

Hemingbrough Community Primary School
Long Term Plan
Physical Education



	Autumn Term				Spring Term				Summer Term			
	1		2		1		2		1		2	
Session	1	2	1	2	1	2	1	2	1	2	1	2
EYFS	Introduction to PE (unit 1 and 2)		Dance (unit 1)	Fundamentals (unit 1)	Games Ball Skills (unit 1)	Gym (unit 1)	Gym (unit 2)	Games Ball Skills (unit 2)	Dance (unit 2)	Games (unit 1)	Fundamentals (unit 2)	Games (unit 2)
Year 1	Games Ball Skill	Dance	Games Sending & receiving	Fundamentals	Games Target	Gym	Gym	Team Building	Games Net & Wall	Fitness	Athletics	Athletics
Year 2	Games Ball Skills	Dance	Games Sending & receiving	Yoga	Games Invasion	Gym	Gym	Team Building	Games Striking & Fielding	Fundamentals	Athletics	Athletics
Year 3	Games Lacrosse	Dance	Athletics LDR	Games Ball Skills	Games Netball	Gym	Games Tag Rugby	OAA Archery	Games Tennis	Fitness	Games Rounders	Athletics
Year 4	Games Hockey	Dance	Games Football	Yoga	Games Basketball	Gym	Games Tag Rugby	OAA Orienteering	Games Cricket	Fundamentals	Athletics LDR	Athletics
Year 5	Games Lacrosse	Dance	Athletics LDR	Fitness	Games Netball	Gym	Games Tag Rugby	OAA Archery	Games Tennis	Golf	Games Rounders	Athletics

Year 6	Games Hockey	Dance	Games Football	Yoga	Games Basketball	Gym	Games Tag Rugby	OAA Orienteering	Games Cricket	Volleyball	Athletics LDR	Athletics
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