

PE Long Term Plan 2022-23



	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 (FMS)		Revise and refine gross and fine motor skills Refine fundamental movement skills (FMS)		FMS Dance	FMS Gymnastics
Year 1	FMS Invasion Games 1	FMS Gymnastics	Dance Target Games	Athletics Invasion Games 2	Athletics Net and Wall Games	Net and Wall Games 2 Striking & Fielding Games
Year 2	FMS Dance	FMS Gymnastics	Kin-Ball Target Games	Athletics Striking & Fielding Games 2	Athletics Net and Wall Games 2	Yoga Dance (Animals)
Year 3	Football	Dodgeball	Gymnastics	Athletics	Athletics	Cricket

	Basketball	Rugby	Dance	Hockey	Kin-Ball	Rounders
Year 4	Dodgeball Football	Kin-Ball Netball	Gymnastics Hockey	Athletics Dance	Athletics Cricket	Tag Rugby Basketball
Year 5	Tag Rugby Dodgeball	Dance Basketball	Gymnastics Swimming	Athletics Swimming	Orienteering Swimming	Cricket Swimming
Year 6	Swimming Basketball	Swimming Tag Rugby	Gymnastics Dance	Athletics Kin-Ball	Orienteering Cricket	Rounders Hockey