



Firthmoor Primary School

PE Long Term Plan

Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Values	Determination	Self-belief	Passion	Respect	Honesty	Teamwork
Nursery	Agility, Space & Movement		Gymnastics	Dance	Ball Skills	
Reception	Agility, Space & Movement		Catching & Throwing	Ball Skill	Athletics	Skills Based Challenges
	Dance – Farm/ Fairytale/ Minibeasts		Gymnastics - balance		Dance – Farm/ Fairytale/ Minibeasts	
	Yoga		Personal Care		Teamwork	
	Games 1 (Y1)	Games 2 (Y1)	Games 3 (Y1)	Games 4 (Y1)	Athletics (Y1)	Games 5 (Y1)
KS1	Dance 1		Gym 1	Dance 2	Gym 2	Dance 3
	Personal Care (Y2)	Yoga (Y2)	Mindfulness (Y2)	Sleep (Y2)	Nutrition (Y2)	Teamwork (Y2)
	Hockey (Y3)	Basketball (Y4)	Handball (Y4)	Tennis (Y4)	Rounders (Y4)	Athletics (Y3)
LKS2	Gym 1		Dance 1 (Y3)	Gym 2	Dance 2 (Y3)	Gym 3
	Personal Care (Y4)	Yoga (Y4)	Mindfulness (Y4)	Sleep (Y4)	Nutrition (Y4)	Teamwork (Y4)
	Handball (Y5)	Hockey (Y5)	Tennis (Y6)	Basketball (Y6)	Athletics	Rounders (Y6)
UKS2	Dance 1 (Y4)		Gym 1	Dance 2 (Y4)	Gym 2	Dance 3 (Y4)
	Personal Care (Y6)	Yoga (Y4)	Mindfulness (Y4)	Sleep (Y4)	Nutrition (Y4)	Teamwork (Y4)
Swimming	Y6 Class		Y5/6 Class		Year 5 Class	
Swimming	Y6 Class		Y5/6 Class		Year 5 Class	

Games	Gym	Dance	Athletics	Outdoor & Adventure	Swimming	Well-being
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Games	Gym	Dance	Athletics	Outdoor & Adventure	Swimming	Well-being
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