



## Benwick School PE Long Term Plan

**2023-2024**

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RECEPTION	Introduction to PE (CT)  Games Unit 1 (CT)	Fundamentals (1) (CT)  Dance (1) (CT)	Gymnastics (CT)  Fundamentals (CT)	Dance (CT)  Gymnastics (CT)	Athletics (CT)  Maypole Dancing (CT)	Ball Skills (1) (CT)  Ball Skills (2) (CT)
YEAR 1 AND 2	Ball Skills PS  Fundamentals (CT)	Invasion Games (PS)  Sending and Receiving (CT)	Gymnastics (PS)  Fitness (CT)	Dance (PS)  Striking and Fielding (CT)	Athletics (CT)  Maypole Dancing (PS)	Net and Wall (CT)  Target Games (PS)
YEAR 3 AND 4	Football (PS)  Ball Skills (CT)	Hockey (PS)  Dance (CT)	Gymnastics (PS)  Fitness (CT)	Tag Rugby (PS)  Basketball (CT)	Athletics (CT)  Maypole Dancing (PS)	Tennis (PS)  Golf (CT)
YEAR 5 AND 6	Football (PS)  Swimming (CT)	Netball (PS)  Dance (CT)	Gymnastics (CT)  Handball (PS)	Tag Rugby (PS)  Fitness (CT)	Athletics (CT)  Maypole Dancing (PS)	Volleyball (CT)  OAA (PS)

CT= class teacher

PS= premier sports