

PE Long Term Plan 2022-2023

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursey PD	Develop independence with toileting and handwashing and dressing self Mark making Moving in different ways using tools and equipment Scissor skills - snips and lines	Mark making Mud kitchen using tools Moving in different ways Finger gym with tweezers	Mark making Dressing self / dolls / teddies Scissor skills - cutting around shapes Moving in different ways	Mark making Using tools and equipment Moving in different ways Outdoor games	Mark making Moving in different ways Outdoor games	Mark making Moving in different ways Outdoor games
Reception PD	Physical Literacy (games)	Gymnastics	Dance	Gymnastics	Dance	Physical Literacy (games)
Year 1 Outdoor	Attack, defend, shoot Unit 1	Hit catch run Unit 1	Send and return Unit 1	Run jump throw Unit 1	Hit catch run Unit 2	Run jump throw Unit 2
Year 1 Indoor	Gymnastics Unit 1	Gymnastics Unit 1	Dance Unit 1	Dance Unit 1	Gymnastics Unit 2	Dance Unit 2
Year 2 Outdoor	Attack defend shoot unit 1	Attack defend shoot unit 2	Hit catch run unit 1	Hit catch run unit 2	Send and return unit 1	Send and return unit 2
Year 2 Indoor	Gymnastics unit 1	Gymnastics unit 2	Dance unit 1	Dance unit 2	Run, jump, throw unit 1	Run jump throw unit 2
Year 3 Outdoor	Invasion Games (Football)	Invasion Games (Basketball)	OAA	Invasion Games (Tag Rugby)	Striking and Fielding (Cricket)	Net and Wall Games (Tennis)
Year 3 Indoor	Gymnastics	Dance	Invasion Games (Handball)	Gymnastics	Net and Wall (Badminton)	Athletics
Year 4 Outdoor	Invasion Games (Netball)	Invasion Games (Tag Rugby)	Invasion Games (Football)	Geocaching (WeWillExplore Project) Striking and Fielding (Cricket)	Striking and Fielding (Rounders)	Athletics
Year 4 Indoor	Gymnastics	Dance	Invasion Games (Handball)	Dance	Badminton	OAA
Year 5 Outdoor	Invasion Games (Netball)	Invasion Games (Tag Rugby)	Invasion Games (Football)	Striking and Fielding (Cricket)	Net and Wall Games (Tennis)	Athletics
Year 5 Indoor	Gym Unit 1 Swimming	Dance Unit 1 Swimming	Team Building Activity Swimming	Gym Unit 2 Swimming	Dance Unit 2 Swimming	Team Building Activity Swimming
Year 6 Outdoor	Invasion Games (Basketball)	Invasion Games (Tag Rugby)	Invasion Games (Hockey)	Net and Wall (Tennis)	Athletics	Striking and Fielding (Rounders)
Year 6 Indoor	Gymnastics Unit 1	Gymnastics Unit 2	Invasion Games- (Handball)	Net and Wall (Badminton)	Dance Unit 1	Dance Unit 2