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| --- | --- | --- | --- | --- | --- | --- |
|  | 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: Gymnastics  Outdoor: Net and Wall | Indoor: Handball  Outdoor: Swimming | Indoor: Fitness  Outdoor: Swimming | Indoor: Dodgeball  Outdoor: Swimming |
| Year 4 | Indoor: Fitness  Outdoor: Swimming | Indoor:  Street Dance  Outdoor: Swimming | Indoor: Gymnastics  Outdoor: Swimming | Indoor: Dodgeball  Outdoor: Invasion games | Indoor:  Handball  Outdoor: Striking and fielding | Indoor: Fitness  Outdoor: Net and wall games |
| Year 5 | Indoor: fitness  Outdoor: Hockey | Indoor: Multi sport Dance  Outdoor: Football | Indoor: Gymnastics  Outdoor: Netball | Indoor: Volleyball  Outdoor: Cricket | Indoor: Basketball  Outdoor: Rounders | Indoor: Fitness  Outdoor: 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