PE LONG TERM PLAN

	Au1	Au2	\$p1	Sp2	Su1	Su2
Nursery	Establish FMS	Establish	Establish	Establish	Establish FMS	Establish FMS
	Locomotor	FMS	FMS	FMS	Manipulative	Manipulative
		Stability	Manipulative	Locomotor		
				Healthy		
				Lifestyles		
Reception	Dance Developing	Gymnastics Developing	Games	Developing	Games	Athletics
	FMS	FMS	Developing FMS	FMS	Developing FMS	Developing FMS
	Locomotor	Locomotor/Stability	Manipulative	Stability	Manipulative	Manipulative
				Healthy		
				Lifestyles		
Year 1	Games Securing FMS	Gymnastics Securing	Dance Securing	Games	Athletics	Athletics
	Throw and Catch	Balance, Stability	FMS through	Securing FMS	Securing basic	Master and apply
		Coordination		through	movements run,	basic movements
					jump	throw catch
			_	_		Healthy Lifestyles
Year 2	Master basic	Gymnastics	Dance	Games	Athletics	Athletics
	movements	Further develop	using a simple	Simple tactics	Master and	Master and apply
	Throwing and catching	fundamental skills	movement	for attacking	apply basic	basic movements
		balance, agility, co-	patterns	and	movements	throw, catch
		ordination		defending	run, jump	
				Healthy		
V = cm 2	Davaraisa	Daysayayi Dayta	Continue region er	Lifestyles	F a a Ha a II	A Hala Hiaa
Year 3	Boxercise	Personal Bests	Swimming	Swimming	Football	Athletics
Year 4	Vaca	Healthy Lifestyles	Street Dance	Dodgeball Surjection or	Athletics	Athletics
Year 4	Yoga	Dance	Swimming	Swimming		Americs
			Hockey	Basketball	Healthy	
V o our F	Sv. dinamain a	Cy dinamain a	Days a a 7 yeah a	Talakulahu	Lifestyles	Athletics
Year 5	Swimming Rhythmia Cympastias	Swimming Personal Bests	Dance- Zumba	Tag rugby	Netball	Amencs
	Rhythmic Gymnastics					
Year 6	Swimming	Healthy Lifestyles	Tennis	Cricket	Football	Athletics
rearo	Swimming	Swimming Parsanal Posts	TETITIIS	Chekei	FOOIDAII	Amencs
	Aerobic Gymnastics	Personal Bests				

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Healthy Lifestyles		