

Bickerstaffe CE Primary School

PE Long Term Plan

	Autumn	Spring	Summer
EYFS	Fundamental skills Run/jump/pass/ catch/balance/sidestep roll a ball	Fundamental skills Throw/catch/kick/strike ball roll a ball	Fundamental skills Climb over/under/on/through Sports day sessions Mini wheelers
YEAR 1-2	Fundamental skills Run different speeds/curves/balance relay/jump/hop/skip/hurdles	Fundamental skills underarm throw/overarm catch/kick/strike a ball/roll a ball fitness tests	Multi sports and team games Dodgeball/hockey/football/ boccia Sports day sessions Fitness testing
YEAR 3-4	Invasion games Netball/football Fitness testing	Athletics Run/jump/throw Fitness testing	Striking and fielding Fitness testing gymnastics
YEAR 5-6	Invasion games Netball/football Fitness testing	Athletics Run/jump/throw Fitness testing	Striking and fielding Fitness testing gymnastics