

Long term PE plan 2023 - 2024

Year group	Autumn		Spring		Summer	
1	1 (8 weeks)	2 (7 weeks)	1 (6 weeks)	2 (5 weeks)	1 (6 weeks)	2 (7 weeks)
	Dance Games skills	Fundamental movements - NUFC Football - Shape performance	Gymnastics - Shape performance Multi skills	Commando Jo's - NUFC Ball skills	Multi-skills - NUFC Attack & defending games	Tennis - Shape performance Athletics

Year group	Autumn		Spring		Summer	
2	1 (8 weeks)	2 (7 weeks)	1 (6 weeks)	2 (5 weeks)	1 (6 weeks)	2 (7 weeks)
	Dance Football - Shape performance	Commando Jo's - NUFC Multi skills	Multi-skills - NUFC Ball skills	Gymnastics - Shape performance Tennis	Tennis - Shape performance Attack & defending games	Modified team games-NUFC Athletics

Year group	Autumn		Spring		Summer	
3	1 (8 weeks)	2 (7 weeks)	1 (6 weeks)	2 (5 weeks)	1 (6 weeks)	2 (7 weeks)
	Commando Jo's - NUFC Multi skills	Dance Football - Shape performance	Gymnastics - Shape performance Quick sticks hockey	Attack & defending invasion games - NUFC Basket/netball	Cricket - Shape performance Athletics	Striking & fielding- Rounders Tag Rugby-All stars

Year group	Autumn		Spring		Summer	
4	1 (8 weeks)	2 (7 weeks)	1 (6 weeks)	2 (5 weeks)	1 (6 weeks)	2 (7 weeks)
	Attack & defending invasion games - NUFC Football - Shape performance	Dance Multi skills	Commando Jo's - NUFC Quick sticks hockey	Gymnastics - Shape performance Basket/netball	Cycling-Richard Rothwell (7, 8 & 9 May) Striking & fielding- Rounders Athletics	Cricket - Shape performance Tag Rugby-All stars