

Physical Education Long Term Plan – 2 year cycle

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Stage 1/2 – Cycle A	Fundamentals – Get Set for PE	Ball Skills – Get Set for PE Year 1	Fitness – Get Set for PE Year 2	Target Games – Get Set for PE Year 1	Yoga – Get Set for PE Year 2	Net and Wall – Get Set for PE Year 2
	Fundamentals – Get Set for PE	Invasion Games - Get Set for PE Year 2	Sending and receiving - Get Set for PE Year 1	Team Building - Get Set for PE Year 2	Striking and Fielding Get Set 4 PE Year 1	Athletics - Get Set 4 PE Year 1
Stage 1/2 – Cycle B	Fundamentals – Get Set for PE	Ball Skills – Get Set for PE Year 2	Fitness – Get Set for PE Year 1	Target Games – Get Set for PE Year 2	Yoga – Get Set for PE Year 1	Net and Wall – Get Set for PE Year 1
	Fundamentals – Get Set for PE	Invasion Games – Get Set for PE Year 1	Sending and receiving – Get Set for PE Year 2	Team Building - Get Set for PE Year 1	Striking and Fielding Get Set 4 PE Year 2	Athletics - Get Set 4 PE Year 2
Stage 3/4 – Cycle A	Fundamentals – Get Set for PE	Ball Skills – Get Set 4 PE Year 3	Fitness – Get Set for PE Year 4	Tennis – Get Set 4 PE Year 3	Yoga – Get Set for PE Year 4	Rounder’s - Get Set for PE Year 4
	Fundamentals – Get Set for PE	Invasion (Football) – Get Set for PE – Year 4	Basketball – Get Set for PE Year 3	Handball – Get Set for PE Year 4	Dodgeball – Get Set 4 PE Year 3	Athletics – Get Set for PE Year 3
Stage 3/4 – Cycle B	Fundamentals – Get Set for PE	Ball Skills – Get Set 4 PE Year 4	Fitness – Get Set for PE Year 3	Tennis – Get Set 4 PE Year 4	Yoga – Get Set for PE Year 3	Rounder’s - Get Set for PE Year 5
	Fundamentals – Get Set for PE	Invasion (Football) – Get Set for PE – Year 3	Basketball – Get Set for PE Year 4	Handball – Get Set for PE Year 3	Dodgeball – Get Set 4 PE Year 4	Athletics – Get Set 4 PE Year 4
Stage 5/6 – Cycle A	Fundamentals – Get Set for PE	Fitness - Get Set for PE Year 5	Basketball – Get Set for PE Year 6	Tennis – Get Set 4 PE Year 5	Yoga – Get Set for PE Year 6	Rounder’s - Get Set for PE Year 5
	Fundamentals – Get Set for PE	Invasion (Football) – Get Set for PE – Year 6	Invasion (Hockey) – Get Set 4 PE Year 5	Handball – Get Set for PE Year 6	Dodgeball – Get Set 4 PE Year 5	Athletics – Get Set for PE Year 6
Stage 5/6 - Cycle B	Fundamentals – Get Set for PE	Fitness - Get Set for PE Year 6	Basketball – Get Set for PE Year 5	Tennis – Get Set 4 PE Year 6	Yoga – Get Set for PE Year 5	Rounder’s - Get Set for PE Year 6
	Fundamentals – Get Set for PE	Invasion (Football) – Get Set for PE – Year 5	Invasion (Hockey) – Get Set 4 PE Year 6	Handball – Get Set for PE Year 5	Dodgeball – Get Set 4 PE Year 6	Athletics – Get Set 4 PE Year 5