CROSSGATES PRIMARY SCHOOL – PE LONG TERM PLAN

	Autumn		Spring		Summer		Blocks
Reception	Dance Unit 1 Accessing outdoor provision	Gymnastics unit 1 Accessing outdoor provision	Body Management Accessing outdoor provision	Cooperate and Solve Problems Accessing outdoor provision Forest School	Speed agility travel Accessing outdoor provision	Manipulation and coordination Accessing outdoor provision	Block 1 (2 year Cycle)
Year 1	Fitness OAA	Gymnastics unit 1 Attack Defend shoot Unit 1	Gymnastics unit 2 Hit, catch run Unit 1	Dance unit 1 Forest School and Send and return unit 1 alternating	Dance unit 2 Forest School and run jump throw unit 1 alternating	Yoga Forest School and run jump throw unit 1 alternating	
Year 2/3 Cycle 1	Handball yr 3 OAA	Gymnastics unit 1 Attack defend shoot unit 1	Gymnastics unit 2 Send and return unit 1 (Tennis)	Dance unit 1 Hit catch run unit 1 (cricket) Forest School	Dance unit 2 Forest School and run, jump, throw unit 1 (Athletics) alternating	Yoga Forest School and run, jump, throw unit 1 (Athletics) alternating	Block 2 (2 year cycle)
Year 2/3 Cycle 2	Fitness ks2 unit 1 OAA	Gymnastics unit 1 Football	Gymnastics unit 2 Tennis	Dance unit 1 Cricket Forest School	Dance unit 2 Forest School and rounders alternating	Yoga Forest School and rounders alternating	
Year 4/5 Cycle 1	Handball Forest School and netball alternating	Gymnastics unit 1 Forest School and netball alternating	Gymnastics unit 1 continued Hockey Forest School and hockey alternating	Dance unit 1 Tennis	Dance unit 2 Athletics	Yoga Rounders	Block 3 (2 year cycle) Tennis Clubs in 5/6
Year 4/5 Cycle 2	Fitness (KS2 Unit 2) Forest School and netball alternating	Gymnastics unit 1 Forest School and netball alternating	(Gymnastics Unt 1 continued) Football Forest School and football alternating	Dance unit 1 Cricket	Dance unit 2 Athletics	Yoga Rounders	
Year 6	Handball Forest School and netball alternating	Gymnastics unit 1 Forest School and netball alternating	Gymnastics unit 1 continued Hockey Forest School and hockey alternating	Dance unit 1 Cricket	Dance unit 2 Athletics	Yoga Rounders	Block 4 (1 year cycle)