

Wildmoor Heath
PE Long Term Plan 2022-2023



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Dance	Dance	Gymnastics	Gymnastics	Athletics	Athletics
Year 1	Ball skills and games	Infant Skills	Throwing and catching games	Bat and ball games	Developing partner work	Dance
	Gymnastics	Dance	Gymnastics	Dance	Gymnastics	Athletics
Year 2	Throwing and catching games	Throwing and catching games	Making up a game	Dribbling, kicking, hitting	Group games and rules	Athletics
	Dance	Gymnastics	Dance	Gymnastics	Dance	Gymnastics
Year 3	Invasion games	Creative games	Dance	Net, court and wall games	Striking and fielding games	Striking and fielding games
	Dance	Gymnastics	Swimming	Swimming	Gymnastics	Athletics
Year 4	Invasion games	Net, court, wall games	Invasion games	Problem solving and inventing games	Striking and developing games	Striking and fielding games
	Dance	Dance	Gymnastics	Gymnastics	Athletics Orienteering	Athletics
Year 5	Invasion games	Invasion games	Inventing games	Net, court, wall games	Striking and fielding games	Striking and fielding games
	Gymnastics	Gymnastics	Dance	Dance	Athletics	Athletics
Year 6	Invasion games	Invasion games	Net, court, wall games	Net, court, wall games	Striking and fielding games	Striking and fielding games
	Circuits	Dance	Dance	Yoga	Athletics	Athletics

Please note: specialist coaching sessions are not yet included but will replace a topic. The schedule will then be rearranged where appropriate to ensure coverage of skills and knowledge