

Runwell Community School

Physical Education Long Term Plan 2024-2025

	Autumn		Spring		Summer	
EYFS	Fundamentals Ball Skills 1	Fundamentals Ball Skills 2	Dance Unit 1 Games Unit 1	Dance Unit 2 Games Unit 2	Multisport Gymnastics Unit 1	Team building Gymnastics Unit 2
Year 1	Fundamentals Team building	Ball Skills Dance	Target Games Invasion Games	Fitness Gymnastics	Sending and receiving Athletics	Striking and fielding Yoga
Year 2	Fundamentals Teambuilding	Ball Skills Dance	Net and wall Invasion	Fitness Gymnastics	Athletics Sending and receiving	Target games Striking and fielding
Year 3	Football Dodgeball	Fundamentals Gymnastics	Hockey Rounders	Fitness Yoga	Basketball Dance	Tag Rugby Ball skills
Year 4	Cricket Fitness- Cedar Swimming- Ash	Dance Fitness- Ash Swimming- Cedar	Tennis Ball skills	Tag Rugby Dodgeball	Rounders Gymnastics	Hockey Athletics
Year 5	Gymnastics Rounders	Hockey Yoga	Football Dance- Aspen Swimming - Beech	Basketball Dance- Beech Swimming - Aspen	Tag Rugby Dodgeball	Handball Fitness
Year 6	Handball dance	Football Tennis	Tag Rugby Dodgeball	Netball Gymnastics	Athletics Fitness	Cricket Rounders