

PE Curriculum – Long Term Plan

Time Allocation: <i>Equivalent to 2hrs per week</i>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EFYS	Introduction to PE: Unit 2	Fundamentals: Unit 2	Dance: Unit 2	Gymnastics: Unit 2	Ball Skill: Unit 2	Games: Unit 2
Year 1	Sport <i>Fundamentals</i>	Sport <i>Ball Skills</i>	Sport <i>Dance</i>	Sport <i>Gymnastics</i>	Sport <i>Athletics</i>	Sport <i>Sending & Receiving</i>
	Fitness <i>Boot Camp Cardio</i>	Fitness <i>Gymfit circuits</i>	Fitness <i>Running</i>	Fitness <i>Skipping</i>	Fitness <i>Core Strength – Yoga</i>	Fitness <i>Fitness Cardio</i>
Year 2	Sport <i>Ball Skills</i>	Sport <i>Fundamentals</i>	Sport <i>Dance</i>	Sport <i>Gymnastics</i>	Sport <i>Active Athletics</i>	Sport <i>Sending & Receiving</i>
	Fitness <i>Gymfit circuits</i>	Fitness <i>Fitness Cardio</i>	Fitness <i>Running</i>	Fitness <i>Skipping</i>	Fitness <i>Boot Camp Cardio</i>	Fitness <i>Core Strength – Yoga</i>
Year 3	Sport <i>Fundamentals 3/4</i>	Sport <i>Throwing & Catching (Dodgeball)</i>	Sport <i>Gymnastics</i>	Sport <i>Dance</i>	Sport <i>Active Athletics</i>	Sport <i>Ball Skills 3/4</i>
	Fitness <i>Boot Camp Cardio</i>	Fitness <i>Core Strength – Yoga</i>	Fitness <i>Skipping</i>	Fitness <i>Running</i>	Fitness <i>Gymfit Circuits</i>	Fitness <i>Fitness Cardio</i>



“Love to Learn”



Year 4	Sport <i>Tennis</i>	Sport <i>Football</i>	Sport <i>Gymnastics</i>	Sport <i>Dance</i>	Sport <i>Athletics</i>	Sport <i>Cricket</i>
	Fitness <i>Core Strength - Pilates</i>	Fitness <i>Boot Camp Cardio</i>	Fitness <i>Boxercise</i>	Fitness <i>Fitness Cardio</i>	Fitness <i>Step Cardio</i>	Fitness <i>Gymfit Circuits</i>
Year 5	Sport <i>Kwik Cricket</i>	Sport <i>Netball</i>	Sport <i>Dance</i>	Sport <i>Gymnastics</i>	Sport <i>Athletics</i>	Sport <i>Tennis</i>
	Fitness <i>Gymfit Circuits</i>	Fitness <i>Boxercise</i>	Fitness <i>Boot Camp Cardio</i>	Fitness <i>Aerobics</i>	Fitness <i>Gymfit Circuits</i>	Fitness <i>Pilates</i>
Year 6	Sport <i>Badminton</i>	Sport <i>Gymnastics</i>	Sport <i>Dance</i>	Sport <i>Tag-Rugby</i>	Sport <i>Athletics</i>	Sport <i>Rounders</i>
	Fitness <i>Boot Camp Cardio</i>	Fitness <i>Boxercise</i>	Fitness <i>Step Cardio</i>	Fitness <i>Pilates</i>	Fitness <i>Gymfit Circuits</i>	Fitness <i>Fitness Cardio</i>

Sport – 1hr 15min

Fitness – 45mins