

PE Long term plan 2024-25

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fundamental Movement skills	Target Games	Dance & Movements	Gymnastics/Apparatus	Ball Skills	Multi skills (Prepare for sports day)
Year 1	Fundamental Movement skills	Target Games	Dance	Gymnastics	Striking and Fielding	Athletics
	Multi-sports 1	Cooperation	Functional Fitness	Multi skills	Multi skills	Multi sports 2
Year 2	Fundamental Movement skills	Target Games	Dance	Gymnastics	Striking and Fielding	Athletics
	Multi-sports 1	Cooperation	Multi-sports	Multi skills	Functional Fitness	Multi sports 2
Year 3	Fundamental Movement skills	Multi-sports 1	Dance	Gymnastics	Striking and Fielding	Athletics
	World Sports	Golf	Functional fitness	Multi skills	Invasion games	Multi sports 2
Year 4	Fundamental Movement skills	Multi-sports 1	Dance	Gymnastics	Striking and Fielding	Athletics
	World Sports	Multi skills	Functional Fitness	Cricket	Invasion games	Multi sports 2
Year 5	Fundamental Movement skills	Multi-sports 1	Dance	Gymnastics	Cricket	Athletics
	World sports	Multi skills	Functional Fitness	Tennis	Hockey	Netball
Year 6	Fundamental Movement skills	Multi-sports 1	Dance	Gymnastics	Cricket	Athletics
	Ultimate Frisbee	Multi skills	Functional Fitness	Badminton	Rugby	Multi sports 2

If the topic is highlighted in yellow your year group will be taking part in an inter school tournament within the exceed trust.

(8 children per year group)