

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 Games 1	Dance 2 Wellbeing – Personal Care Games 2	Dance 3 Wellbeing - Nutrition Games 3	Gymnastics 1 Wellbeing - Sleep Games 4	Gymnastics 2 Wellbeing - Yoga Games 5	Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and
Year 2	Dance 1 Wellbeing - Mindfulness Games 1	Dance 2 Wellbeing – Personal Care Games 2	Gymnastics 1 Wellbeing - Nutrition Games 3	Dance 3 Wellbeing - Sleep Games 4	Gymnastics 2 Wellbeing - Yoga Games 5	Leadership Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and
Year 3	Dance 1 Wellbeing - Mindfulness Netball	Dance 2 Wellbeing – Personal Care Hockey	Dance 3 Wellbeing - Nutrition Cricket	Gymnastics 1 Wellbeing - Sleep Tag Rugby	Gymnastics 2 Wellbeing - Yoga Football	Leadership Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and Leadership
Year 4	Dance 1 Wellbeing - Mindfulness Basketball	Dance 2 Wellbeing – Personal Care Basketball	Dance 3 Wellbeing - Nutrition Tennis	Gymnastics 1 Wellbeing - Sleep Handball	Gymnastics 2 Wellbeing - Yoga Rounders	Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and Leadership
Year 5	Dance 1 Wellbeing - Mindfulness Netball	Dance 2 Wellbeing – Personal Care Hockey	Dance 3 Wellbeing - Nutrition Cricket	Gymnastics 1 Wellbeing - Sleep Tag Rugby	Gymnastics 2 Wellbeing - Yoga Football	Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and Leadership
Year 6	Dance 1 Wellbeing - Mindfulness Basketball	Dance 2 Wellbeing – Personal Care Tennis	Dance 3 Wellbeing - Nutrition Handball	Gymnastics 1 Wellbeing - Sleep Rounders	Gymnastics 2 Wellbeing - Yoga Outdoor and Adventure	Athletics (Sports Day Practice) Gymnastics 3 Wellbeing – Teamwork and Leadership