



Inman's PE Long Term Plan



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Lesson 1	Fundamental Movement Skills (Physical Development in Provision)	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental movement skills	Fundamental movement skills
Autumn 1 Lesson 2		Functional fitness	Multi sports Term 1	Multi Sports Term 1	OAA	Multi skills	OAA
Autumn 2 Lesson 1	Cooperation (Physical Development in Provision)	Cooperation	Cooperation	Dance- Space	Gymnastics	Dance- Around the World	Dance-Musical theatre
Autumn 2 Lesson 2		Functional fitness	Gymnastics	Multi Skills	Multi Sports Term 1	Football	Handball
Spring 1 Lesson 1	Target games (Physical Development in Provision)	Dance- Weather	Dance- The Olympics	Gymnastics	Dance- Street Dance	Gymnastics (Trial Forest School 2025)	Gymnastics
Spring 1 Lesson 2		Multi Sports- Term 1	Multi Skills	Functional Fitness	Multi sports- Term 2	Functional Fitness	Hockey
Spring 2 Lesson 1	Dance- animals (Physical Development in Provision)	Gymnastics	Target games	Invasion Games	Functional Fitness	Netball	World sports
Spring 2 Lesson 2		Multi sports- Term 2	Functional Fitness	Dodgeball	Multi Skills	Dodgeball	Dodgeball
Summer 1 Lesson 1	Ball Skills (Physical Development in Provision)	Multi Skills	Fundamental Movement Skills	OAA	Dodgeball	Cricket	Tennis
Summer 1 Lesson 2		Target games	Striking and fielding	Multi Sports Term 2	Invasion Games	Functional fitness	Netball
Summer 2 Lesson 1	Multi skills (Physical Development in Provision)	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
Summer 2 Lesson 2		Striking and fielding	Multi Sports Term 2	Striking and fielding	Striking and fielding	OAA	Cricket