

Hart & St. Peter's Elwick Primary Schools PE Long Term Plan

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
EYFS	Outdoor large play – gross motor skills. Parachute, large object play.	Balance Bikes	Gymnastics (indoor due to weather).	Balance Bikes/Outdoor large play – gross motor skills.	Dance (indoor due to weather).	Balance Bikes/Outdoor large play – gross motor skills.	Games Partner games / Target games.	Balance Bikes/Outdoor large play – gross motor skills.	Games Partner games / Target games.	Balance Bikes/Outdoor large play – gross motor skills.	Running and jumping (athletics)	Balance Bikes/Outdoor large play – gross motor skills.
Year 1 and 2	Throwing and Catching (Netball and Rugby). One lesson of each a week.		Gymnastics (indoor due to weather).	Dance (indoor due to weather).	Skipping / Dance (balance and coordination) Skipping competition 1x lesson of each a week.		Games (attacking and defending, striking and fielding (tennis, football, cricket and rounders).		Running and jumping (Athletics, races and team games)			
Year 3 and 4	Throwing and Catching (Netball and Rugby). One lesson of each a week.		Gymnastics (indoor due to weather).	Dance (indoor due to weather).	Skipping / Dance (balance and coordination) Skipping competition 1x lesson of each a week.		Games (attacking and defending, striking and fielding (tennis, football, cricket and rounders).		Running and jumping (Athletics, races and team games)			
Year 5 and 6	Throwing and Catching (Rugby) x1 lesson a week. Swimming	Gymnastics (indoor due to weather). Swimming	Dance (indoor due to weather).	Games (attacking and defending, striking and fielding) tennis x 1 then football x1 a week.		Games (attacking and defending, striking and fielding). Cricket x1 a week. Throwing and Catching (Netball) x1 a week.		Running and jumping (Athletics, races and team games).				