

P.E Indoor Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	SOL (Body awareness; dressing/ undressing)	Intro to PE	Fundamentals	Dance	Gymnastics	Games Unit 1
Reception	SOL Body Awareness	Intro to PE Unit 2	Fundamentals Unit 2	Dance	Gymnastics	Games Unit 2
Year 1	Team Building	Dance	Yoga	Fitness	Gymnastics	Target games
Year 2	Team Building	Indoor Athletics	Dance	Yoga	Gymnastics	Ball skills
Year 3	Indoor Athletics	Dance	Yoga	Gymnastics	Swimming /Ball skills	Swimming / Ball skills
Year 4	Indoor Athletics/ Swimming	Indoor Athletics/ Swimming	Gymnastics/ Swimming	Gymnastics/ Swimming	Yoga	Dance
Year 5	Indoor Athletics	Dance	Dodgeball	Gymnastics	Yoga	Badminton
Year 6	Indoor Athletics	Dance	Dodgeball	Badminton	Gymnastics	Yoga