|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Autum1  | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| **‘Fundamentals’ are the basic skills needed for all aspects of physical activities: Balance, agility and coordination, jumping, running, throwing and catching.** |
| Year 1 | PE Fundamentals/ Team games | Fundamentals/ Gymnastic  |  Fundamentals/ Team games | Fundamentals/ Dance (Jungle dance) | Fundamentals/ Athletics | Fundamentals/ Team games |
| Year 2 | Fundamentals | Team games | Dance- Zombie dance  | Team games | Gymnastics | Fundamentals |
| Year 3 | Indoor: Modern Dance Outdoor: Invasion games | Indoor: fitness Outdoor: Striking and fielding | Indoor: GymnasticsOutdoor: Net and Wall  | Indoor: HandballOutdoor: Swimming | Indoor: FitnessOutdoor: Swimming | Indoor: DodgeballOutdoor: Swimming  |
| Year 4 | Indoor: Fitness Outdoor: Swimming | Indoor:  Street Dance Outdoor: Swimming | Indoor: Gymnastics Outdoor: Swimming | Indoor: Dodgeball Outdoor: Invasion games | Indoor:  HandballOutdoor: Striking and fielding  | Indoor: Fitness Outdoor: Net and wall games |
| Year 5 | Indoor: fitnessOutdoor: Hockey | Indoor: Multi sport Dance Outdoor: Football  | Indoor: GymnasticsOutdoor: Netball  | Indoor: Volleyball Outdoor: Cricket | Indoor: Basketball Outdoor: Rounders | Indoor: FitnessOutdoor: Athletics |
| Year 6 |  Indoor: Fitness Outdoor: Hockey  | Indoor: Free style Dance Outdoor: Football | Indoor: Gymnastics Outdoor: Netball | Indoor: Volleyball Outdoor: Cricket | Indoor: Basketball Outdoor: Rounders  | Indoor: Fitness Outdoor: Athletics |

Physical Education, Long term plan 2022-2023