



# PE Long Term Plan 2023-24 St Barnabas

|                   |  |  | Spring 1                                  | Spring 2                 | Summer 1                     | Summer 2                     |
|-------------------|--|--|---|--------------------------|------------------------------|------------------------------|
| Reception/Nursery |  |  | Fundamentals Unit 2 – Get set for PE      | Gymnastics Unit 2        | Dance unit 2                 | Games unit 2                 |
| Premier Sports    |  |  | <b>Fundamentals Unit 1 Get set for PE</b> | <b>Gymnastics Unit 1</b> | <b>Dance unit 1</b>          | <b>Games unit 1</b>          |
| Year 1            |  |  | Invasion games TWINKL MOVE                | Fundamentals             | Athletics                    | Fitness                      |
| Premier Sports    |  |  | <b>Ball skills<br/>Get set for PE</b>     | <b>Gymnastics</b>        | <b>Sending and receiving</b> | <b>Striking and fielding</b> |
| Year 2            |  |  | Invasion games TWINKL MOVE                | Gymnastics               | Sending and receiving        | Striking and fielding        |
| Premier Sports    |  |  | <b>Ball skills</b>                        | <b>Fundamentals</b>      | <b>Athletics</b>             | <b>Fitness</b>               |
| Year 3            |  |  | Dance: Extreme Earth TWINKL MOVE          | Gymnastics               | Handball Y3/4                | Basketball Y3/4              |
| Premier Sports    |  |  | <b>Dodgeball Y5/6</b>                     | <b>Tag Rugby Y3/4</b>    | <b>Athletics</b>             | <b>Cricket Y3/4</b>          |
| Year 4            |  |  | Gymnastics: movement TWINKL MOVE          | Dance                    | Hockey Y3/4                  | Fitness Y3/4                 |
| Premier Sports    |  |  | <b>Yoga Y3/4</b>                          | <b>Football Y3/4</b>     | <b>Athletics</b>             | <b>Rounders Y3/4</b>         |
| Year 5            |  |  | Invasion games TWINKL MOVE                | Gymnastics               | Athletics                    | Cricket Y3/4                 |
| Premier Sports    |  |  | <b>Dodgeball Y5/6</b>                     | <b>Tag rugby Y5/6</b>    | <b>Handball Y5/6</b>         | <b>Basketball Y5/6</b>       |
| Year 6            |  |  | Gymnastics: linking movement TWINKL MOVE  | Dance                    | Athletics                    | Rounders Y5/6                |
| Premier Sports    |  |  | <b>Yoga Y5/6</b>                          | <b>Football Y5/6</b>     | <b>Hockey Y5/6</b>           | <b>Fitness y5/6</b>          |