Worth Valley Primary School

Physical Education Long Term Plan

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fun & Games	Movement Development	Gymnastics	Ball skills	Cooperation & Problem Solving / Dance	Athletics & Games
Year 1	Football	Golf	Gymnastics	Multi-sports & Invasion Games	Outdoor adventure & orienteering / Dance	Rounders
Year 2	Football	Golf	Gymnastics	Multi-sports & Invasion Games	Outdoor adventure & orienteering / Dance	Rounders
Year 3	Football	Golf	Gymnastics	Multi-sports & Invasion Games	Outdoor adventure & orienteering / Dance	Rounders
Year 4 Swimming 30 mins 1hr 15mins	Cross country & fitness / Swimming	Basketball / Swimming	Gymnastics / Swimming	Football / Swimming	Outdoor adventure & orienteering & Dance / Swimming	Rounders / Swimming
Year 4	Cross country & fitness	Basketball	Gymnastics	Football	Outdoor adventure & orienteering / Dance	Rounders
Year 6	Cross country & fitness	Basketball	Gymnastics	Football	Outdoor adventure & orienteering / Dance	Rounders