


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	Develop gross and fine motor skills Explore and practice fundamental movement skills (FSM)		Revise and refine gross and fine motor skills Refine fundamental movement skills (FSM)		Dance FSM	Gymnastics FSM
Year 1	Football (EFC Coaches) FMS	Dance Mat ball	Gymnastics Basketball	Gymnastics Multiskills games	Athletics Football	Athletics Short Tennis
Year 2	Football (EFC Coaches) Health and Fitness	Dance FSM	Gymnastics Multiskills games	Gymnastics Hockey	Athletics Basketball	Athletics Basketball
Year 3	Football (EFC Coaches) Athletics	Gymnastics Football	Gymnastics Basketball	Dance Hockey	Athletics Netball	Athletics Rounders
Year 4	Football (EFC Coaches)	Hockey	Gymnastics	Gymnastics	Athletics	Athletics

	Dance	Tennis		Health and Fitness	Yoga	Kwik Cricket
Year 5	Football (EFC Coaches)	Benchball / Gymnastics	Gymnastics	Hockey	Athletics	Athletics
	Fitness	Tag Rugby	Swimming	Swimming	Swimming	Swimming
Year 6	Football (EFC Coaches)	Fitness	Gymnastics	Gymnastics	Athletics	Athletics
	Swimming	Swimming	Hockey	Yoga	Dance	Dance