

Green – Complete PE Session

Blue – Session provided by J&J Sport

PE Long Term Plan 2024-2025

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Foundation (EYFS)	Dance F2 –Ourselves	Ball Skills F2– Hands	Gymnastics F2 -Moving	Dance F1 – Nursery Rhymes Ball skills F2 -Feet 1	Locomotion F1 – Jumping 1 Gymnastics F2 - High low over under	Attack and defence F1 – Games for understanding Ball Skills F2 – Rackets, Bats balls and balloons
Year 1	Lesson 1 Learning through Play Creating Games	Lesson 1 Attack v Défense Games for understanding	Lesson 1 Health and wellbeing Health and wellbeing	Lesson 1 Ball Skills Hands 2	Lesson 1 Locomotion Running	Lesson 1 OAA Orienteering
	Lesson 2 Gymnastics J&J Sports	Lesson 2 Ball Skills Hands 1	Lesson 2 Dance J&J Sports	Lesson 2 Team Building Team building	Lesson 2 Football J&J Sports	Lesson 2 Tennis LHA tennis
Year 2	Lesson 1 Health and well being Health and wellbeing	Lesson 1 Attack v Défense Games for understanding	Lesson 1 Team building Team building	Lesson 1 Ball Skills Hands 2	Lesson 1 Swimming Southglade	Lesson 1 Locomotion Jumping
	Lesson 2 Gymnastics J&J Sports	Lesson 2 Ball Skills Hands 1	Lesson 2 Dance J&J Sports	Lesson 2 OAA Orienteering	Lesson 2 Football J&J Sports	Lesson 2 Tennis LHA tennis
Year 3	Lesson 1 Games Game Sense - Invasion	Lesson 1 OAA Team Building Tactics	Lesson 1 Games Hockey	Lesson 1 Games – invasion Basketball	Lesson 1 Athletics Running	Lesson 1 Games – Net/wall Tennis

	Lesson 2 Games Handball	Lesson 2 Gymnastics J&J Sports	Lesson 2 Health and wellbeing Health and wellbeing	Lesson 2 Dance J&J Sports	Lesson 2 Cricket Chance to Shine	Lesson 2 Football J&J Sports
Year 4	Lesson 1 Games Game sense - invasion	Lesson 1 Gymnastics J&J Sports	Lesson 1 Games – Invasion Hockey	Lesson 1 Games- Striking and fielding Rounders	Lesson 1 Athletics Throwing and Jumping	Lesson 1 Games – Net/wall Tennis
	Lesson 2 OAA Problem Solving	Lesson 2 Games Handball	Lesson 2 Health and wellbeing Health and wellbeing	Lesson 2 Dance J&J Sports	Lesson 2 Cricket Chance to Shine	Lesson 2 Football J&J Sports
Year 5	Lesson 1 Health Related Exercise Health Related Exercise	Lesson 1 Gymnastics J&J Sports	Lesson 1 Games – invasion Dodgeball	Lesson 1 Swimming Southglade	Lesson 1 Athletics Competitions	Lesson 1 Games- net/ wall Badminton
	Lesson 2 Games – invasion Tag Rugby	Lesson 2 OAA Orienteering	Lesson 2 Swimming Southglade	Lesson 2 Dance J&J Sports	Lesson 2 Cricket Chance to Shine	Lesson 2 Basketball J&J Sports
Year 6	Lesson 1 Health Related Exercise Health Related Exercise	Lesson 1 Gymnastics J&J Sports	Lesson 1 Games – Invasion Dodgeball	Lesson 1 Games – Invasion Tag rugby	Lesson 1 Athletics Competitions	Lesson 1 Swimming Southglade
	Lesson 2 Games – Invasion Tag Rugby	Lesson 2 OAA Orienteering	Lesson 2 Swimming Southglade	Lesson 2 Dance J&J Sports	Lesson 2 Games Cricket Chance to Shine	Lesson 2 Basketball J&J Sports



Knowledge is Power...

