

Long Term Plan for Key Stage 2 P.E.

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	Year 3	Games Net/ Court/ Wall Games VS yr 3, unit 3	Fitness Circuit training/ Boot camp	Gymnastics Stretching /curling and arching VS yr3, unit L	Dance The Explorers VS yr 3, unit 2	Games Creative game making VS yr 3, unit 2	Athletics Tops Athletics cards
	Year 4	Games Invasion Games VS yr4, unit 3	Fitness Circuit training/ Boot camp	Gymnastics Body weight VS yr4, unit Q	Dance Dance showcase practise	Games Striking and fielding VS yr 4, unit 4	Athletics Tops Athletics Cards
		Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Cycle B	Year 3	Games Invasion Focus VS yr 3, unit 1	Fitness Circuit training/ Boot camp	Gymnastics Travelling VS yr3, unit O	Dance Mechanical Progress VS yr 3, unit 4	Games Striking/ Fielding VS yr 3,unit 4	Athletics Tops Athletics Cards
	Year 4	Games Net/ Court/ Wall Games VS yr 4, unit 1	Fitness Circuit training/ Boot camp	Gymnastics Balance VS yr4, unit P	Dance Dance showcase practise	Games Problem solving & inventing games VS yr 4, unit 2	Athletics Tops Athletics Cards

(VS – Val Sabin scheme of work)