

Windsor Academy Trust

Physical Education Long Term Planning



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS - Indoor + Daily Physical Activities to be delivered by class teacher	Introduction to PE Unit 1	Fundamentals	Gymnastics	Intro to PE Unit 2	Ball Skills	Games
Year 1 - Outdoor	Fitness	Sending and Receiving	Invasion	Athletics	Striking and Fielding	Team Building
Year 1 - Indoor	Introduction to PE	Fundamentals	Gymnastics	Target Games	Ball Skills	Net and Wall
Year 2 - Outdoor	Introduction to PE	Fundamentals	Fitness	Athletics	Striking and Fielding	Net and Wall
Year 2 - Indoor	Dance	Yoga	Gymnastics	Target Games	Ball Skills	Invasion
Year 3 - Outdoor	Rounders	Football	Basketball	Fundamentals	OAA	Cricket
Year 3 - Indoor	Fitness	Dodgeball	Gymnastics	Ball Skills	Tennis	Athletics
Year 4 - Outdoor	Fitness	Basketball	Hockey	Football	OAA	Tennis
Year 4 - Indoor	Rounders	Dodgeball	Netball	Fundamentals	Athletics	Cricket
Year 5 - Outdoor	Athletics	Basketball	Fitness	Hockey	Rounders	Tennis

Year 5 - Indoor	Badminton	Dodgeball	Gymnastics	Volleyball	Handball	Cricket
Year 6 - Outdoor	Fitness	Netball	Hockey	Basketball/ Handball	Tennis	Athletics
Year 6 - Indoor	Rounders	Volleyball	Gymnastics	Dodgeball	OAA	Cricket

*Swimming is additional to physical education and will be offered to year groups on a termly basis - See Separate Overview

**Sports/ Activities may be changed in an academic year due to opportunities from external organisations to support the curriculum further e.g. Chance to Shine, Worcester Rugby Football Club, WAT Dance Specialists.