



## PE Long Term Plan.

A week of PE at Pearson consists of:

- One timetabled 15 to 20min running session weekly.
- One HIIT session during assembly weekly, in phase.
- One FULL afternoon on PE (including assembly time) using iPEP scheme.

Select unit from the PE folder on Pearson Shared Area on One Drive.

Unit selected should match the strand tabled below, in order.

LTP subject to change

	2021 - 2022					
	Autumn		Spring		Summer	
	7	7	5	6	7	7
<b>EYFS</b>	<ul style="list-style-type: none"> <li>• Invasion games</li> <li>• Athletics</li> <li>• Dance</li> </ul>		<ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Gymnastics</li> <li>• Outdoor/Adventurous</li> </ul>		<ul style="list-style-type: none"> <li>• Net/Wall</li> <li>• Striking/Fielding</li> <li>• Athletics</li> </ul>	
<b>Year 1</b>	<ul style="list-style-type: none"> <li>• Athletics</li> <li>• Invasion games</li> <li>• Gymnastics</li> </ul>		<ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Dance</li> <li>• Striking/Fielding</li> </ul>		<ul style="list-style-type: none"> <li>• Striking/Fielding</li> <li>• Outdoor/Adventurous</li> <li>• Net/Wall</li> </ul>	
<b>Year 2</b>	<ul style="list-style-type: none"> <li>• Invasion games</li> <li>• Athletics</li> <li>• Dance</li> </ul>		<ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Gymnastics</li> <li>• Outdoor/Adventurous</li> </ul>		<ul style="list-style-type: none"> <li>• Net/Wall</li> <li>• Striking/Fielding</li> <li>• Athletics</li> </ul>	
<b>Year 3</b>	<ul style="list-style-type: none"> <li>• Athletics</li> <li>• Invasion games</li> <li>• Gymnastics</li> </ul>		<ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Dance</li> <li>• Striking/Fielding</li> </ul>		<ul style="list-style-type: none"> <li>• Striking/Fielding</li> <li>• Outdoor/Adventurous</li> <li>• Net/Wall</li> </ul>	

<b>Year 4</b>	<ul style="list-style-type: none"> <li>• Swimming</li> <li>• Invasion games</li> <li>• Athletics</li> <li>• Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Gymnastics</li> <li>• Outdoor/Adventurous</li> </ul>	<ul style="list-style-type: none"> <li>• Net/Wall</li> <li>• Striking/Fielding</li> <li>• Athletics</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>• Athletics</li> <li>• Invasion games</li> <li>• Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Dance</li> <li>• Striking/Fielding</li> </ul>	<ul style="list-style-type: none"> <li>• Striking/Fielding</li> <li>• Outdoor/Adventurous</li> <li>• Net/Wall</li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>• Invasion games</li> <li>• Athletics</li> <li>• Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Gymnastics</li> <li>• Outdoor/Adventurous</li> </ul>	<ul style="list-style-type: none"> <li>• Net/Wall</li> <li>• Striking/Fielding</li> <li>• Athletics</li> </ul>