long term planning

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

If you do not have mixed classes, please refer to our standard sample LTP.

In order to avoid repetition, we recommend that mixed-form schools work from a two year Long Term Plan.

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 3 will help you to consider the variants when setting your Long Term Plan.

You will see that these sports are repeated in Year A and Year B:

Gymnastics, Fitness, Dance, Orienteering, Athletics.

These sports should be covered every year, so you should consider lots of differentiation and progression, and take advantage of the additional time to allow children to practise the activities and games.

There are a range of Dances available on PE Planning, as well as a 'create your own dance' unit, so you shouldn't need to repeat the same Dance unit twice.

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

For classes only taking part in one PE lesson per week, ensure you cover these core sports;

at least 1 unit of **Invasion Games, Gymnastics, Dance, Orienteering, Athletics, Net/Wall.**

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

YEAR A

	Reception	Year 1/2	Year 3/4	Year 5/6
Autumn 1	Me & Myself	Football	Football	Football
		Handball	Handball	Handball
Autumn 2	Movement & Development	Gymnastics 1	Gymnastics 1	Gymnastics 1
		Fitness	Fitness	Fitness
Spring 1	Throwing and Catching	Dance	Dance	Dance
		Dodgeball	Dodgeball	Dodgeball
Spring 2	Ball Skills	Gymnastics 2	Gymnastics 2	Gymnastics 2
		Orienteering	Orienteering	Orienteering
Summer 1	Fun & Games	Netball	Netball	Netball
		Tennis or Badminton	Tennis or Badminton	Tennis or Badminton
Summer 2	Working with Others	Athletics	Athletics	Athletics
		Rounders	Rounders	Rounders

YEAR B

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

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

long term planning

Better Indoors 

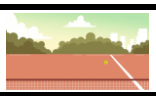
High Intensity 

Team Sport 

Better Outdoors 

Requires Particular Equipment 

Requires Space 

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

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.