

Long Term Curriculum Plan 2023-24						
PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	ELG: Gross Motor Skills. Children at the expected level of development will: ➤ Negotiate space and obstacles safely, with consideration for themselves and others ➤ Demonstrate strength, balance and coordination when playing ➤ Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.					
Reception	Locomotion - Walking	Ball skills - Hands	Gymnastics – High, Low, Over, Under	Dance – Nursery rhymes	Ball skills - Feet	Attack and defence
Year 1	Ball skills – Hands 1	Ball skills – Hands 2	Ball skills – Feet	Team building	Locomotion – Running	Locomotion – Jumping
	Gymnastics – Wide, narrowed, curled	Gymnastics – Body Parts	Dance – The Zoo	Dance – Growing	Attack and defence	Health and wellbeing
Year 2	Ball skills – Hands 1	Ball skills – Hands 2	Ball skills - Feet	Team building	Locomotion – Jumping	Locomotion - Dodging
	Gymnastics – Pathways	Gymnastics – Linking	Dance – Exploring	Dance – Water	Attack and defence	Health and wellbeing
Year 3	Dance – Weather	Dance – Wild Animals	Invasion Games – Tag Rugby (PT)	Invasion Games – Tag rugby	Net and Wall – Tennis	Striking & Fielding - Cricket
	Health, Wellbeing and Fitness	Outdoor Adventure – Communication and Tactics	Gymnastics – Symmetry+Asymmetry	Invasion Games - Basketball	Invasion Games – Basketball	Athletics
Year 4	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Gymnastics – Bridges	Dance - Cats	Invasion Games –Tag rugby (PT)	Striking & Fielding - Cricket	Outdoor Adventure – Problem Solving	Athletics
Year 5	Invasion Games – Netball	Invasion Games – Netball	Gymnastics – Balance + Counterbalance	Striking & Fielding – Cricket	Net and Wall – Tennis	Net and Wall – Tennis
	Outdoor Adventure – Orienteering	Health Related Exercise – Strength and Cardio	Invasion Games – Tag Rugby (PT)	Invasion Games –Tag rugby	Dance – The Greeks	Athletics
Year 6	Invasion Games - Basketball	Invasion Games – Basketball	Invasion Games – Tag Rugby (PT)	Invasion Games – Tag rugby	Net and Wall – Badminton	Net and Wall - Badminton
	Health Related Exercise – Circuits	Dance – Titanic	Gymnastics - Matching and Mirroring	Striking & Fielding – Cricket	Dance - Carnival	Athletics
	OAA – Sayers Croft					

PT = Project Touchline