Unit 2	Dance Unit 2 Run Jump Throw	Gymnastics Unit 2 OAA
Yr 3	Handball Hockey	Basketball Tag Rugby	Gymnastics Unit 1 Basketball	Dance Unit 2 Football	Gymnastics Unit 2 OAA	Athletics Rounders
Yr 4	Swimming Netball Tag Rugby	Swimming Dance Unit 1 Hockey	Swimming Gymnastics Unit 1 Handball	Swimming Dance Unit 2 Tennis	Swimming Gymnastics Unit 2 OAA	Swimming Athletics Rounders
Yr 5	Football Netball	Tag Rugby Hockey	Gymnastics Unit 1 Tennis	Dance Unit 1 OAA	Gymnastics Unit 2 Athletics	Dance Unit 2 Rounders
Yr 6	Football	Netball	Tag Rugby	Athletics	Rounders	Gymnastics