

PE (Cycle B)

Long Term Plan 2022-23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	Movement and Using Space	Ball Skills	Dance	Gymnastics	Team games	Athletics
Year 1/2	ABC – Agility, Balance Coordination games	Ball games – throwing and catching	Team games – including attacking and defending Swimming	Outdoor Adventurous Activities Swimming	Dance	Athletics
Year 3/4	Invasion Games (2) – passing, defending, attacking, competitive team games Swimming	Outdoor Adventurous Activities Swimming	Gymnastics	Dance	Striking and fielding	Athletics
Year 5/6	Invasion Games – passing, defending, attacking, competitive team games	Outdoor Adventurous Activities	Gymnastics	Dance	Striking and fielding Swimming	Athletics Swimming