

PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mars Cycle A	Ball Skills	Gymnastics	Gymnastics	Invasion Games	Sending and Receiving	Athletics
	Team Building	Dance	Yoga	Dance	Net and Wall Games	Target Games
Mars Cycle B	Team Building	Gymnastics	Gymnastics	Fitness	Net and Wall Games	Athletics
	Fundamentals	Dance	Yoga	Dance	Striking and Fielding Games	Target Games
Venus Cycle A	Ball skills	Gymnastics	Dance	Football	Tag Rugby	Rounders
	Fundamentals	Dance	Gymnastics	Fitness	Basketball	Athletics
Venus Cycle B	Badminton	Gymnastics	Yoga	Dodgeball	Rounders	Swimming
	Fitness	Dance	Gymnastics	Dance	OAA	Athletics
Jupiter Cycle A	Handball	Gymnastics	Dance	Hockey	Volleyball	Cricket
	Netball	Dance	Gymnastics	Football	Tennis	Athletics
Jupiter Cycle B	Badminton	Gymnastics	Yoga	Dodgeball	Rounders	Swimming
	Fitness	Dance	Gymnastics	Dance	OAA	Athletics