

Robert Arkenstall - PE Long Term Plan

		<u>Autumn Term</u>		<u>Spring Term</u>		<u>Summer Term</u>	
		<u>1st Half</u>	<u>2nd Half</u>	<u>1st Half</u>	<u>2nd Half</u>	<u>1st Half</u>	<u>2nd Half</u>
EYFS	Cycle A + Cycle B	EYFS Fundamentals	Ball Skills	Dance	Gymnastics	Balance Bikes	Games
	<u>Cycle A</u>						
KS1	Lesson 1	KS1 Fundamentals - Unit 1	Ball Skills - Unit 1	Fitness - Unit 1	Team Building - Unit 1	Ball Skills - Unit 2	Sending and Receiving - Unit 2
	Lesson 2	Dance - Unit 1	Yoga - Unit 1	Sending and receiving - Unit 1	Gymnastics - Unit 1	Target Games - Unit 1	Athletics - Unit 1
	<u>Cycle B</u>						
	Lesson 1	KS1 Fundamentals - Unit 2	Striking and fielding - Unit 1	Fitness - Unit 2	Team Building - Unit 2	Striking and fielding - Unit 2	Net and wall - Unit 2
UKS2	Lesson 2	Dance - Unit 2	Yoga - Unit 2	Net and wall - Unit 1	Gymnastics - Unit 2	Target Games - Unit 2	Athletics - Unit 2
	<u>Cycle A</u>						
	Lesson 1	Hockey	Dance - Unit 1	Gymnastics - Unit 1	Dodgeball	Athletics - Unit 1	Rounders
	Lesson 2	Fitness	Tag Rugby	Netball	Swimming	Golf	Tennis - Unit 1
UKS2	<u>Cycle B</u>						
	Lesson 1	Basketball	Dance - Unit 2	Gymnastics - Unit 2	Yoga	Athletics - Unit 2	Cricket
	Lesson 2	Fundamentals	Ball Skills	Football	Swimming	OAA	Tennis - Unit 2
	<u>Cycle A</u>						
UKS2	Lesson 1	Swimming	Tag Rugby	Hockey	Badminton	Fitness	Rounders
	Lesson 2	Dance - Unit 1	Dodgeball	Gymnastics - Unit 1	Netball	Athletics - Unit 1	OAA - Unit 1
	<u>Cycle B</u>						
	Lesson 1	Dance - Unit 2	Handball	Gymnastics - Unit 2	Yoga	Athletics - Unit 2	OAA - Unit 2
UKS2	Lesson 2	Golf	Swimming	Basketball	Volleyball	Tennis	Cricket