

Sandhills Primary School Physical Education Long Term Plan 2022-23

	EYFS	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Term One	Fundamentals unit 1 Gymnastics unit 1	Ball skills Fundamentals	Ball Skills Gymnastics	Invasion Games - Football Dance	Outdoor Adventure Activities Ball Skills	Invasion Games - Tag Rugby Gymnastics	Swimming / Gymnastics Invasion Games - Hockey
Term Two	Fundamentals unit 2 Gymnastics unit 2	Team Building Gymnastics	Team Building Fundamentals	Fundamentals Gymnastics	Gymnastics Invasion Games - Hockey	Outdoor Adventure Activities Yoga	Swimming / Gymnastics Fitness Challenges
Term Three	Dance	Target Games Dance	Dance Net and Wall	Outdoor Adventure Activities Yoga	Dance Tag Rugby	Swimming / Football Basketball	Table Tennis Invasion Games - Netball
Term Four	Ball skills unit 1	Yoga Net and Wall	Sending and Receiving Yoga	Fitness Challenges Tennis	Athletics Netball	Swimming / Football Tennis	Dance Outdoor Adventure Activities
Term Five	Games	Athletics Sending and Receiving	Athletics Target Games	Athletics Invasion Games - Basketball	Swimming / Sports Day Practice Tennis	Athletics Dance	Athletics Net and Wall - Tennis
Term Six	Athletics	Striking and Fielding Sports Day Practice	Striking and Fielding Sports Day Practice	Sports Day Practice Striking and Fielding - Cricket	Sports Day Practice / Swimming Striking and Fielding - Rounders	Sports Day Practice Striking and Fielding - Cricket	Sports Day Practice Striking and Fielding - Rounders

