

PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	1. Small Apparatus	1. Circle games	1. Large apparatus	1. Dance	1. Small team games	1. Swimming
Reception	1. Large Apparatus	1. Small Apparatus	1. Circle Games	1. Ball Skills	1. Let's Move Travelling in different ways.	1. Swimming
Year 1	1. Multi Skills 2. Boot Camp	1. Story Time Dance 2. Mighty Movers	1. Groovy Gymnastics 2. Skip to the beat	1. Brilliant Ball Skills 2. Gymfit Circus	1. Throwing and Catching 2. Cool Core	1. Active Athletics 2. Fitness Frenzy
Year 2	1. Boot camp 2. Multi-skills	1. Ugly bug ball 2. Mighty Movers	1. Groovy Gymnastics 2. Skip to the beat	1. Brilliant ball skills 2. Gymfit circuits	1. Active athletics 2. Cool core	1. Swimming 2. Swimming
Year 3	1. Egyptian Dance	1. Mighty Movers (running)	1. Groovy Gymnastics	1. Cool Core (strength)	1. Throwing and catching (fielding games)	1. Swimming
Year 4	1. Bootcamp 2. Football	1. Boxercise 2. Dance	1. Circuits 2. Tennis	1. Gymfit 2. Pilates	1. Cricket 2. Olympics	1. Swimming 2. Swimming
Year 5	1. Boot Camp 2. Mighty movers (boxercise (pilates))	1. Dynamic Dance 2. Invaders	1. Gym Sequences 2. Step to the beat	1. Striking and Fielding 2. Gymfit Circuits	1. Nimble nets 2. Cool core	1. Young Olympians 2. Fitness Frenzy
Year 6	1. Invaders (Tag Rugby) 2. Healthy Body Inside Out	1. Boot camp (T25 workouts) 2. Gym Sequences	1. Nimble Nets 2. Gymfit circuits T25 video	1. Strike and fielding (Cricket)	1. Invaders (Gaelic Football)	1. Young Olympians 2. Dynamic Dance.