

The Orchard Primary School

Physical Education Long Term Plan

The Orchard Child is..

Confident and Mature	Positive	Articulate	Independent	Co-operative
Enthusiastic	Responsible	Respectful	Healthy	Resilient

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Reception	Fundamentals Introduction to PE 1	Introduction to PE 2 Fundamentals	Ball Skills 1 Gymnastics 1	Ball Skills 1 Gymnastics 2	Dance 1 Games	Dance 2 Games
Year One	Fundamentals Team Building	Fundamentals Ball Skills	Gymnastics Sending and Receiving	Gymnastics Invasion	Net and Wall Fitness	Athletics Striking and Fielding
Year Two	Fundamentals Team Building	Fundamentals Gymnastics	Fitness Ball Skills	Yoga Invasion	Athletics Striking and Fielding	Athletics Striking and Fielding
Year Three	Fitness Athletics Swimming*	Fundamentals Dance Swimming*	Ball Skills Tag Rugby Swimming*	Gymnastics Football Swimming*	Tennis Athletics Swimming*	Cricket OAA Swimming*
Year Four	Fitness Gymnastics	Fundamentals Dance	Football Tag Rugby	Netball Yoga	Tennis OAA	Athletics
Year Five	Fitness Dance	Netball OAA	Gymnastics OAA	Hockey Yoga	Football Cricket	Athletics Rounders
Year Six	Fitness Netball	Tag Rugby Dance	OAA Gymnastics	Basketball Yoga	Football Hockey	Athletics Rounders

- One class goes swimming each term