

London Colney Long Term Subject Plan - PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Indoor Locomotion: Jumping Outdoor Play: Playing through games	Outdoor Ball Skills: Hands 1 Indoor Health and Wellbeing	Indoor Dance: Ourselves Outdoor Play: Playing through games	Indoor Gymnastics: Moving Outdoor Ball Skills: Hands 2	Indoor Gymnastics: High and Low Outdoor Locomotion: Walking	Indoor Dance: Dinosaurs Outdoor Rackets, Bats, Balls and Balloons
Year 1	Indoor Dance - Growing Outdoor Team Building	Indoor Gymnastics - Wide, Narrow, Curled Outdoor Locomotion: Running	Indoor Dance - The Zoo Outdoor Ball Skills: Feet	Indoor Gymnastics - Body Parts Outdoor Ball Skills: Hands 1	Indoor Dance - Heroes Outdoor Rackets, Bats, Balls	Outdoor Games for Understanding Ball Skills: Sticks
Year 2	Indoor Dance - Water Outdoor Team Building	Indoor Gymnastics - Pathways Outdoor Locomotion: Dodging	Indoor Dance - Mr Candy's Sweet Factory Outdoor Feet	Indoor Gymnastics: Linking Outdoor Ball Skills: Hands 2	Indoor Dance - The Explorers Outdoor Rackets, Bats and Balls	Outdoor Games for Understanding Health and Wellbeing
Year 3	Outdoor OAA: Communication & Tactics Outdoor Hockey	Indoor Gymnastics : Cannon and Unison Outdoor Football	Indoor Dance - Weather Outdoor Tag Rugby	Outdoor Netball Basketball	Outdoor Athletics Tennis	Outdoor Rounders Athletics: Throwing & Jumping

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Year 4	Outdoor OAA: Problem Solving Outdoor Football	Indoor Gymnastics: Bridges Outdoor Hockey	Indoor Dance - Cats Outdoor Netball	Outdoor Basketball Netball	Outdoor Athletics Tennis	Outdoor Athletics: Running Cricket
Year 5	Outdoor OAA: Orienteering Outdoor Football	Indoor Dance - Street Art Outdoor Tag Rugby	Indoor Gymnastics: Counter Balance & Counter Tension Outdoor Netball	Indoor Health Related Exercise Outdoor Cricket	Outdoor Athletics Tennis	Outdoor Rounders Athletics: Running
Year 6	Outdoor OAA: Leadership Outdoor Hockey	Indoor Gymnastics: Matching & Mirroring Outdoor Football	Indoor Health Related Exercise Outdoor Netball	Indoor Dance: Carnival Outdoor Basketball	Outdoor Athletics Athletics: Throwing & Jumping	Outdoor Athletics: Competitions Rounders