

This is a sample Long Term Plan for a **mixed-form** primary school delivering 2 hours of quality PE each week.

If you do not have mixed classes, please refer to our standard sample LTP.

In order to avoid repetition, we recommend that mixed-form schools work from a two year Long Term Plan.

When setting your Long Term Plan, you must consider your school space, facilities, equipment and what will engage your particular children.

The guide on page 3 will help you to consider the variants when setting your Long Term Plan.

You will see that these sports are repeated in Year A and Year B:

Gymnastics, Fitness, Dance, Orienteering, Athletics.

These sports should be covered every year, so you should consider lots of differentiation and progression, and take advantage of the additional time to allow children to practise the activities and games.

There are a range of Dances available on PE Planning, as well as a 'create your own dance' unit, so you shouldn't need to repeat the same Dance unit twice.

NB: Some schools substitute 1 PE lesson per week for swimming.

For classes only taking part in one PE lesson per week, ensure you cover these core sports;

at least 1 unit of **Invasion Games, Gymnastics, Dance, Orienteering, Athletics, Net/Wall.**

YEAR A

	Reception	Year 1/2	Year 3/4	Year 5/6
Autumn 1	Me & Myself	Football	Football	Football
		Handball	Handball	Handball
Autumn 2	Movement & Development	Gymnastics 1	Gymnastics 1	Gymnastics 1
		Fitness	Fitness	Fitness
Spring 1	Throwing and Catching	Dance	Dance	Dance
		Dodgeball	Dodgeball	Dodgeball
Spring 2	Ball Skills	Gymnastics 2	Gymnastics 2	Gymnastics 2
		Orienteering	Orienteering	Orienteering
Summer 1	Fun & Games	Netball	Netball	Netball
		Tennis or Badminton	Tennis or Badminton	Tennis or Badminton
Summer 2	Working with Others	Athletics	Athletics	Athletics
		Rounders	Rounders	Rounders

YEAR B

	Reception	Year 1/2	Year 3/4	Year 5/6
Autumn 1	Me & Myself	Hockey	Hockey	Hockey
		Tag-Rugby	Tag-Rugby	Tag-Rugby
Autumn 2	Movement & Development	Gymnastics 1	Gymnastics 1	Gymnastics 1
		Fitness	Fitness	Fitness
Spring 1	Throwing and Catching	Dance	Dance	Dance
		Golf	Golf	Golf
Spring 2	Ball Skills	Gymnastics 2	Gymnastics 2	Gymnastics 2
		Orienteering	Orienteering	Orienteering
Summer 1	Fun & Games	Basketball	Basketball	Basketball
		Volleyball	Volleyball	Volleyball
Summer 2	Working with Others	Athletics	Athletics	Athletics
		Cricket	Cricket	Cricket

Better Indoors



High Intensity



Team Sport



Better Outdoors



Requires Particular Equipment



Requires Space



Net/Wall Activities

Tennis



Volleyball

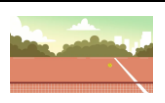


Badminton



Invasion Games

Football



Tag-Rugby



Hockey



Basketball



Netball



Handball



Striking & Fielding

Cricket



Rounders



Target Games

Dodgeball



Golf



Outdoor & Adventurous

Orienteering



Artistic

Dance



Gymnastics



Fundamentals

Athletics

