

## 2021-2022 PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Multiskill Fundamentals (agility – pace/direction and coordination – stopping/ catching equipment.)	Multiskills Fundamentals (agility – pace/direction and coordination – stopping/catching equipment.)	*Multiskill Fundamentals (teamwork and communication)  *Dance	Multiskill Fundamentals (teamwork and communication)	*Athletics (running and throwing)	Athletics (running and throwing)
<b>Year 1/2</b>	Multiskill Fundamentals (agility–pace/ direction and coordination – stopping/ catching equipment.)  Dance- Theme	Multi Skills- target games	Gymnastics (Key Steps 1)  *Dance	Multi Skills- ball skills (hand and feet)	*Athletics (running and throwing)  Striking- Golf	Athletics (running and throwing)  Striking and fielding- Football rounders
<b>Year 3/4</b>	*Football  *Cross country	Sportshall athletics  Fitness circuit	Gymnastics (Key Steps 2)  *Dance	Quicksticks Hockey	*Athletics (running, throwing and jumping)  Swimming	Striking and fielding- *Kwik Cricket  Swimming
<b>Year 5/6</b>	Invasion- *Football  *Cross country	Invasion-*tag rugby  Hockey	Swimming  *Dance	*Invasion- High 5 Netball  *Orienteering Swimming	*Athletics (running, throwing and jumping)  Net and wall *Tennis	Athletics (running, throwing and jumping)  Striking and fielding- rounders

