

PE LONG TERM PLAN

	Au1	Au2	Sp1	Sp2	Su1	Su2
Nursery	Establish FMS Locomotor	Establish FMS Stability	Establish FMS Manipulative	Establish FMS Locomotor Healthy Lifestyles	Establish FMS Manipulative	Establish FMS Manipulative
Reception	Dance Developing FMS Locomotor	Gymnastics Developing FMS Locomotor/Stability	Games Developing FMS Manipulative	Developing FMS Stability Healthy Lifestyles	Games Developing FMS Manipulative	Athletics Developing FMS Manipulative
Year 1	Games Securing FMS Throw and Catch	Gymnastics Securing Balance, Stability Coordination	Dance Securing FMS through	Games Securing FMS through	Athletics Securing basic movements run, jump	Athletics Master and apply basic movements throw catch Healthy Lifestyles
Year 2	Master basic movements Throwing and catching	Gymnastics Further develop fundamental skills balance, agility, co- ordination	Dance using a simple movement patterns	Games Simple tactics for attacking and defending Healthy Lifestyles	Athletics Master and apply basic movements run, jump	Athletics Master and apply basic movements throw, catch
Year 3	Boxercise	Personal Bests Healthy Lifestyles	Swimming Street Dance	Swimming Dodgeball	Football	Athletics
Year 4	Yoga	Dance	Swimming Hockey	Swimming Basketball	Athletics Healthy Lifestyles	Athletics
Year 5	Swimming Rhythmic Gymnastics	Swimming Personal Bests Healthy Lifestyles	Dance- Zumba	Tag rugby	Netball	Athletics
Year 6	Swimming Aerobic Gymnastics	Swimming Personal Bests	Tennis	Cricket	Football	Athletics

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		Healthy Lifestyles				
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