



P.E. Long Term Plan



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS/KS1	Health and Wellbeing	Ball Skills	Gymnastics	Games for Understanding	Swimming	Canoeing Jumping 1
Lower Key Stage 2	Invasion Games Skills	Table Tennis Tag Rugby	Dance Levels and Directions	Striking and Fielding	Swimming Performance Dance	Outdoor and Adventurous Jumping and Throwing
Upper Key Stage 2	Netball Tennis	Tag Rugby Table Tennis	Dance Creating Sequences	Cricket	Athletics Performance Dance	Open Water Swimming Sailing