

MPS PE Long Term Plan

	TERM 1		TERM 2		TERM 3	
Reception	Introduction to PE : Unit 1	Fundamentals : Unit 1	Gymnastics : Unit 1	Dance : Unit 1	Ball Skills : Unit 1	Games : Unit 1
	Introduction to PE : Unit 2	Fundamentals : Unit 2	Gymnastics : Unit 2	Dance : Unit 2	Ball Skills : Unit 2	Games : Unit 2
Year 1	Fundamentals	Gymnastics	Dance	Ball Skills	Athletics	Striking and Fielding Games
	Team Building	Target Games	Invasion Games	Yoga	Sending and Receiving	Net and Wall Games
Year 2	Fundamentals	Gymnastics	Dance	Ball Skills	Athletics	Striking and Fielding Games
	Team Building	Target Games	Invasion Games	Yoga	Sending and Receiving	Net and Wall Games
Year 3	Swimming	Swimming	Gymnastics	Dodgeball	Swimming	Swimming
	OAA	OAA	Yoga	Football	Rounders	Rounders
	Fundamentals Y3/4	Dance			Athletics	Tennis
Year 4	OAA	Basketball	Gymnastics	Golf	Rounders	Cricket
	Fitness	Dance	Handball	Yoga	Athletics	Tennis
Year 5	Fitness	Dance	Gymnastics	Yoga	Volleyball Y5/6	Tennis
	OAA	Dodgeball	Netball	Football	Athletics	Rounders
Year 6	Fitness	Dance	Gymnastics	Yoga	Athletics	Cricket
	OAA	Basketball	Badminton Y5/6	Tag Rugby	Hockey	Golf

Team building and OAA are taught at the start of the year to support the building of relationships and collaboration.

Balls and games are last in EYFS as children are now applying the fundamental movement skills taught in previous units with manipulation skills

Gymnastics is placed before dance, as in gymnastics pupils are taught movement skills and actions which they could then choose to use in a more creative environment where they work independently to select actions.

Football and basketball are placed in year 3/4 as they have fewer rules and are therefore the easiest of our invasion units to access.

In KS2 dance is placed before gymnastics as the skills in gymnastics have now become more complex.

Hockey, cricket, golf, rounders and tennis are grouped together as they all give opportunities to develop striking a ball. Pupils must be taught Outdoor Adventurous Activities by the end of KS2. This unit is placed at the start of the year as it teaches pupils key concepts around teamwork, communication and respect that can be applied across all other units.

Tag rugby and Hockey are placed in Year 6 as they are the hardest of our invasion units. Hockey requires the additional skill of manipulating a stick and tag rugby requires pupils to understand the concept of passing backwards which is different to all other invasion games.