

## KS1 Long Term PE Plan

	Autumn		Spring		Summer	
	1	2	1	2	1	2
<b>Reception</b>	Throwing and Catching	Dance/Games (Balance & Co-ordination)	Health Related Fitness	Gymnastics (Balance/Travel)	Athletics/Sports Day Preparation	Ball/Bean Bag Games & Skills
	Dance/Games (Balance & Co-ordination)	Throwing and Catching	Gymnastics (Balance/Travel)	Health Related Fitness	Athletics/Sports Day Preparation	Ball/Bean Bag Games & Skills
<b>Year One</b>	Throwing/Catching Bat and Ball Games	Football	Health Related Fitness	Gymnastics (Travel, Jumps & Landings)	Athletics/Sports Day Preparation	Striking and Fielding Games
	Football	Throwing/Catching Bat and Ball Games	Gymnastics (Travel, Jumps & Landings)	Health Related Fitness	Athletics/Sports Day Preparation	Striking and Fielding Games
<b>Year 2</b>	Inventing Games (Throwing & Catching)	Tag Rugby	Health Related Fitness	Invasion Games	Athletics/Sports Day Preparation	Soft Tennis
	Tag Rugby	Inventing Games (Throwing & Catching)	Invasion Games	Health Related Fitness	Athletics/Sports Day Preparation	Soft Tennis

Key: Andy Dan