



Physical Education Long-term plan

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Nursery Reception	Baseline	Gymnastics Unit 1 Gymnastics Unit 2	Dance Unit 1 Dance Unit 2 Balance Bikes	Body Management unit 1 Body Management unit 2	Speed, agility and travel unit 1 Speed, agility and travel unit 2	Manipulation and coordination unit 1 Manipulation and coordination unit 2
Year 1	Dance Unit 1 Attack, Defend, Shoot - Unit 1	Gymnastics Unit 1 Send and Return - Unit 1	Dance - Unit 2 Attack, Defend, Shoot - Unit 2	Gymnastics - Unit 2 Run, Jump, Throw - Unit 1	Hit, Catch, Run - Unit 1 Send and Return - Unit 2	Hit, Catch, Run - Unit 2 Run, Jump, Throw - Unit 2
Year 2	Dance Unit 1 Attack, Defend, Shoot - Unit 1	Gymnastics Unit 1 Send and Return - Unit 1	Dance - Unit 2 Attack, Defend, Shoot - Unit 2	Gymnastics - Unit 2 Run, Jump, Throw - Unit 1	Hit, Catch, Run - Unit 1 Send and Return - Unit 2	Hit, Catch, Run - Unit 2 Run, Jump, Throw - Unit 2
Year 3	Dance Unit 1 Tag Rugby	Cricket Hockey	Gymnastics Unit 1 Badminton	Dance Unit 2 Netball	Gymnastics Unit 2 Athletics	Rounders Football
Year 4	Dance Unit 1 Tag Rugby	Cricket Hockey	Gymnastics Unit 1 Badminton	Dance Unit 2 Netball	Gymnastics Unit 2 Athletics	Rounders Football
Years 5	Dance Unit 1 Tag Rugby	Cricket Badminton	Gymnastics Unit 1 Hockey	Dance Unit 2 Netball	Gymnastics Unit 2 Athletics	Rounders Football
Year 6	Dance Unit 1 Tag Rugby	Cricket Hockey	Gymnastics Unit 1 Badminton	Dance Unit 2 Netball	Gymnastics Unit 2 Athletics	Rounders Football