Physical Education Long Term Plan

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
(EYFS and Y1) Cycle A (2023/24)	Fundamental Skills Spatial Awareness, coordination, Introduction to ball control with hands and feet. Coordination, stopping, catching, rolling, dribbling.	Fundamental Skills and introduction to games Simplified games, introduction to hand Teamwork, communication cooperation. Hand eye coordination.	Dance and Gymnastics Introduction to Dance and Gymnastics Moving in time to music. Telling stories, copying dance routines.	Attack vs Defence Introduction to basic principles. Through a variety of games Creating space, denying space, dodging, teamwork.	Health and wellbeing Introduce ABCs and progress skills. Introduce and develop Agility Balance and coordination skills	Teambuilding Increased opportunities to be a part of a team and work on communication skills Communication, leadership and teamwork.
(EYFS and Y1) Cycle B (2024/25)	Fundamental Skills Spatial Awareness, coordination, Introduction to ball control with hands and feet. Coordination, stopping, catching, rolling, dribbling	Fundamental Skills Introduction to invasion games Simplified games, introduction to hand Teamwork, communication cooperation. Hand eye coordination.	Dance/ Gymnastics Introduction to Dance and Gymnastics Moving in time to music. Telling stories, copying dance routines.	Attack vs Defence Introduction to basic principles. Through a variety of games Creating space, denying space, dodging, teamwork.	Health and wellbeing Introduce ABCs and progress skills. Introduce and develop Agility Balance and coordination skills	Teambuilding Increased opportunities to be a part of a team and work on communication skills Communication, leadership and teamwork.
(EYFS) Cycle C (2025/26)	Fundamental Skills Spatial Awareness, coordination, Introduction to ball control with hands and feet. Coordination, stopping, catching, rolling, dribbling.	Fundamental Skills Introduction to invasion games Simplified games, introduction to hand Teamwork, communication cooperation. Hand eye coordination.	Dance/ Gymnastics Introduction to Dance and Gymnastics Moving in time to music. Telling stories, copying dance routines.	Attack vs Defence Introduction to basic principles. Through a variety of games Creating space, denying space, dodging, teamwork.	Health and wellbeing Introduce ABCs and progress skills. Introduce and develop Agility Balance and coordination skills	Teambuilding Increased opportunities to be a part of a team and work on communication skills Communication, leadership and teamwork.