

PE Long Term Plan 2024-25

Step	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Step 1	Gymnastics Dance	Attack Defend Shoot	Gymnastics Dance	Send & Return	Run Jump Throw	Hit Catch Run
Step 2	Gymnastics Dance	Attack Defend Shoot	Gymnastics Dance	Send & Return	Run Jump Throw	Hit Catch Run
Step 3	Invasion Games (Football) Swimming	Invasion Games (Netball) Swimming	Trampolining Gymnastics	Net & Wall Games (Badminton)	Athletics	Striking & Fielding Games (Rounders)
Step 4	Invasion Games (Football) Swimming	Invasion Games (Netball) Swimming	Trampolining Gymnastics	Net & Wall Games (Tennis) Swimming	Athletics	Striking & Fielding Games (Cricket)
Step 5	Invasion Games (Football)	Invasion Games (Basketball)	Trampolining Swimming	Net & Wall Games (Badminton) Swimming	Athletics	Striking & Fielding Games (Rounders)
Step 6	Invasion Games (Football)	Invasion Games (Basketball)	Trampolining Swimming	Net & Wall Games (Badminton) Swimming	Athletics	Striking & Fielding Games (Cricket)
Step 7	Health, Fitness & Physiology	Invasion Games (Handball & Tag Rugby)	Trampolining	Net & Wall Games (Badminton)	Athletics	Striking & Fielding Games (Cricket & Rounders)
Step 8	Health, Fitness & Physiology	Invasion Games (Netball & Hockey)	Trampolining	Net & Wall Games (Tennis)	Athletics	Striking & Fielding Games (Softball & Cricket)
Step 9	Health, Fitness & Physiology	Invasion Games (Basketball & Lacrosse)	Trampolining	Net & Wall Games (Volleyball)	Athletics	Striking & Fielding Games (Golf & Cricket)