

EYFS and Key Stage One

P.E. Long Term Plan

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Skills Session: Ball Skills Unit 1 (Follow EYFS planning)	Skills Session: Fundamental Movement (Follow EYFS planning)	Skills Session: Gymnastics (Follow EYFS planning)	Skills Session: Ball skills Unit 2 (Follow EYFS planning)	Skills Session: Dance (Follow EYFS planning)	Skills Session: Athletics (Follow EYFS planning)
	Outdoor gross motor	Outdoor gross motor	Outdoor gross motor	Outdoor gross motor	Outdoor gross motor	Outdoor gross motor
	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
KS1 Cycle A	Target Games (follow Year 1 planning)	Gymnastics Unit 2 (follow Year 1 planning)	Target Games (follow Year 2 planning)	Gymnastics Unit 2 (follow year 2 planning)	Problem Solving & Team Building (planning needs to be completed to include Year 1 and 2 skills)	Athletics (planning needs to be completed to include Year 1 and 2 skills)
	Net/Wall Unit 1 (follow Year 1 planning)	Dance (follow Year 1 planning)	Dance (follow Year 2 planning)	Strike, Field & Catch (follow Year 1 planning)	Net/Wall Unit 1 (follow Year 2 planning)	Strike, Field & Catch (follow Year 2 planning)
KS1 Cycle B	Fundamental Movement Skills Unit 1 (follow Year 1 planning)	Gymnastics Unit 1 (follow Year 1 planning)	Fundamental Movement Skills Unit 1 (follow Year 2 planning)	Gymnastics Unit 1 (follow Year 2 planning)	Problem Solving & Team Building (planning needs to be completed to include Year 1 and 2 skills)	Athletics (planning needs to be completed to include Year 1 and 2 skills)
	Ball Skills (follow Year 1 planning)	Yoga (follow Year 1 planning)	Invasion Games (follow Year 1 planning)	Yoga (follow Year 2 planning)	Ball Skills (follow Year 2 planning)	Invasion Games (follow Year 2 planning)