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| P.E/Dance Long Term Plan | | | | | | |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Nursery | Dough Disco  Fundamentals of movement throwing and catching | Dough Disco  Coordination, spatial, awareness and balancing | Dough Disco  Flexibility & different ways of moving | Dough Disco  Dance and exploring movements, sequences & travelling | Dough Disco  Dance and responding to music | Dough Disco  Outdoor games in preparation for sports day |
| Reception | Dance til you drop | Dance for nativity | Dinosaur dance | Jungle gymnastics | Gymnastics | Games |
| Year 1 | Fundamentals  Movement, dribbling & ball mastery  Dance | Fundamentals  H-E-F coordination, throwing & catching  Dance | Fundamentals  Coordination, strength & flexibility  Dance | Fundamentals & Games  Invasion – attacking principles  Dance | Fundamentals & Games  Non-invasion – net and wall or strike and field  Dance | Fundamentals & Games  Non-invasion – athletic performance  Dance |
| Year 2 | Fundamentals  Movement, dribbling & ball mastery  Dance | Fundamentals  H-E-F coordination, throwing & catching  Dance | Fundamentals  Coordination, strength & flexibility  Dance | Fundamentals & Games  Invasion – attacking principles  Dance | Fundamentals & Games  Non-invasion – net and wall or strike and field  Dance | Fundamentals & Games  Non-invasion – athletic performance  Dance |
| Year 3 | Fundamentals  Movement, dribbling & ball mastery  Dance | Fundamentals  H-E-F coordination, passing & receiving  Dance | Fundamentals  Coordination, strength & flexibility  Dance | Fundamentals & Games  Invasion – attacking & defending principles  Dance | Fundamentals & Games  Non-invasion – net and wall or strike and field  Dance | Fundamentals & Games  Non-invasion – athletic performance  Dance |
| Year 4 | Swimming  Dance | Fundamentals  H-E-F coordination, passing & receiving  Dance | Swimming  Dance | Games  Invasion – attacking & defending principles  Dance | Swimming  Dance | Fundamentals & Games  Non-invasion – athletic performance  Dance |
| Year 5 | Fundamentals  Skill application – movement and dribbling, ball mastery  Dance | Fundamentals  H-E-F coordination, passing & receiving  Dance | Coordination, strength & flexibility  Dance | Games  Invasion- conditioned games  Dance | Games  Non-invasion – net and wall or strike and field  Dance | Fundamentals & Games  Non-invasion – athletic performance  Dance |
| Year 6 | Fundamentals  Skill application – movement and dribbling, ball mastery | Water sports  Dance | Fundamentals  Coordination, strength & flexibility | Water sports  Dance | Games  Non-invasion – net and wall or strike and field | Water sports  Dance |