

PE Long Term Plan 2023-2024

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Indoor: Gymnastics (Animals)	Indoor: Running & Jumping	Indoor: Creative Movement (Starry Skies)	Indoor: Throwing & Catching	Indoor: Stretching, balancing, effective breathing	Indoor: Creative Movement (The Seasons)
	Outdoor: Athletics	Outdoor: Invasion Games	Outdoor: Football Skills	Outdoor: Team Games/ Attacking & Defending (Rugby)	Outdoor: Team Games/ Attacking & Defending (Volleyball)	Outdoor: Tag Rugby
2	Indoor: Throwing & Catching	Indoor: Creative Movement (The Gunpowder Plot)	Indoor: Creative Movement (Toys)	Indoor: Gymnastics (Under the Sea)	Indoor: Gymnastics (Landscapes & Cityscapes)	Indoor: Running & Jumping
	Outdoor: Athletics	Outdoor: Football Skills	Outdoor: Attacking & Defending/ Team Games (Basketball)	Outdoor: Multiskills bat and ball	Outdoor: Team Games (Rugby)	Outdoor: Tennis
3	Indoor: Gymnastics (Shape)	Indoor: Gymnastics (Movement)	Indoor: Hit and catch	Indoor: Creative Movement (Extreme Earth)	Indoor: Creative Movement	Indoor: Athletics (Running, throwing, jumping)
	Outdoor: Athletics	Outdoor: Invasion Games (Basketball)	Outdoor: Striking & Fielding Fundamentals (Catching, target practise, striking) Cricket	Outdoor: Badminton	Outdoor Invasion Games	Outdoor: Invasion Games: Hockey
4	Indoor: Gymnastics	Indoor Gymnastics Balance and Jumping	Indoor: Hit and catch	Indoor: Creative Movement (Water)	Indoor: Badminton	Indoor: Athletics (Running, throwing, jumping)
	Outdoor: Athletics	Outdoor: Invasion (Rugby)	Outdoor: Invasion Games	Outdoor: Striking & Fielding (Cricket)	Outdoor: OOA	Outdoor: Net & Ball Games: Tennis
5	Indoor: Gymnastics (Movement)	Indoor: Gymnastics (Apparatus activities)	Indoor: Creative Movement	Indoor: Bat & Ball	Indoor: Creative Movement (WWII)	Indoor: Athletics (Running, throwing, jumping)

	Outdoor: Athletics	Outdoor: Badminton	Outdoor: Striking & Fielding (Rounders)	Outdoor: Attacking & Defending (Basketball)	Outdoor: Striking & Fielding Fundamentals (Catching, target practise, striking)	Outdoor: OOA
6	Indoor: Creative Movement (Electricity)	Indoor: Gymnastics (Movement)	Indoor: Gymnastics (Apparatus Activities)	Indoor: Net & Wall Games (Volleyball)	Indoor: Net & Wall Games (Badminton)	Indoor: Athletics (Running, throwing, jumping)
	Outdoor: Athletics	Outdoor: Attacking & Defending (Rugby)	Outdoor: OAA	Outdoor: Attacking & Defending (Football)	Outdoor: Table Tennis	Outdoor: Striking & Fielding (Cricket)