

Physical Education Long Term Plan 2024-25

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Through continuous provision and structured activities children will: <ul style="list-style-type: none"> • 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	Fundamental movements	Target games	Dance and movement	Gymnastics	Crab football Team games	Athletics (Sports day)
Year 1	Fundamental movements	Throwing and catching Crab football	Gymnastics	Dance	Handball	Athletics (sports day)
Year 2	Fundamental movements	Throwing and catching Crab football	Dance Gymnastics	Football cricket	Handball	Athletics (sports day)
Year 3	Swimming	Dodgeball	Handball	Basketball	Hockey	Athletics (sports day)
	Gymnastics	Tennis	Dance	Badminton	Tennis	
Year 4	Swimming	Basketball	Hockey	Tag Rugby	Cricket	Athletics (sports day)
	Tennis	Gymnastics	Dance	Badminton	Dodgeball	
Year 5	Swimming	Tennis	Basketball	Hockey	Tag Rugby	Athletics (sports day)
	Gymnastics	Dodgeball	Dance	Cricket	Badminton	
Year 6	Swimming	Basketball	Tag Rugby	Dodgeball	Hockey	Athletics (sports day)
	Tennis	Gymnastics	Dance	Rounders	Badminton	