

This is a sample Long Term Plan for a primary school delivering 2 hours of quality PE each week.

When setting your Long Term Plan, you must consider your school space, facilities, equipment and what will engage your particular children.


The guide on page 2 will help you to consider the variants when setting your Long Term Plan.



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Me & Myself	Football	Hockey	Football	Hockey	Football	Hockey
		Handball	Tag-Rugby	Handball	Tag-Rugby	Handball	Tag-Rugby
Autumn 2	Movement & Development	Gymnastics 1	Gymnastics 1	Gymnastics 1	Gymnastics 1	Gymnastics 1	Gymnastics 1
		Golf	Dodgeball	Golf	Dodgeball	Golf	Dodgeball
Spring 1	Throwing and Catching	Dance	Dance	Dance	Dance	Dance	Dance
		Volleyball	Badminton	Volleyball	Badminton	Volleyball	Badminton
Spring 2	Ball Skills	Orienteering	Orienteering	Orienteering	Orienteering	Orienteering	Orienteering
		Gymnastics 2	Gymnastics 2	Gymnastics 2	Gymnastics 2	Gymnastics 2	Gymnastics 2
Summer 1	Fun & Games	Fitness	Tennis	Fitness	Tennis	Fitness	Tennis
		Netball	Basketball	Netball	Basketball	Netball	Basketball
Summer 2	Working with Others	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
		Rounders	Cricket	Rounders	Cricket	Rounders	Cricket






























































*NB: Some schools substitute 1 PE lesson per week for swimming.*

*For classes only taking part in one PE lesson per week, try to ensure you cover these core sports; at least 1 unit of **Invasion Games, Gymnastics, Dance, Orienteering, Athletics, Net/Wall.***

Better Indoors   
Better Outdoors 

High Intensity   
Requires Particular Equipment 

Team Sport   
Requires Space 

						
Net/Wall Activities	Tennis					
	Volleyball					
	Badminton					
Invasion Games	Football					
	Rugby					
	Hockey					
	Basketball					
	Netball					
	Handball					
Striking & Fielding	Cricket					
	Rounders					
Target Games	Dodgeball					
	Golf					
Outdoor & Adventurous	Orienteering					
Artistic	Dance					
	Gymnastics					
Fundamentals	Athletics	