

PHP Long Term Plan P.E. – using Striver

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Agility, Space and Movement		Ball skills		Dance	Gymnastics (Sports Day Practice)
Reception	Agility, Space and Movement then: Catching and Throwing	Ball Skills Wellbeing – Personal Care	Dance – Mini Beasts then: Dance – Fairy Tales	Dance – Farm Wellbeing - Yoga	Gymnastics then; Skills Based Challenges	Athletics (Sports Day Practice) Wellbeing – Teamwork and Leadership
Year 1	Dance 1 Wellbeing - Mindfulness	Dance 2 Wellbeing – Personal Care	Dance 3 Wellbeing - Nutrition	Gymnastics 1 Wellbeing - Sleep	Gymnastics 2 Wellbeing - Yoga	Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and Leadership
	Games 1	Games 2	Games 3	Games 4	Games 5	
Year 2	Dance 1 Wellbeing - Mindfulness	Dance 2 Wellbeing – Personal Care	Gymnastics 1 Wellbeing - Nutrition	Dance 3 Wellbeing - Sleep	Gymnastics 2 Wellbeing - Yoga	Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and Leadership
	Games 1	Games 2	Games 3	Games 4	Games 5	
Year 3	Dance 1 Wellbeing - Mindfulness	Dance 2 Wellbeing – Personal Care	Dance 3 Wellbeing - Nutrition	Gymnastics 1 Wellbeing - Sleep	Gymnastics 2 Wellbeing - Yoga	Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and Leadership
	Netball	Hockey	Cricket	Tag Rugby	Football	
Year 4	Dance 1 Wellbeing - Mindfulness	Dance 2 Wellbeing – Personal Care	Dance 3 Wellbeing - Nutrition	Gymnastics 1 Wellbeing - Sleep	Gymnastics 2 Wellbeing - Yoga	Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and Leadership
	Basketball	Basketball	Tennis	Handball	Rounders	
Year 5	Dance 1 Wellbeing - Mindfulness	Dance 2 Wellbeing – Personal Care	Dance 3 Wellbeing - Nutrition	Gymnastics 1 Wellbeing - Sleep	Gymnastics 2 Wellbeing - Yoga	Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and Leadership
	Netball	Hockey	Cricket	Tag Rugby	Football	
Year 6	Dance 1 Wellbeing - Mindfulness	Dance 2 Wellbeing – Personal Care	Dance 3 Wellbeing - Nutrition	Gymnastics 1 Wellbeing - Sleep	Gymnastics 2 Wellbeing - Yoga	Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and Leadership
	Basketball	Tennis	Handball	Rounders	Outdoor and Adventure	