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| P.E/Dance Long Term Plan |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Nursery | Dough DiscoFundamentals of movement throwing and catching | Dough DiscoCoordination, spatial, awareness and balancing | Dough DiscoFlexibility & different ways of moving | Dough DiscoDance and exploring movements, sequences & travelling | Dough DiscoDance and responding to music | Dough DiscoOutdoor games in preparation for sports day |
| Reception | Dance til you drop | Dance for nativity | Dinosaur dance | Jungle gymnastics | Gymnastics | Games |
| Year 1 | FundamentalsMovement, dribbling & ball masteryDance | FundamentalsH-E-F coordination, throwing & catchingDance  | FundamentalsCoordination, strength & flexibilityDance | Fundamentals & GamesInvasion – attacking principlesDance | Fundamentals & GamesNon-invasion – net and wall or strike and fieldDance | Fundamentals & GamesNon-invasion – athletic performanceDance |
| Year 2 | FundamentalsMovement, dribbling & ball masteryDance | FundamentalsH-E-F coordination, throwing & catchingDance  | FundamentalsCoordination, strength & flexibilityDance | Fundamentals & GamesInvasion – attacking principlesDance | Fundamentals & GamesNon-invasion – net and wall or strike and fieldDance | Fundamentals & GamesNon-invasion – athletic performanceDance |
| Year 3 | FundamentalsMovement, dribbling & ball masteryDance | FundamentalsH-E-F coordination, passing & receiving Dance  | FundamentalsCoordination, strength & flexibilityDance | Fundamentals & GamesInvasion – attacking & defending principlesDance | Fundamentals & GamesNon-invasion – net and wall or strike and fieldDance | Fundamentals & GamesNon-invasion – athletic performanceDance |
| Year 4 | SwimmingDance | FundamentalsH-E-F coordination, passing & receiving Dance  | SwimmingDance | GamesInvasion – attacking & defending principlesDance | SwimmingDance | Fundamentals & GamesNon-invasion – athletic performanceDance |
| Year 5  | FundamentalsSkill application – movement and dribbling, ball masteryDance | FundamentalsH-E-F coordination, passing & receiving Dance | Coordination, strength & flexibilityDance | GamesInvasion- conditioned gamesDance | GamesNon-invasion – net and wall or strike and fieldDance | Fundamentals & GamesNon-invasion – athletic performanceDance |
| Year 6 | FundamentalsSkill application – movement and dribbling, ball mastery | Water sportsDance | FundamentalsCoordination, strength & flexibility | Water sportsDance | GamesNon-invasion – net and wall or strike and field | Water sportsDance |