PE Long Term Plan

	Autumn	Spring	Summer
EYFS	Spatial awareness/Following instructions Gymnastics	Dance and Expressive Movement Ball skills	Yoga Target Games & Sending/Receiving Team games
KS1 Cycle A	Throwing and Catching Bat and Ball Invasion Games Agility, Balance and Coordination	Teamwork and Problem-Solving Dance Attacking and Defending Multi-Skills	Yoga Athletics Bat and Ball
KS1 Cycle B	Attacking and Defending Bat and Ball Invasion Games Agility, Balance and Coordination	Teamwork and Problem-Solving Dance Throwing and Catching Multi-Skills	Yoga Athletics Bat and Ball
LKS2 Cycle A	Yoga Attacking and Defending Games Dodgeball Invasion Games	Swimming Hockey Dance Throwing and Catching Games	Rounders Athletics Swimming
LKS2 Cycle B	Volleyball Attacking and Defending Games Gymnastics Invasion Games	Ultimate Frisbee Throwing and Catching Games Cross-Country Swimming	Cricket Athletics Swimming
UKS2 Cycle A	Tag Rugby Attacking and Defending Games Circuit Training Invasion Games	Dance Throwing and Catching Games Gymnastics Swimming	Rounders Athletics Swimming
UKS2 Cycle B	Yoga Attacking and Defending Games Ultimate Frisbee Invasion Games	Football Throwing and Catching Games Cross-Country Swimming	Cricket Athletics Swimming