

PE Long Term Plan (Based on PE Pro lessons)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Elf Rotation A and B	Fundamental Movement Skills	Dance - animals	Gymnastics	Multi Skills	Ball Skills	Games
Unicorn Rotation A	1. Fundamental Movement Skills 2. Multi- Skills	1. Dance – Island Life 2. Functional Fitness	1. Gymnastics 2. Multi-Sports T1 (2x football, Netball, Dodgeball)	1. Multi Sports 2 (2x rugby, Basketball, Hockey) 2. Fundamental Movement Skills	1. Functional Fitness 2. Multi Skills	1. Games 2. Athletics
Unicorn Rotation B	1. Fundamental Movement Skills 2. Multi- Skills	1. Gymnastics 2. Functional Fitness	1. Dance – The Olympics 2. Multi-Sports T1 (2x football, Netball, Dodgeball)	1. Multi Sports 2 (2x rugby, Basketball, Hockey) 2. Functional Fitness	1. Fundamental Movement Skills 2. Multi Skills	1. Games 2. Athletics
Centaur Rotation A	1. Functional Fitness 2. Multi Sports 1 (Football, Netball, Dodgeball)	1. Dance - Space 2. Multi Skills	1. Gymnastics 2. Functional Fitness	1. Multi Sports 2 (2x Rugby, Hockey, Basketball) 2. Fundamental Movement Skills	1. Swimming 2. Invasion Games (1x Basketball, Hockey, Rugby, Netball, Football, Handball)	1. Athletics 2. Swimming
Centaur Rotation B	1. Functional Fitness 2. Multi Sports 1	1. Dance – Street Dance 2. Multi Skills	1. Gymnastics 2. Functional Fitness	1. Multi Sports 2 (2x Rugby, Hockey, Basketball) 2. Fundamental Movement Skills	1. Multi Skills 2. Swimming	1. Swimming 2. Games
Griffin Rotation A	1. Functional Fitness 2. Multi Skills	1.Dance – Around the world 2.Handball	1. Swimming 2. Football	1. Swimming 2.Hockey	1. Netball 2.Cricket	1. Games UKS2 2. Athletics
Griffin Rotation B	1. Functional Fitness 2. Basketball	1.Gymnastics 2.Rugby	1. Swimming 2. Football	1. Swimming 2. Netball	1. World Sports (UKS2) 2.Cricket	1. Games UKS2 2. Athletics
Phoenix Rotation A	1. Multi Skills 2. Swimming	1.Dance – Weather 2.Swimming	1. Yoga Flow 2. Football	1. Functional Fitness 2.Hockey	1. Basketball 2.Cricket	1. OAA 2. Athletics
Phoenix Rotation B	1. Functional Fitness 2. Swimming	1.Gymnastics 2.Swimming	1. Rugby 2. Football	1. Multi Skills 2. Netball	1. World Sports (UKS2) 2.Cricket	1. OAA 2. Athletics
Intra House comps		Football		Hockey		Sports Day