

Subject Based Long Term PE Plan

YEAR GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Nursery	Multi skills		Introducing equipment		Dance	Multi skills
RECEPTION Lesson 1	Multi skills Movement Based	Dance (At the park)	Using equipment (Intro to gym)	Dance (Rise and shine)	Action Games (Dodgeball)	Gymnastics
RECEPTION Lesson 2	Multi skills Movement Based	Multi skills Movement Based	Team Games (Dodgeball)	Gymnastics (Leapfrog)	Action Games (Racquet Skills)	Team Games (Football)
YEAR 1 Lesson 1	Multi skills Movement Based	Dance (Magic Toys)	Gymnastics LCP lessons 1-6	Dance (Colours)	Gymnastics Leapfrog 1-6	Gymnastics Leapfrog 7-12
YEAR 1 Lesson 2	Games LCP	Games LCP	Gymnastics LCP	Invasion Games Dodgeball	Dance (Seaside)	Striking Games (Tennis)
YEAR 2 Lesson 1	Multi skills Movement Based	Dance (Weather)	Gymnastics LCP 1-6	Dance (Life Cycles)	Invasion Games (Handball)	Multi-Sports (Competitive)
YEAR 2 Lesson 2	Games LCP 1 – 6	Games LCP 7 – 12	Gymnastics LCP 7-12	Invasion Games (Dodgeball)	Striking Games (Tennis)	Multi-Sports (Skill assessment)
YEAR 3 Lesson 1	Multi-skills	Fitness	Gymnastics (Sequence work)	Net and Wall G (Table Tennis)	Dance (River Nile)	Invasion Games (Netball)
YEAR 3 Lesson 2	Invasion Games (Handball)	Gymnastics (LCP 1)	Invasion Games (Dodgeball)	Striking Games (Tennis)	Athletics (LCP 1)	Multi-Sports (Competitive)
YEAR 4 Lesson 1	Invasion Games (Handball)	Young Leader Training	Gymnastics (Sequence work)	Dance (Greek Olympics)	Invasion Games (Netball)	Net & Wall G (Tennis)
YEAR 4 Lesson 2	Multi-skills	Gymnastics (LCP 2)	Fitness	OOA LCP 1	Athletics (LCP 2)	S & F Games (Cricket)
YEAR 5 Lesson 1	Invasion Games (Handball)	Fitness	Gymnastics (Sequence work)	Dance (WW2)	Athletics (LCP 3)	S & F Games (Rounders)
YEAR 5 Lesson 2	Multi-Skills	Gymnastics (LCP 3)	Invasion Games (Football)	Striking Games (Table Tennis)	OOA (LCP 2)	Net & Wall G (Tennis)
YEAR 6 Lesson 1	Multi-Skills	Fitness	Gymnastics (Sequence work)	Dance (Divali)	Athletics (LCP 4)	Multi-Sports
YEAR 6 Lesson 2	Invasion Games (Handball)	Gymnastics (LCP 4)	Invasion Games (Netball)	S & F Games (Rounders)	OOA (LCP 3)	Net & Wall G (Tennis)

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