

PE long term plan

	EYFS	Year 1	Year 2	Year 3	Ash	Oak
Autumn 1	PE in EYFS is taught through Physical development and Expressive arts and design. All PE topics are taught throughout the year as and when they relate to the overarching theme and children's interests.	Multiskills Bootcamp	Multiskills Bootcamp	Multiskills Bootcamp	Invaders Bootcamp	Invaders Bootcamp
Autumn 2		Dance Mighty movers (Running)	Dance Mighty movers (Running)	Dance Mighty movers (Running)	Dance Mighty movers (Boxercise)	Dance Mighty movers (Boxercise)
Spring 1		Groovy gymnastics Skip to the beat	Groovy gymnastics Skip to the beat	Groovy gymnastics Skip to the beat	Gym sequences Step to the beat	Gym sequences Step to the beat
Spring 2		Brilliant ball skills Gym fit circuits	Brilliant ball skills Gym fit circuits	Brilliant ball skills Gymfit circuits	Striking and fielding Gymfit circuits	Striking and fielding Gymfit circuits
Summer 1		Throwing and catching Cool core strength	Throwing and catching Cool core strength	Throwing and catching Cool core strength	Nimble nets Cool core pilates	Nimble net s Cool core pilates
Summer 2		Active athletics Fitness Frenzy	Active athletics Fitness Frenzy	Active athletics Fitness Frenzy	Young olympians Fitness frenzy	Young olympians Fitness frenzy