



PE Long Term Plan 2018- 2019

	Well Being	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS2	Yoga Mindfulness Massage	Physical Development Agility and Balance	Dance Agility, Balance, Coordination, Strength, Flexibility	Gymnastics Agility, Balance, Coordination, Strength, Flexibility	Physical Development Catching and Throwing	Physical Development Running and Jumping Competition(Sports day)	Physical Development Kicking
YR 1 Agility and coordination linking to games in Keystage 2	Yoga Mindfulness Massage	Games Agility, kicking, coordination	Games Catching, Throwing and Coordination	Games Striking and Coordination	Games Agility, kicking, coordination	CPD Gymnastics Athletics Running, Jumping and Throwing Competition(Sports day)	Games Catching, Throwing and Coordination
YR 2 Agility and coordination linking to games in Keystage 2	Yoga Mindfulness Massage	Games Agility, kicking, coordination	CPD Gymnastics Games Striking and Coordination	Games Catching, Throwing and Coordination	Games Agility and Kicking, Coordination	Athletics Running, Jumping and Throwing Competition(Sports day)	Games Catching, Throwing and Coordination
YR 3	Yoga Mindfulness Massage	Games Rugby	Games Netball	Games Hockey	CPD Gymnastics Games Cricket	Athletics Running, Jumping and Throwing Competition (Sports day)	Games Tennis
YR 4	Yoga Mindfulness Massage	CPD Gymnastics Dance PPA (TRFC)	Games Netball	Games Hockey	Games Cricket	Athletics Running, Jumping and Throwing Competition (Sports day)	Games Tennis
YR 5	Yoga Mindfulness Massage	Games Rugby	Games Netball	CPD Gymnastics Games Hockey	Games Cricket	Athletics Running, Jumping and Throwing Competition (Sports day)	Games Tennis
Yr 6	Yoga Mindfulness Massage	Games Rugby	Games Netball	Games Hockey	Games Cricket	Athletics Running, Jumping and Throwing Competition (Sports day)	CPD Gymnastics Games Tennis

*Year 3 will access Forest Schools, Tranmere Rovers Dance for KS2 and KS1 ball skills. Year 4, 5 and 6 will also access swimming teaching.



Christ Church (C of E) Moreton Primary School



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