



## Pegswood Primary School PE Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2						
<b>Nursery</b>	<p>As a Prime area of the Early Years Foundation Stage, Physical Development is taught throughout each day and is an integral part of our practice.</p> <p>Our PE follows fine and gross motor skills, dance, games, locomotion and ball skills.</p>											
<b>Reception</b>	Locomotion Jumping	Locomotion Walking	Ball Skills Hands 1	Gymnastics High, Low, Over, Under	Dance Nursery Rhymes	Gymnastics Moving	Dance Ourselves	Ball Skills Hands 2	Ball Skills Feet	Health and Wellbeing	Attack/ Defence Games For Understanding	Team Building Playground Games
<b>Year 1</b>	Locomotion Running	Ball Skills Hands 1	Gymnastics Body Parts	Dance Growing	Gymnastics Wide, Narrow, Curled	Health and Wellbeing	Ball Skills Hands 2	Dance The Zoo	Locomotion Jumping	Attack/ Defence Games For Understanding	Team Building	Ball Skills Feet
<b>Year 2</b>	Locomotion Dodging	Ball Skills Hands 1	Gymnastics Linking	Dance Water	Gymnastics Pathways	Health and Wellbeing	Ball Skills Hands 2	Dance Explorers	Locomotion Jumping	Attack/ Defence Games For Understanding	Team Building	Ball Skills Feet
<b>Year 3</b>	Invasion Tag Rugby	Invasion Hockey	Dance Weather	Invasion Netball	Gymnastics Symmetry & Asymmetry	Invasion Dodgeball	Dance Wild Animals	OAA Communication & Tactics	Net / Wall Tennis	Striking & Fielding Cricket	Athletics	Swimming
<b>Year 4</b>	Invasion Football	Invasion Netball	Dance Cats	Target Tri-Golf	Gymnastics Bridges	Invasion Handball	Dance Space	OAA Problem Solving	Swimming	Net / Wall Tennis	Athletics	Striking & Fielding Cricket
<b>Year 5</b>	Invasion Tag Rugby	Invasion: Hockey	Dance The Circus	Invasion Dodgeball	Swimming	Gymnastics Counter Balance & Counter Tension	Swimming	OAA Orienteering	Net / Wall Tennis	Striking & Fielding Cricket	Athletics	Striking & Fielding Rounders
<b>Year 6</b>	Swimming	Invasion Football	Swimming	Health Related Exercise	Invasion Handball	Gymnastics Matching & Mirroring	Dance Titanic	OAA Orienteering	Net / Wall Tennis	Striking & Fielding Cricket	Athletics	Striking & Fielding Rounders