



St Nicolas C of E Academy Long Term Plan - Physical Education

	Block 1	Block 2	Block 3	Block 4	Block 5
EYFS	Dodgeball (P.E Hub unit speed, travel and agility)	Dance (P.E Hub unit Gross motor skills and coordination)	Gymnastics (P.E Hub unit Body management)	Athletics Sports day practice	Multi Sports (P.E Hub unit Manipulation and coordination)
	BIKEABILITY	BIKEABILITY			
Year 1	Dodgeball (P.E Hub unit 1 Attack, Defend and Shoot)	Gymnastics (P.E Hub unit 1 Gymnastics)	Tennis P.E Hub unit 1 send and return)	Athletics Sports day practice	Rounders (P.E Hub unit 2 Hit, Catch and Run)
	Football	Cricket (P.E Hub unit 1 Hit, Catch and Run)	Dance (P.E Hub unit 1 Dance)	OAA (P.E Hub unit)	Handball (P.E Hub unit 2 Attack, Defend and Shoot)
Year 2	OAA (P.E Hub unit)	Gymnastics (P.E Hub unit 1 gymnastics)	Tennis (P.E Hub unit 1 Send and Return)	Athletics Sports day practice	Cricket (P.E Hub unit 2 Hit, Catch and Run)
	Handball (P.E hub Attack, Defend and shoot)	Football	Hockey (P.E Hub unit Year 3 Hockey)	Dodgeball (P.E Hub unit dodgeball)	Rounders (P.E Hub unit 1 Hit, Catch and Run)
Year 3	Basketball (P.E Hub unit basketball)	Gymnastics (P.E Hub unit 1 gymnastics)	Badminton (P.E Hub unit badminton)	Athletics Sports day practice	Dance (P.E Hub unit dance)
	Tag Rugby (P.E Hub unit tag rugby)	Netball (P.E Hub unit netball)	Cricket (P.E Hub unit cricket)	Dodgeball (P.E Hub unit dodgeball)	Rounders (P.E Hub Unit rounders)



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Year 4	Tag Rugby (P.E Hub unit tag rugby)	Hockey (P.E Hub unit hockey)	Netball P.E Hub unit netball	Athletics Sports day practice	Rounders (P.E Hub unit rounders)
	Gymnastics (P.E Hub unit 1 gymnastics)	Badminton P.E Hub unit badminton)	Dance (P.E Hub unit 1 dance)	Gymnastics (P.E Hub unit 1 gymnastics)	Badminton P.E Hub unit badminton)
	SWIMMING	SWIMMING	SWIMMING	SWIMMINGS	SWIMMING
Year 5	Cricket (P.E Hub unit cricket)	Basketball (P.E Hub unit basketball)	Netball (P.E Hub unit netball)	Athletics Sports day practice	Rounders (P.E Hub unit rounders)
	Football	Tennis (P.E Hub unit tennis)	Fitness and Circuit Training P.E Hub unit 1 KS2 fitness	Dodgeball (P.E Hub unit dodgeball)	Gymnastics (P.E Hub unit 1 gymnastics)
Year 6	Fitness and Circuit Training P.E Hub unit 2 KS2 fitness	Gymnastics (P.E Hub unit 1/2 gymnastics)	Netball (P.E Hub unit netball)	Athletics Sports day practice	Rounders (P.E Hub unit Rounders)
	Football	Tag Rugby (P.E Hub unit tag rugby)	Tennis & Badminton (P.E Hub unit tennis & badminton)	Dodgeball (P.E Hub unit dodgeball)	Golf (P.E Hub unit golf mixed KS2)
				OAA -WHITEMOOR LAKES Dance (Year 6 Production)	
Further opportunities: Sports Day within year groups Movement breaks within lessons Extra curriculum clubs throughout the year Inter school competitions Sports specific workshops					