



## Kessingland P.E. Curriculum long-term plan



	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
EYFS	Gym Trail (Fine and Gross motor skills)	Gymnastics	Dance	Games: Kicking and striking	Games: Moving	Athletics
Year 1	Games: Ball skills	1. Indoor Athletics 2. Intro to Invasion Games	1. Gymnastics 2. Health Related Exercise	1. Gymnastics 2. Dance	Intro to Striking/Fielding Games	Athletics
Year 2	1. Games: Ball skills 2. Invasion Games: Matball	1. Indoor Athletics 2. Invasion Games: Football	1. Gymnastics 2. Health Related Exercise	1. Gymnastics 2. Dance	1. Striking and Fielding Games 2. Athletics	1. Striking and Fielding Games 2. Athletics
Year 3	1. Invasion Games: Matball 2. Health Related Exercise	1. Indoor Athletics 2. Invasion Games: Football	1. Gymnastics 2. Invasion Games: Tag Rugby	1. Gymnastics 2. Dance	1. Striking/Fielding Games 2. Net/Wall games	1. Striking/Fielding Games 2. Athletics:
Years 4	1. Invasion Games: Netball 2. Indoor Athletics	1. Invasion Games: Football 2. Health Related Fitness	1. Gymnastics 2. Invasion Games: Tag Rugby	1. Invasion Games: Basketball 2. Dance	1. Striking/Fielding Games 2. Swimming	1. Athletics 2. Swimming
Year 5	1. Invasion Games: Basketball 2. Invasion Games: Tag Rugby	1. Indoor Athletics 2. Invasion Games: Football	1. Gymnastics 2. Net/Wall Games: Badminton	1. Health Related Exercise 2. Net/Wall Volleyball	1. Striking/Fielding Games 2. Swimming	1. Athletics 2. Swimming
Year 6	1. Invasion Games: Basketball 2. Invasion Games: Tag Rugby	1. Invasion Games: Football 2. Indoor Athletics	1. Gymnastics 2. Leadership in PE	1. Net/Wall Volleyball 2. Invasion Games: Netball	1. Striking/Fielding Games 2. Swimming	1.. Athletics 2. Swimming