

PE Long Term Plan 2021/ 2022

Year Group		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1 *	Health and wellbeing Yoga	ABC skills Multi skills	Expressive art and design Dance	Core development Gymnastics	Mini kicks	Throwing and catching skills Athletics
FS2 *	Health and wellbeing Yoga	ABC skills Multi skills	Expressive arts and design Dance	Core development Gymnastics	Mini kicks	Throwing and catching skills Athletics
1 *	Health and well being Outdoor Adventure Multi skills	Rugby Health and well being Yoga	Dance Large ball skills Dodgeball/ basketball/ bench ball/	Gymnastics Striking and fielding	Maypole dancing Athletics Golf	Football Athletics
2 *	Health and well being Outdoor Adventure Multi skills	Rugby Health and well being Yoga	Dance Large ball skills Dodgeball/ basketball/ bench ball/	Gymnastics Striking and fielding	Athletics Golf Maypole dancing	Football Athletics
3	Health and well being Outdoor Adventure Multi skills	Rugby Health and well being Yoga	Gymnastics Large ball skills Handball/ basket ball	Dance Football	Golf Striking/ fielding Tennis/ Rounder's	Cricket Athletics
4 *	SWIMMING Outdoor Adventure/ orienteeing	SWIMMING Rugby	SWIMMING Gymnastics	SWIMMING Dance	SWIMMING Striking/ fielding Tennis/Rounder's	SWIMMING Athletics

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5 * Catch up Swim Autumn Term	Netball hockey	Outdoor Adventurous Education Rugby	Gymnastics Handball/ dodgeball/ bench ball	Dance Tennis rounders	Golf Tennis/ Rounder's	Athletics Cricket
6 *	Netball Outdoor Adventurous Education	Hockey Rugby	Gymnastics Handball/ dodgeball/ bench ball	Dance	Golf Tennis/ Rounder's	Athletics Cricket
		Santa Dash				Sports Day