



Hilgay Riverside Academy - PE Curriculum - Long Term Plan

Phase	Cycle	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
EYFS	A/B	Intro to PE unit 1	Dance unit 1	Dance	Ball skills unit 1	Swimming	Swimming
		Fundamentals unit 1	Gymnastics unit 1	Gymnastics unit 2	Games unit 1	Fundamentals unit 2	Games unit 2
KS1	Year A	Sending and receiving	Fitness	Dance	Net wall	Swimming	Swimming
		Team building Y1		Ball skills		Athletics Y1 (when not swimming)	
	Year B	Invasion games	Gymnastics Y2	Dance	Target games	Swimming	Swimming
		Team building Y2		Yoga	Cricket	Striking and fielding (when not swimming)	
LKS2	Year A	Hockey	Basketball	Dance	Golf	Swimming	Swimming
				Gymnastics		Athletics	OAA
	Year B	Tennis	Gymnastics Y4	Dance	Football	Swimming	Swimming
				Netball	Cricket	Athletics	Rounders
UKS2	Year A	Hockey	Basketball	Dance	Golf	Swimming	Swimming



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		Fitness Y5/6				Athletics	OAA
	Year B	Tag rugby	Gymnastics	Dance	Handball	Swimming	Swimming
		Badminton			Cricket	Athletics	Rounders
Sports events		Hockey	Cross-country Tag rugby		Netball Football Tri-golf	Mini-tennis	Quad kids Area sports
		PE teacher	Dance teacher	Cricket teacher	Swimming instructor		