



## Physical Education Long Term Plan

	<b>Curriculum</b>	<b>Extra-Curricular Activities</b>
<b>Early Years Foundation Stage</b>	<ul style="list-style-type: none"> <li>➤ Ball Skills</li> <li>➤ Gymnastics</li> <li>➤ Invasion Games</li> </ul>	
<b>Key Stage One</b>	<ul style="list-style-type: none"> <li>➤ Gymnastics</li> <li>➤ Fitness Circuits</li> <li>➤ Dodgeball</li> <li>➤ Basketball</li> <li>➤ Cricket</li> </ul>	<ul style="list-style-type: none"> <li>➤ Handball</li> <li>➤ Benchball</li> <li>➤ Dance</li> <li>➤ Lacrosse</li> <li>➤ Football</li> <li>➤ Tennis</li> </ul>
<b>Lower Key Stage Two</b>	<ul style="list-style-type: none"> <li>➤ Gymnastics</li> <li>➤ Fitness Circuits</li> <li>➤ Dodgeball</li> <li>➤ Basketball</li> <li>➤ Cricket</li> </ul>	<ul style="list-style-type: none"> <li>➤ Handball</li> <li>➤ Gymnastics</li> <li>➤ Benchball / Dance</li> <li>➤ Dance/Badminton</li> <li>➤ Lacrosse / Benchball</li> <li>➤ Football/Rugby</li> <li>➤ Tennis</li> </ul>
<b>Upper Key Stage Two</b>	<ul style="list-style-type: none"> <li>➤ Gymnastics</li> <li>➤ Rounders</li> <li>➤ Dodgeball</li> <li>➤ Basketball</li> <li>➤ Cricket</li> </ul>	<ul style="list-style-type: none"> <li>➤ Handball</li> <li>➤ Gymnastics</li> <li>➤ Dance</li> <li>➤ Badminton</li> <li>➤ Benchball</li> <li>➤ Rugby</li> <li>➤ Tennis</li> </ul>

➤ *Note: After school sports clubs will be available for years 1-6*