



# Whole School Curriculum PE Long Term Plan 2023-24



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Floor Movement Patterns	Dynamic Balance to Agility	Static Balance – One Leg Standing	Dynamic Balance to Agility	Static Balance – One Leg Standing	Floor Movement Patterns
	Side Steps Gallop	2-2 feet jump forward and backward	5s on left foot 5s on right foot	2-2 feet jump forward and backward	10s on left foot 10s on right foot	Hop on right foot Hop on left foot Skipping
	Intro to PE-Unit 1	Ball Skills – Unit 1	Gymnastics- Unit 1	Dance – Unit 1	Fundamentals- Unit 1	Games – Unit 1
		<b>Balance Bikes PE Service</b>	<b>Yoga</b>	<b>Yoga</b>	<b>PE Service</b>	<b>Sports Day</b>
FMS – develop agility, balance and coordination in line with EYFS Curriculum – Physical Development.						

*Having fun, learning together.*

*Curious, caring, creative and courageous.*



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	<i>Floor Movement Patterns</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Floor Movement Patterns</i>
	Ball Skills	Gymnastics	Dance	Invasion Games	Net and Wall Games	Striking and Fielding
	Fundamentals	Fitness	Gymnastics	Sending and receiving	Target Games	Athletics
<b>Year 2</b>	<i>Floor Movement Patterns</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Floor Movement Patterns</i>
	Ball Skills	Gymnastics	Dance	Invasion Games	Net and Wall Games	Target Games
	Fundamentals	Fitness	Gymnastics	Sending and receiving	Striking and Fielding	Athletics

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b>	<i>Floor Movement Patterns</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Floor Movement Patterns</i>
	Fundamentals	Gymnastics	Fitness	Tag Rugby (Invasion Game)	Swimming	Athletics
	Ball Skills	Dance	Basketball (Invasion Game)	Tennis (Net and Wall)	Cricket (Striking and Fielding)	Dodgeball (Target Game)
<b>Year 4</b>	<i>Floor Movement Patterns</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Dynamic Balance to Agility</i>	<i>Static Balance – One Leg Standing</i>	<i>Floor Movement Patterns</i>
	Fundamentals	Gymnastics	Fitness	Tennis (Net and Wall)	Netball (Invasion Game)	Athletics
	Ball Skills	Dance	OAA (Residential)	Hockey (Invasion Game)	Dodgeball (Target Game)	Rounders (Striking and Fielding)

### Key

Games

(Fielding/Striking    Net and Wall    Invasion    Target)

Athletics

Dance

Gymnastics

Swimming

Outdoor Adventurous Activities (OAA)

Fundamentals

*Having fun, learning together.*

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