



PE Long Term Plan – Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	Multiskills Fundamental Skills kicking - Ball control	Dance Fundamental Skills Throwing and Catching	Gymnastics Shape, Travel, Balance Multi skills Hockey – Ball control	Volleyball Quidditch	Dance Creative Steps Tennis	Real PE / Yoga Unit 6 (Health & Fitness) Athletics Running, Jumping, Throwing
LKS2	Real PE - Unit 1 Hockey Swimming	Net Games –Basketball Quidditch Swimming	Real PE - Unit 2 Swimming Tag Rugby – Warrington Wolves	Dance-Creative Steps Swimming Football	Yoga Swimming Invasion Games – Tennis	Gymnastics Swimming Athletics
UKS2	Real PE - Unit 6 (Personal Skills) Invasion Games - Football	Gymnastics Invasion Games - Netball	Real PE Leaders Orienteering & Problem Solving	Dance Quidditch	Volleyball Cricket	Badminton Athletics



PE Long Term Plan – Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	Multiskills Fundamental Skills Football – Ball control	Dance Fundamental Skills Throwing & Catching	Gymnastics Shape, Travel, Balance Multi skills Rugby	Yoga Real PE Unit 5 (Applying physical skills)	Dance Team games Rounders	Real PE Unit 6 (Health & Fitness) Athletics Running, jumping, throwing
LKS2	Gymnastics Swimming Invasion Games – Basketball	Real PE – Unit 3 Striking and Fielding – Hockey Swimming	Dance-Creative Steps Swimming Warrington Wolves Tag Rugby	Real PE - Unit 4 Swimming Cricket	Athletics Swimming Volleyball	Real PE - Unit 5 Swimming Striking and Fielding – Rounders
UKS2	Health & Fitness Awareness Unit 5 Invasion Games – Rugby	Gymnastics Invasion Games - Quidditch	Real Leaders - Leadership Skills Unit 1-6 Outdoor Adventurous Activities - Orienteering and Problem Solving	Real PE – Fundamental Skills Hockey	Dance-Creative Steps Athletics	Net Games – Badminton Tennis