

PE Long Term Plan

EYFS

Nursery	Gymnastics Movements	Movement & Games	Dance
Reception	Gymnastics Movements	Movement & Games	Dance

KS1

A	Fundamental Movement Skills FMS	Target Games	Dance	Team Games	Attacking and Defending	Athletics
B	Fundamental Movement Skills FMS	Target Games	Dance	Team Games	Attacking and Defending	Athletics

Lower KS2

A	Fundamental Movement Skills FMS	Outdoor Adventurous Activities	Dance	Net & Wall Games	Invasion Games	Athletics
B	Fundamental Movement Skills FMS	Outdoor Adventurous Activities	Dance	Net & Wall Games	Invasion Games	Athletics

Upper KS2

A	Fundamental Movement Skills FMS	Outdoor Adventurous Activities	Dance	Striking and Fielding	Invasion Games	Athletics
B	Fundamental Movement Skills FMS	Outdoor Adventurous Activities	Dance	Striking and Fielding	Invasion Games	Athletics

*Alternate sports/activities are used in Year A and Year B to support progression

Year 3 – Swimming

Year 4 – Swimming top-up as required

Years 3 and 4 – Tag Rugby with Warrington Wolves Foundation