



## PE Long-Term Plan for progression

1hr per week KS1 + 1Hr forest school - 2hr per week KS2

	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
	<b>EYFS:</b> Autumn 1: Movement (ABCs) Autumn 2: Throwing and catching	<b>EYFS –</b> Spring 1: Gymnastics Spring 2: Net and wall (Racquet skills)	<b>EYFS –</b> Summer 1: Athletics Summer 2: Sports day practise
<b>KS1 – Cycle A</b>	<b>Autumn 1 – Multi-Skills (Fundamental Movement skills)</b> <b>Autumn 2 – Gymnastics</b>	<b>Spring 1 – Invasion games (Hockey)</b> <b>Spring 2 – Net and wall (Tennis)</b>	<b>Summer 1 – Striking and Fielding (Cricket)</b> <b>Summer 2 – Athletics – Sports day</b>
<b>KS1 – Cycle B</b>	<b>Autumn 1 – Multi-Skills (Fundamental Movement skills)</b> <b>Autumn 2 – Gymnastics</b>	<b>Spring 1 – Invasion games (Handball) /OAA</b> <b>Spring 2 – Tennis/Dance</b>	<b>Summer 1 – Striking and Fielding (Rounders)</b> <b>Summer 2 - Athletics</b>
<b>LKS2 – Cycle A</b>	<b>Autumn 1 – Invasion games (netball)</b> <b>Autumn 2 – Gymnastics/Handball</b>	<b>Spring 1 – Invasion games (Hockey)</b> <b>Spring 2 – Tennis/Dance</b>	<b>Summer 1 – Striking and fielding (Cricket)</b> <b>Summer 2 – Sports day / Rounders</b>
<b>LKS2 – Cycle B</b>	<b>Autumn 1 – Invasion Games</b> <b>Autumn 2 – Gymnastics/Handball</b>	<b>Spring 1 – Invasion games/OAA</b> <b>Spring 2 – Tennis/Dance</b>	<b>Summer 1 – Striking and fielding (Rounders)</b> <b>Summer 2 – Athletics / Cricket</b>
<b>UKS2 – Cycle A</b>	<b>Autumn 1 – Invasion games (Tag Rugby)</b> <b>Autumn 2 – Gymnastics/handball</b>	<b>Spring 1 – Invasion games (netball)</b> <b>Spring 2 – Tennis/Dance</b>	<b>Summer 1 – Striking and fielding (Cricket)</b> <b>Summer 2 – Athletics/Sports day</b>
<b>UKS2 – Cycle B</b>	<b>Autumn 1 – Invasion Game (hockey)</b> <b>Autumn 2 – Gymnastics/ Netball</b>	<b>Spring 1 – Invasion games (Netball) /OAA</b> <b>Spring 2 – Tennis/Dance</b>	<b>Summer 1 – Striking and fielding (Rounders)</b> <b>Summer 2 – Athletics/Sports day</b>