


PE Long Term Plan 2021-22

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Practice gross motor movements Begin to use one-handed tools and equipment Begin to develop movement, balancing and ball skills		Develop gross and fine motor movements Use one-handed tools and equipment Develop movement, balancing and ball skills Begin to explore movement skills, e.g. skipping and hopping.		Explore fundamental movement skills, e.g. rolling, crawling, walking, skipping, hopping. Begin to understand healthy choices about food, drink and activity.	
Reception	Football/Games (EFC Coaches) Develop gross and fine motor skills Explore and practice fundamental movement skills (FSM)		Bikeability Revise and refine FSM		Dance FSM	Gymnastics FSM
Year 1	Football (EFC Coaches) FMS	Dance <i>Mat ball</i>	Gymnastics Basketball	Gymnastics Basketball	Athletics Football	Athletics Short Tennis
Year 2	Football (EFC Coaches) Health and Fitness	Dance FSM	Gymnastics Multiskills games	Gymnastics Short tennis	Athletics Basketball	Athletics Basketball
Year 3	Football (EFC Coaches) Athletics	Gymnastics Football	Dance Basketball	Dance Tennis	Athletics Netball	Athletics Rounders
Year 4	Football (EFC Coaches) Dance	Hockey Tennis	Gymnastics Badminton	Gymnastics Health and Fitness	Athletics Yoga	Athletics <i>Kwick Cricket</i>
Year 5	Football (EFC Coaches) Fitness	Gymnastics Tag Rugby	Football Tennis	Dance Netball	Athletics Yoga	Athletics Rounders
Year 6	Football (EFC Coaches) Swimming	Fitness Swimming	Gymnastics Hockey	Gymnastics Yoga	Athletics Dance	Athletics Dance