

Sutton on the Forest – PE Long Term Plan

Year A – 2022-2023

	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 – 2023-2024

	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

Our PE curriculum is designed to allow pupils to experience increased enjoyment, participation and physical fitness. Our long term plan may change depending on specialists coming into school to deliver sessions. Our Year 3/4 children go swimming in the Summer term.